

**Summer Workshop Days
at
Stourbridge Dance Academy**

With Katie Scott

Thursday 29th July 2010

And

Thursday 26th August 2010

(Last Thursday of the month July & August)

10.30 to 1 p.m. - 10 years and up £ 10

2 p.m. to 4.30 p.m. - 15 years and up £ 10

Learn the new latest dance routines from London

**Pussy cat dolls, Usher, Black Eyed Peas, The Saturdays
etc.....**

Only 20 places available – secure your place quickly.
Fill in the attached form with your £ 10.00

Please reserve my place for (please tick)

Name.....

Thursday 29th July

Thursday 26th July

Please enclosed £ 10.00 each workshop

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As level Dance

Terminology	Definition	Exercise it relates to
Alignment	Correct placing of the body line, e.g. keeping hips, shoulders, in line(not twisting). Good alignment of Knees and hips is very important, if this is poor, the feet will suffer.	Every position of the body. Correct weight baring movements over joints and the spine.
Flexibility	The range of movement that is possible in a joint.The warmer the body the more flexibility can be achieved.	Hamstring stretches Hip flexors Calf stretches, All limber the body more to improve flexibility.
Strength	We work to strengthen all the muscles in the body. Strengthen the core body muscles.	1. Sit ups to strengthen stomach musles. 2. Plies to strengthen Thigh Muscles.
Endurance	To increase fitness levels increases endurance.	Lots of aerobic exercises to increase stamina.
Agility		
Balance	The ability to hold the body in one position. The centre of gravity placed over the base of	Harder balance to stand on one leg, easier balance on two legs.

	<p>support.</p> <p>Very important not to allow one set of muscles to remain weak while another set of muscles are over worked and bulky.</p>	<p>Work on weaker muscles to improve balances.</p>
<p>Neuromuscular Co-ordination</p>		
<p>Anatomical awareness</p>	<p>To store patterns of movements in the bodies built in awareness sensory receptors called proprioceptors. To notice the most economical method for executing the step.</p> <p>Also being personally responsible for translating technique onto the given physique.</p>	<p>Increase repetition of steps and to teach the body to recognise the steps more quickly.</p>
<p>Warm up</p>	<p>Warm up the body to increase the body temperature and prepare the body for more strenuous exercise, the warmer the body, the more the muscles will stretch.</p>	<p>Gentle movements e.g. walking, arm exercises, Grapevine movements increasing to more strenuous exercises such as Running, jogging, star jumps etc.</p>
<p>Cool down</p>	<p>To lower the heart beat and bring the body back to a non exercise state, and to re convert the lactose acid into muscle fuel. To encourage the mind to calm down and focus internally.</p>	<p>Slow walks on the spot, Lots of stretches and to work on increasing flexibility.</p>
<p>Safe contact</p>	<p>Working with a partner in a safe</p>	<p>Working in groups, as a</p>

work	environment respecting the body and to be aware of injuries.	duet or as a solo using a physical object(floors, walls, chairs etc)
The use of the torso,	Is where our core body strength comes from.	Used for balancing and holding the body strong in various movements. Also used for middle body actions such as Contractions,
Floorwork	Floorwork in as important aspect of any dance routine showing choreographic depth. Floor work takes a lot of finesse, upper body strength, and development.	Push ups, Handstands, Pull ups.
Spirals	Turning movements.	Chainee turns, pirouette turns, inward and outward turns, combat turns
Momentum	Effect position in dance	Balancing, holding positions, pauses in a dance routine.
Locomotion	Making good use of the floor patterns	Up stage, down stage, travelling in diagonal lines, horizontal and circular patterns.
Elevation	Movements off the floor.	Leaps, springs, jumps, hops
Suspension and release		
Contraction and release	Contraction – tightening of the muscles,	Three types of contraction, shoulders, stomach and pelvis.

	Release – releasing the muscles	
Curves and tilts		
Use of breath	Effective breathing will keep the body well oxygenated and add aesthetic qualities of movement.	Breathing-in in dance usually coincides with the preparation of a movement, the port de bras and the lift of the body. The out-breath is often an impulse of a movement, jumping turning and balancing.
Turning	Rotating the body	Various turns – use of head arms and spotting is of great importance to make the turn look effortless.
Co-ordination	Making different people work together for a goal or effect.	Partnering and making shapes.