



Imperial Society of
Teachers of Dancing

Street Dance Student Teacher Specification

January
2015

Ref/AST001
version 1.0

STREET DANCE

STUDENT TEACHER SYLLABUS – Time allowed - 1½ hours.

Candidates must have prepared music for all sections. Music may be used whenever the candidate or Examiner feels appropriate. The examination is to be taken in 5 parts in the order written below.

Notes: Student Teacher level is NOT a teaching qualification. Candidates are to have knowledge of the Amateur Medal Tests. All demonstrations are to be performed with sound technique, rhythmical body action and personal interpretation using Safe Dance Practice. The candidate will be asked questions on teaching **observations** and will be marked on their voice projection.

PART 1 – DEMONSTRATION

Demonstrate to music:-

- a) **Warm Up Routine** - suitable for Bronze level for age group of candidate's choice, minimum 32 bars, maximum 3 minutes, Mobility and Pulse Raiser followed by Short Static Standing Stretch Sequence. The stretches should include the major muscle groups.
- b) **Own Creative Routine** – A personal interpretation of unrestricted choreography, 1- 2 minutes
- c) **Two Bronze routines of between 8 – 12 bars (repeatable within the context of the musical phrase)** - of contrasting rhythms and style suitable for class work and of the candidate's own choreography. One must be a pure style of the candidate's own choice from the 3 Funk styles - Popping, Locking or B-Boy.
- d) **Cool Down Stretch Sequence**- suitable for Bronze level for age group of candidate's choice, to include the major muscle groups, 2 minutes.

PART 2 – THEORY, EXPLANATIONS, TEACHING and KNOWLEDGE

The candidate may be asked for their teaching **observations** on any part of Section A with exception of b).

A Theory, Explanations and Teaching Observations

- a) Warm Up and Warm Up Routine
- b) Discuss Own Creative Routine
- c) Two Bronze Routines of between 8 – 12 bars
- d) Cool Down and Cool Down Stretch Sequence

B Knowledge

- a) Safe Dance Practice including Controversial and Contra-Indicated Movements

PART 3 - STEPS and MOVEMENTS

Demonstrate and give technical descriptions of the following Steps and Movements. Demonstrate amalgamations as requested to show varying styles and understanding of the Medal Test Syllabus, up to and including Bronze level.

Candidates should refer to the '*Glossary of Technical Terms and Study Notes for Street Dance & Commercial Hip Hop*' for full technical descriptions of Steps and Movements - available from the ISTD HQ Sales department

Note: Red/italics denote terminology specific to Street Dance as used in the '*Glossary of Technical Terms and Study Notes for Street Dance & Commercial Hip Hop*'. Additional Guidance pages 8/9.

- 1) **ARM MOVEMENTS/POSITIONS** – Circles, Diagonal, Horizontal, Indian, Opposition, Parallel, Pull, Swings, Vertical, Y-High/Low, *Accurate Points/Uncle Sam Points, King Tut, Muscle Man/Uplock, Pace, Punch, Throw, Wrap*
- 2) **BODY MOVEMENTS/POSITIONS** - Contraction, Expansion, Extension, Actions - Hip/Middle Body/Pelvic/Rhythmical Body/Rib-Cage/Shoulder, Isolation, Release, Rotation, Shimmy, *Freeze (non-acrobatic), Lurch, Neutral/Zero, Rock Steady, Single Pop, The Lock*
- 3) **COMPOUND STEPS** - Ball Change-Kick, Ball Change-Step, Flick-Ball Change, Heel-Ball Change, Kick-Ball Change, Knee-Ball Change, Step-Ball Change, Step-Hook, *Battle Rock, Charlie Rock, Cross Step/Indian Step and Reverse, Helicopter/Coffee Grinder/Catherine Wheel/Sweep, Scoo B Doo, Six Step*
- 4) **ELEVATION** – Hops- Hop/Rotational, Jumps- Jump/Jumping Jack/Star/Tuck, Rise, Skip, Spring

- 5) **FOOT PATTERNS / ACTIONS** – Ball Change, Bounce, Brush, Close, Closed, Cross, Dig, Drag, Flex, Lifts- Heel/Knee, Hook, Lunge, Plié, Runs– Simple/Tantrum, Scuff, Shunt, Stamp, Step, Swivels, Tap, Walk, *Crawl, Egyptian Twist, Romeo Twist, Skywalk, Slide, Two Step, Walk Out*
- 6) **HAND MOVEMENTS / POSITIONS** - Clap, Clenched Fist, Contemporary, Fingers- Point/Stretched Up Thumbs Down, Flex, Hand Rolls, Prayer Position, Shake, Snap, *Blades, Fingers- Closed Blade/Splayed, Give Yourself Five, Killing Roaches/Stomp the Cockroach, Wrist Roll, Wrist Rolls*
- 7) **HEAD MOVEMENTS** – Contemporary, Inclined, Lowered, Neutral, Nodding, Raised, Turned
- 8) **KICKS** – Flick, Kick
- 9) **TURNING MOVEMENTS / SPINS** – Spin, Turns- Cross/Open/Turn, *Corkscrew*

PART 4 - DEFINITIONS

Define the following relating to dance movement, accompanied by music where necessary:-

- a) Rhythm, Rhythmical Expression
- b) Contraction, Release, Relaxation
- c) Centring/Balance, Poise, Posture
- d) Pattern, Routine
- e) Accent, Time Signatures, Tempo, Musical Accent

PART 5 – KINESIOLOGY

At Student Teacher level candidates will be required to have a **basic** understanding of the mechanics of the human body including:-

- a) The Skeletal System
- b) The Muscular System
- c) The Cardiovascular System

NOTE: The Examiner will expect a level of knowledge for sections: Part 2 – Theory, Explanations, Teaching and Knowledge and Part 5 – Kinesiology consistent with the level of Student Teacher. Candidates are recommended to refer to the ‘*Glossary of Technical Terms and Study Notes for Street Dance & Commercial Hip Hop*’, (available from ISTD HQ Sales Department), which expands the Syllabus Outline. A list of suggested study resources is available on page 7

The marks awarded per section are as follows:

MAXIMUM MARKS MINIMUM PASS MARKS

PART 1	DEMONSTRATION	20	13.00
PART 2	THEORY, EXPLANATIONS, TEACHING and KNOWLEDGE	30	19.50
PART 3	STEPS and MOVEMENTS	30	19.50
PART 4	DEFINITIONS	10	6.50
PART 5	KINESIOLOGY	10	6.50

Results will be awarded as follows:

HIGHLY COMMENDED	85% overall
COMMENDED	75% overall
PASS	65% <i>Minimum marks must be attained in each section to achieve a Pass</i>