



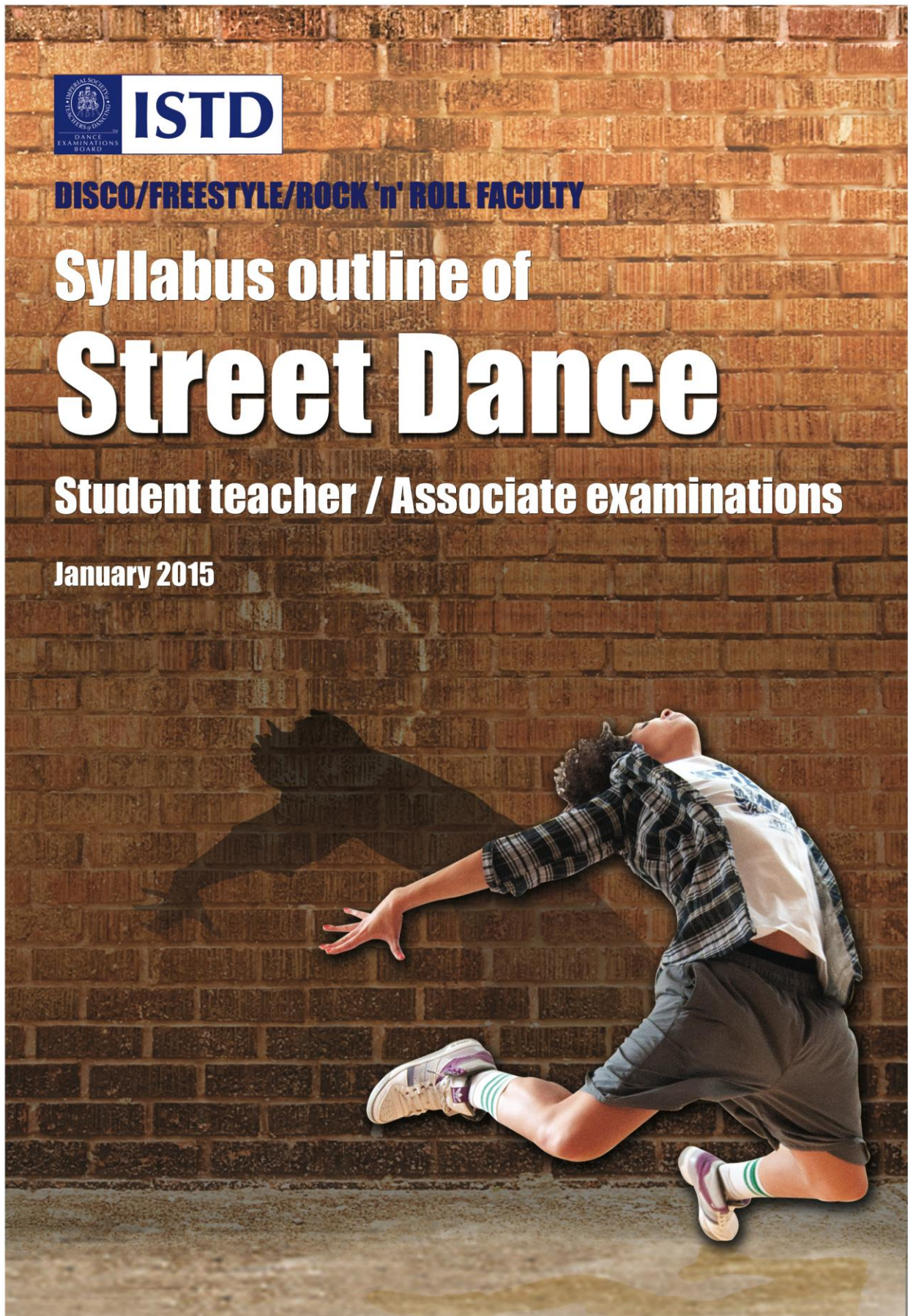
ISTD

DISCO/FREESTYLE/ROCK 'n' ROLL FACULTY

Syllabus outline of **Street Dance**

Student teacher / Associate examinations

January 2015



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, 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

		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>

ASSOCIATE SYLLABUS – Time allowed – 1¾ hours

Work from the Student Teacher syllabus, including dance routines will be included in this examination at the Examiner's discretion. Candidates must have prepared music for all sections. Music may be used whenever the candidate or the Examiner feels appropriate. The examination is to be taken in 5 parts in the order written below.

Notes: 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 marked on their teaching ability and their voice projection.

PART 1 – DEMONSTRATION

Demonstrate to music.

- a) **Mobility Exercise** incorporating isolations – 32 bar sequence (medium tempo).
- b) **Warm Up Routine** - suitable for Silver 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.
- c) **Own Creative Routine** – A personal interpretation of unrestricted choreography, 1- 2 minutes
- d) **Silver Routine** -16 bar repeatable.
- e) **Two Silver routines of between 8 - 12 bars (repeatable within the context of the musical phrase)** - of contrasting rhythms and style to the above Silver routine 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.
- f) **Cool Down Stretch Sequence** - suitable for Silver 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 to teach any part of Section A with exception of c).

