



PROFESSIONAL DEVELOPMENT PROGRAM IN CONTEMPORARY DANCE

DEVELOPMENT AREAS

Contemporary Dance

Reinforcement of the technical bases of postural alignment, coordination, center work, suspension, entrances and exits of the floor, changes of weight, spring and reception, turns and inversions; with the aim to achieve greater control at the moment of the movement execution. Once acquiring this precision we add the constant flow of enveloping energy through sensations, images and amplitude of movement, to achieve the maximum potential of the student and his body in action.

Classical Dance

It is based on the technique of classical dance as an essential tool in the training of the contemporary dancer to reinforce correct alignment and postural placement, coordination, balance, elasticity, center control, muscle strength and length, weight location, musicality and spatiality. At the same time the student can raise awareness of a greater understanding of his body through different sensations such as push, rejection, and suspension, among others.

Creation

It focuses on awakening students' creativity through choreographic composition exercises. Based on patterns of improvisation, analysis of the movement and its infinite possibilities, reinforcing the importance of using different qualities. Taking Inspiration from both the conceptual and the abstract and give major importance to transit, to investigate and to discover within a creative process. Letting the essence, individuality and personality of each dancer flourish, seeking to transcend the movement, to load it with energy and meaning to highlight its interpretive part.

Choreography Work

It is focused towards the direct choreographic creation of the teacher's vision.

Physical Conditioning for the Dancer (ACB)

The main objectives are to achieve tonicity, flexibility, mass and muscular endurance, achieving a strong and healthy body. The correct alignment and awareness of the muscular work is settled, then to recognize it during the execution and daily training of the dancer. In addition to prevent future injuries due to lack of correct alignment, posture or strength. This class gives us an individualized contact with the weaknesses of each student and a particular job to strengthen and achieve greater performance.

Partnering (Body to Body)

The class approach focuses on three basic principles of body to body work with the other within contemporary dance: Handling, Contact and Lift work.

It is developed through a methodology of practical work that builds exercises that incorporate strategies and tools to develop suspension, listening to the other, synchronization in impulses, and accurate and effective grasps. At the same time, it creates a space in which students can share and relate with one to another, reinforcing trust, and the work as a partner and as a group.

Rehearsal: Adaptable according to the commitments acquired as open classes, competitions and shows.

Complementary Practical Classes and Workshops: of different slopes and styles of contemporary dance with teachers invited. These classes will be planned from time to time during the course.

Dialogues and Theory Workshops applied to Dance

The learning construction is generated from a sharing of basic knowledge essential for the dancer as a theoretical complement, in order to impart tools that reinforce their formative stage and in turn forge integral dancers, critics and trained thinkers to carry out investigative processes in his dance practice. They are organized eventually during the course.