



The world of dance is evolving, there is a higher expectation at competitions and dancers are finally considered as athletes and as such need to train as athletes. They need to be strong, flexible, have power, poise and stage presence, which is actually more than any athlete requires.

However, due to TV shows such as *The Next Step* and *Dance Mom's* along with social media - images of near impossible moves are being portrayed and children are wanting to do these moves, not realising the potential damage to their bodies. Total Dance Technique aims to educate children as to the best way to achieve certain moves and what 'fad' steps to avoid.

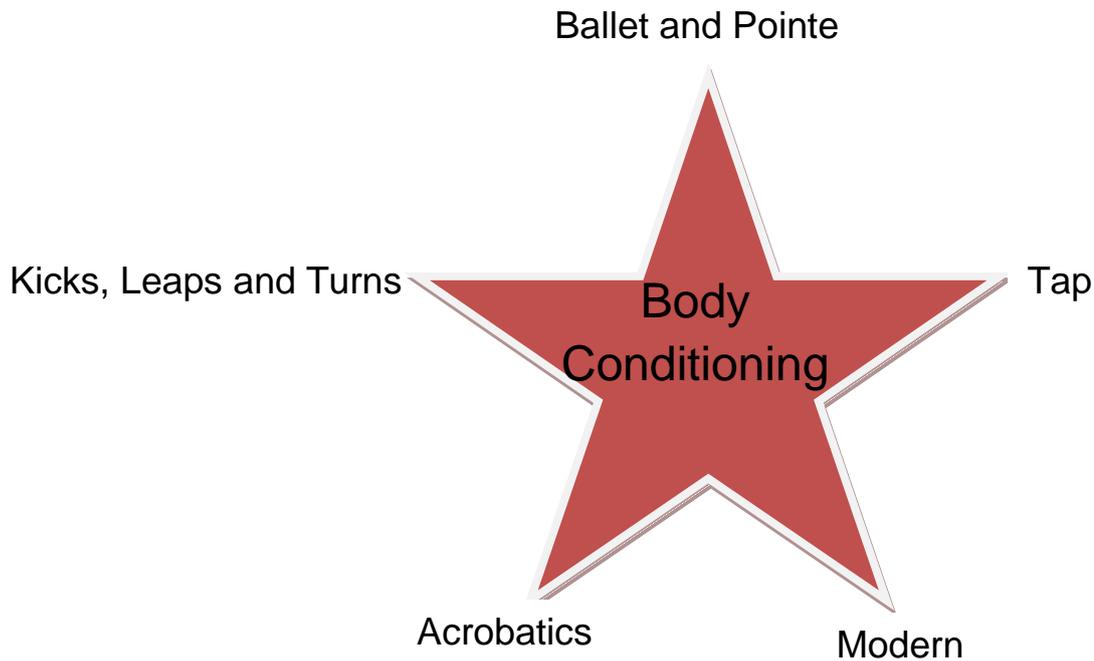
After years of teaching, I have realised that whilst the graded system of teaching is great and can give each child that takes part a feeling of achievement, not all children want the pressure of exams especially now the school exams seem to be so much harder and expectations higher. Whilst colleges want dancers who have the ability and are interested in the potential of a dancer, they do like to see vocational graded results, therefore I would encourage pupils to take the vocational qualifications i.e. Intermediate, Advanced 1 and Advanced 2 and these can then lead on to the relevant teaching award.

Over the past year, I have developed a technique that will create strong, flexible dancers who have poise, power and stage presence. As well as get them ready for auditions, have sharp minds to pick up choreography quickly, increase their technical ability at an earlier age and educate them to understand how their body's work and to prevent injury in the future.

So I believe this technique will work for everyone - pupils who dance for fun as well as those who want to participate in competitions and go on to have dance as a career.

I am really excited to be able to offer the new technique at Dance Education Centre alongside our graded classes. Please read on to understand how the new system will work.

# What is Total Dance Technique?



## Junior and Senior Classes.

The technique centres around the **Conditioning** class and each child must attend the class each week as this will help with strength and flexibility. We would also recommend a **Kicks, Leaps and Turns** class to give more power for higher and stronger kicks, learn a variety of leaps and improved turns that can go on forever! This class is important to understand many of these 'fad' moves and to teach the ones that are safe and will improve dance technique. The **Acrobatic Arts** classes are also available to teach tricks, this class will enhance the modern and ballet techniques, but should not be used as a standalone class as you will simply be learning floor gymnastics without mats. A fusion of ballet or modern with acro can look simply breathtaking as long as they flow and the tricks do not take over the essence of the dance.

## Classes in Levels.

The ballet, tap and modern classes will be in levels. Currently the levels are 1-4, however as the popularity of the classes increase these may develop. Once a pupil has mastered all the elements of the level they are in and are mastering the choreography each week, they will be invited to move up to the next level. This is a great incentive for pupils and as they will receive a certificate of achievement once completed. These classes will consist of a warm up, different amalgamations each week to sharpen motor skills and aid audition technique. They will learn new steps not always in the ISTD syllabus, which will broaden their vocabulary and give them an advantage when learning steps for competitions and Festivals. Along with this they will learn stage presence and tricks of the trade to enhance their technique with the use of breathe, head, face and upper body movements.

For **Ballet** we recommend one graded ballet class and if available, one free ballet class at the relevant level per week.

**Tap** will be once a week and in 4 levels, pupils also have a choice to work through the grades by attending the relevant grade class as well.

**Modern** - this is probably the biggest change as this class will consist of our teachers as well as guest choreographers teaching the class in different styles. These will include commercial, lyrical, contemporary, musical theatre and jazz and will be based on the 4 levels. As with tap, pupils will also have a choice to work through the grades by attending the relevant grade class as well.

## Cost of Classes

Please see our Fees list for a full breakdown, we have a discounted fee system - the more classes you do, the cheaper each class is. Once you have enrolled online, we will email you an invoice.

We are offering a new incentive for early payment from Autumn 2018. You will be invoiced at the full fees amount, however if you pay by the date on the invoice you will receive a credit note of 5% discount to use for the following term against fees or other Dance Education Centre invoices.

We are pleased to offer a new incentive for pupils who would like to do more classes per week. Currently we offer a discount the more classes you take, however we now have a new membership system for pupils who take part in lots of classes, exams and festivals.

<b>Membership</b>	<b>All invoices must be paid within 2 weeks of the invoice date</b>
<b>Platinum</b>	Flat fee paid per term to include all classes and extra show, exam and group and solo festival rehearsals
<b>Gold</b>	Flat fee paid per term to include all classes and extra show, exam and group festival rehearsals.
<b>Silver</b>	Flat fee paid per term to include all classes and extra show and exam rehearsals.
<b>Bronze</b>	Flat fee paid per term to attend any classes on timetable. Extra rehearsals are payable.

Whilst we launch Total Dance Technique at Dance Education Centre, it would be very useful to know how many people would be interested in more of these classes, so that we can add them in the new year. Please email [admin@danceeducationcentre.co.uk](mailto:admin@danceeducationcentre.co.uk) to show your interest and also if you have any questions about the technique.

*Miss Amanda*