A Theory, Explanations and Teaching

- a) Mobility Exercise
- b) Warm Up and Warm Up Routine
- c) Own Creative Routine
- d) Silver Routine
- e) Two Silver Routines of between 8 - 12 bars
- f) Cool Down and Cool Down Stretch Sequence

B Knowledge

- a) The origins of music and styles
- b) The history of 2 Street Dance Styles
- c) Knowledge of the Dance Industry
- d) 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, to include teaching methods. Demonstrate amalgamations as requested to show various styles and development of Syllabus Figures and an understanding of the Medal Test Syllabus up to and including Silver level. Show also an approach to choreography for Solos and Pairs up to and including Silver 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 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, V- High/Low, *Accurate Points/Uncle Sam Points, King Tut, Muscle Man/Uplock, Pace, Punch, Scoop, Waving, Throw, Wrap*
- 2) **BODY MOVEMENTS** – Body – Bending/Contra/Stretching, Contraction, Expansion, Extension, Actions- Hip/Middle Body/Pelvic/Rhythmical Body/Rib-Cage/Shoulder, Isolation, Release, Rotation, Shimmy, Sway, Twist, *Baby Love, Boogaloo Hip Roll, Chest Roll, Dime Stop, Double Pop / Single Pop, Freeze(non-acrobatic), Lurch, Neutral/Zero, Ripple, Rock Steady, Roll, Sweeps, The Lock, Tidal Wave*
- 3) **COMPOUND STEPS** - Ball Change-Kick, Ball Change-Step, Flick-Ball Change, Flick-Ball-Cross, Grapevine, Heel-Ball Change, Kick-Ball Change, Knee-Ball Change, Open Turn, Pas de Bourrée, Square/Box, Step-Ball Change, Step-Hook, *Around the World, Battle Rock, Charlie Rock, Cross Hop and Back Step, Crossroads, Cross Step/Indian Step and Reverse, Helicopter/Coffee Grinder/Catherine Wheel/Sweep, Knee Slide, Knee Switch, Old Man, Pacing, Scoo B Doo, Six Step, Skeeter Rabbit, Three Step*
- 4) **ELEVATION** – Hops – Hop/Rotational, Jumps- Jump/Jumping Jack/Star/Tuck/Turning Tuck, Rise, Skip, Spring, *Jumps – Switch/ Seat Drop/Spring Tuck*
- 5) **FOOT PATTERNS / ACTIONS** - Ball Change, Bounce, Brush, Close, Closed, Cross, Dig, Drag, Flex, Grapevine, Hook, Lifts- Heel/ Knee, Lunge, Pas de Bourrée, Plié, Relevé, Rondé de Jambe, Runs- Simple/ Tantrum, Steps – Pressure/Step, Scuff, Shunt, Square/Box, Stamp, Swivels, Tap, Walk, *Crawl, Crossroads, Egyptian Twist, Happy Feet, Heel Rolls, Invert, Knee Hook Drop, Knee Roll, Leg Pops, Pacing, Pork Chop, Roman Twist, Romeo Twist, Scoo B Walk, 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, Head Rolls, Inclined, Lowered, Neutral, Nodding, Raised, Turned, Turned and Inclined
- 8) **KICKS** - Flick, Karate Kick, Kick, *Hop Kick, Scoo Bot/Scoot Box*
- 9) **TURNING MOVEMENTS / SPINS** – Pivot, Spin, Turns- Cross/Open/Paddle/Turn/Twist/Whisk (½ and full), *Around the World, Corkscrew,*

PART 4 - DEFINITIONS

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

- a) Rhythm, Rhythmical Expression
- b) Contraction, Release, Relaxation, Expansion
- c) Centring/Balance, Poise, Posture, Core Strength
- d) Pattern, Routine
- e) Accent, Time Signatures, Tempo, Musical Accent, Phrasing, Counting in Beats and Bars

PART 5 – KINESIOLOGY

At Associate level candidates must have a knowledge and understanding of the mechanics of the human body, to include function and structure of:-

- a) **The Skeletal System**
The Skeleton and its Functions
Joints and their Classification
Cartilage
Ligaments
- b) **The Muscular System**
Muscles – Classification of and type of Contraction and Movement
Tendons
- c) **The Cardiovascular System and Respiratory System**
The Heart
The Lungs
- d) **The Nervous Systems**
Central Nervous System
Motor and Sensory Nerves

NOTE: The Examiner will expect a level of knowledge for sections: Part 2 – Theory, Explanations, Teaching and Knowledge and Part 5 – Kinesiology consistent with level of Associate. 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
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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>

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Some Suggestions for Study Resources

