

Modern Dance Technique Curriculum and Philosophy

Modern Dance Technique specializes in the traditional modern dance techniques of Martha Graham, Lester Horton and Jose Limon. Movement principles have been passed along in Modern Dance classes taught by collaborators and students of these dance pioneers. These theories, combined with current innovative contemporary and post- modern movement curriculum, allow for the study of Modern Dance to be passed along to further generations. Ballet technique is also included.

Modern Dance Technique offers classes for a wide variety of ages and experience level. For the youngest dancers, **Creative Movement** serves as an introduction to modern dance and ballet technique in a traditional class setting. Dancers explore shapes, size, tempo, pathways and rhythm; allowing the dancers to explore the world around them through movement. Basic dance exercises are learned as the youngest dancers celebrate their growing bodies and expanding movement repertoire. Creative dance provides the opportunity to use movement for personal expression.

Introduction to Modern and **Modern Dance I** build upon the concepts presented in Creative Movement. The dancers are encouraged through movement exploration to discover new ways of moving their bodies while gaining strength and learning basic dance technique.

All technique classes include floor work, technique exercises in the center such as foot work, swings, jumps, turns, leaps and movement combinations across the floor.

Modern II through Advanced Modern keeps building on previous movement concepts. More difficult and technical exercises are added as the dancers begin to develop their artistry. **Teens Dance** allows the older beginner to learn dance technique at a level suitable to their physical and emotional maturity. Advanced dancers are provided with enrichment workshops with master teachers and performance opportunities.

Enrichment classes have included Pilates for dancers; which greatly assists in core strength allowing for stronger technique. Composition is for the serious dance students who want to learn how to choreograph thoughtful, engaging movement.

All students who attend classes at Modern Dance Technique are rewarded with great gains in their dancing abilities and fun times with old and new friends in our studios. Every student who attends finds they are inspired with a love of dance and encouraged and eager to continue to grow as dancers.