

LEVEL 1

UNIT #1 BODY

FLEXIBILITY STRENGTH

MAINTAIN A HEALTHY, SAFE BODY FOR DANCE

- CORRECTLY WARMING UP THE BODY
- PROPER NUTRITION
- ADEQUATE HYDRATION
- SLEEP
- CONDITIONING
- INJURY PREVENTION

PERFORMANCE AND ETTIQUETTE

1. BODY AWARENESS
2. FOCUS
3. CLARITY OF RHYTHM
4. SPATIAL INTENT
5. FULL EXPLORATION OF ENERGY
6. PROPER CLASS ETTIQUETTE
7. PROPER AUDIENCE BEHAVIOR (EARS)

MEANING PANTOMIME VS. ABSTRACTION

BRAIN DANCE

1. BREATH-CENTERING
2. TACTILE-BRUSH, TAP
3. CORE DISTAL-STARFISH
4. HEAD TAIL-SNAKE
5. UPPER LOWER-FROG
6. BODY HALF-LIZZARD
7. CROSS LATERAL-
PRETZEL
8. VESTIBULAR-MONKEY

LOCOMOTOR

SKILLS BASIC 5

WALK
RUN
JUMP
LEAP
HOP
ROLL

COMBINATION

SKIP
SLIDE
GALLOP

AXIAL MOVEMENT

STRETCH	EXPAND
BEND	DEFLATE
TWIST	PUSH
RISE	BOUNCE
TURN	PULL
ARCH	DODGE
CONTRACT	SHAKE

MAJOR MUSCLES

TRAPEZIUS
BICEP
TRICEP
PECTORALUS
DELTOID
ABDOMINALS
HAMSTRING
GLUTEUS MAXIMUS
QUADRICEPS
GASTROCNEMIUS

CHOREOGPAPHY

- ~Definition of choreography
- ~Intro to improvisation
- ~Definition of unison

TECHNIQUE

- Correct parallel and turned out position and when to use them
- 5 ballet positions/demi plié in all 1st 2nd, 3rd, 4th / 1st parallel demi plié
- Correct spine and foot articulation/prance parallel
- Correct releve turned out in all 5 position and parallel first and second
- Tendu turned out and parallel front and side
- Spot
- Correct degage turned out front and side, and parallel front
- Chasse turned out front and side
- Chaine Turn
- Passe alignment turned out and parallel
- Single pirouette (jazz)
- Small brush and developpe leap (degage drills to the back)
- Somersault
- Push up to backbend
- Monkey wheel/Cartwheel
- Prep for handstand