

# CONTEMPORARY DANCE

**Programme Director :Lt Akshay D Mandlik, School of Social Work**

[akshaydm@sjc.ac.in](mailto:akshaydm@sjc.ac.in)

**Principal Director - Mr Vishanambi K**

**Duration: 30 Hours Credit: 1**

**Course fee: INR 4500/- for students of SJC**

**INR 5000/- for outsiders**

**Aim: Help understand fundamentals of dance movement and movement techniques.**

## **Objectives**

- To Gain knowledge of movement techniques
- To Understand body conditioning
- To Gain theoretical and choreography knowledge

## **Syllabus**

### **Warm up**

- Systemized warm up- both general and movement specific.
- Targeting joints and specific muscle groups.
- Choreographed movement sequences for warm up.
- Concentrating on weaker areas.
- Breathing techniques.
- Creative exercises to increase mental application.

### **Techniques**

- Movement Anatomy.
- Fundamentals of Floor work technique.
- Fundamentals of contact improvisation.
- Technique to improve Body alignment.

- Technique to improve Balance.
- Technique to improve Agility.
- Technique to improve flexibility.
- Exercises targeting space awareness.
- Technique to understand extension and rotation.
- Application and understanding of lines.
- Application of core muscles.
- Basic Capoeira Kicks.

### **Conditioning**

- Strength building exercises targeting specific muscle groups.
- Strengthening and conditioning weight bearing joints.
- Strengthening adductors.
- Increasing overall endurance.
- Strengthening and conditioning Core muscles.
- Increasing speed and agility.

### **Flexibility**

- **Yoga** based static flexibility- targeting specific muscle groups and joints.
- Techniques to increase adductor flexibility.
- Increasing flexibility through movement.
- Application of relaxed flexibility techniques.
- Increasing flexibility through the application of breathing techniques.

### **Theory**

- Human Anatomy
  - Bone and muscle structure- Names and functions.
  - Joints- Names and functions.
  - Different planes of the body.
- Movement anatomy- Terminology of specific actions.
- Brief history of contemporary dance.
- Brief history of Indian contemporary dance.
- Discussions and reports on individuals from contemporary dance history.

### **Choreography**

Creating movement sequences applying the techniques learnt in class at the end of each class.