- 1 **Anatomy of Stretching** – Brad Walker
- 2 **Dance Technique & Injury Prevention** – Justin Howse
- 3 **Disco Freestyle Licentiate Study Notes** – ISTD HQ Sales
- 4 ***Exercise Danger** – Donovan/McNamara/Giandi
- 5 **First Aid Explained** – Merseyside Regional Ambulance (or any recognised First Aid manual)
- 6 **Functional Anatomy of the Limbs and Back** – Jenkins
- 7 **Functional Anatomy of the Spine** – Oliver and Middleditch
- 8 **Glossary of Technical Terms and Study Notes for Street Dance & Commercial Hip Hop**- ISTD HQ Sales
- 9 **Grants Atlas of Anatomy** – Agur and Lee
- 10 **Stretch Plan** – Chrissie Gallagher-Mundy
- 11 **Stretching Without Pain** – Paul Blakey
- 12 **The Complete Guide to Stretching** – Christopher M. Norris
- 13 **The Concise Book of Muscles** – Chris Jarmey
- 14 ***The English Guide to 'Exercise To Music'** – Rodney Callum/Lesley Mowbray
- 15 **The Muscle Book** – Paul Blakey
- 16 **YMCA Exercise to Music**

* These titles remain listed but availability uncertain

DVDs New York City Ballet Workout – Palm Pictures Directed by Richard Blanshard - available from Amazon Useful for Stretch Technique

NOTE: There are a number of links, current at time of going to press, quoted in the '*Glossary of Technical Terms and Study Notes for Street Dance & Commercial Hip Hop*' – available from ISTD HQ Sales department.

Additional Guidance - Location of some Specific Terminology as used in the '*Glossary of Technical Terms and Study Notes for Street Dance & Commercial Hip Hop*'

STUDENT TEACHER SYLLABUS

ARM MOVEMENTS/POSITIONS	Accurate Points/Uncle Sam Points – LOCKING Muscle Man/Uplock – LOCKING Also entry for Muscle Man/Atlas under Arm Movements/Positions
BODY MOVEMENTS	Freeze (non– acrobatic) – B-BOY Lurch – LOCKING Neutral/Zero – B-BOY - also entry under Body Movements Rock Steady – LOCKING Single Pop – POPPING The Lock - LOCKING
COMPOUND STEPS	Battle Rock – B-BOY Charlie Rock – B-BOY Cross Step/Indian Step – B-BOY also in reverse* Helicopter/Coffee Grinder/Catherine Wheel/Sweep – B-BOY Scoo B Doo – LOCKING Six Step – B-BOY

* Reverse Step – B-BOY Feet apart, take RF diag back behind LF with part weight bending knees lowering the centre of gravity (1) Recover, replace RF to side (2) Repeat with LF Use of arms open to interpretation

FOOT PATTERNS /ACTIONS

Egyptian Twist – POPPING
Romeo Twist – POPPING
Walk Out – POPPING

HAND MOVEMENTS/POSITIONS

Give Yourself Five – LOCKING
Killing Roaches/Stomp the Cockroaches – LOCKING
Wrist Roll – LOCKING - not to be confused with Wrist Rolls

TURNING MOVEMENTS/SPINS

Corkscrew – B-BOY

ASSOCIATE SYLLABUS

ARM MOVEMENTS/POSITIONS

Accurate Points/Uncle Sam Points - LOCKING
Muscle Man/Uplock – LOCKING
Also entry for Muscle Man/Atlas under Arm Movements/Positions
Waving – POPPING – also under Arm Movements/Positions

BODY MOVEMENTS

Baby Love – B-BOY
Boogaloo Hip Rolls- POPPING
Chest Roll- POPPING
Dime Stop- POPPING
Double Pop / Single Pop - POPPING
Freeze (non- acrobatic) – B-BOY
Lurch- LOCKING
Neutral/Zero – B-BOY - also under Body Movements
Rock Steady – LOCKING
Sweeps- B-BOY
The Lock- LOCKING
Tidal Wave- POPPING

COMPOUND STEPS

Around the World- LOCKING
Battle Rock - B-BOY
Charlie Rock - B-BOY
Cross Hop and Back Step- B-BOY
Cross Step/Indian Step - B-BOY also in reverse*
Helicopter /Coffee Grinder/Catherine Wheel/Sweep- B-BOY
Knee Slide- B-BOY
Knee Switch- B-BOY
Old Man- POPPING
Pacing - LOCKING
Scoo B Doo -LOCKING
Six Step – B-BOY
Skeeter Rabbit - LOCKING
Three Step – B-BOY
* Reverse Step – B-BOY Feet apart, take RF diag back behind LF with part weight bending knees lowering the centre of gravity (1) Recover, replace RF to side (2) Repeat with LF Use of arms open to interpretation

ELEVATION

Seat Drop/Spring Tuck- LOCKING

FOOT PATTERNS/ACTIONS

Egyptian Twist - POPPING
Knee Hook Drop – B-BOY
Knee Roll – POPPING
Pacing - LOCKING

Pork Chop - LOCKING
Roman Twist - POPPING
Romeo Twist - POPPING
Scoo B Walk - LOCKING
Walk Out - POPPING

HAND MOVEMENTS/POSITIONS

Give Yourself Five- LOCKING
Killing Roaches/Stomp the Cockroach- LOCKING
Wrist Roll – LOCKING - not to be confused with Wrist Rolls

KICKS

Scoo Bot/Scoot Box- LOCKING

TURNING MOVEMENTS/SPINS

Corkscrew- B-BOY