

# BUILD YOUR CONFIDANCE

## Hyper Week Dance program



*“Because of styles people is separated!*

*Research your own experience, absorb what is useful and dare to discard what is useless.*

*Then add what is essentially your own”*

*-B. Lee-*

### INTRO

*After years of travelling and developing techniques and methods of teaching, I decided to use all those experiences and put them in a format for the Hyper Week Dance camp.*

*Around the world we face some problems in the education of the dancers, that most of the time we are always trying to figure out our place in the world of dance. When it comes to expression, competition, commercial, artistic, or just for the love of movement for example.*

*Which causes the loss of the essential part of each dancer, him- or herself, his/her own personality, creativity and most of all his/her own Confidence of what they are truly capable of achieving.*

*As PJD’s artistic director, my Hyper Week team and I would like to give the opportunity to dancers to not only stay focused on what they have, but where they can see or imagine themselves. And to make them understand and become aware that they already have all the capacity of understanding their body, believe in their potential and the development in their style, their personal skills and their own visual imagination through various types of exercises: Laboratory analytics, Educational like the Hyper Week Games, or a deeper understanding of music and a more conscious practice of the body and ways of how to take care of it.*

***This all is blended in a healthy mix of good vibrations, respect towards your brothers and sisters around you, because together we build a positive mindset where accepting your own progress, no matter how slow or how fast, is the key! Everybody has their own pace and timing in understanding themselves or their own body.***

*Each of our teachers are chosen because of their different knowledge but all are aiming for the same Goal, THE GROWTH OF THE MIND, OF THE DANCE AND OF THE CONFIDENCE OF EACH DANCER.*

## WORKSHOP/TEACHING-LEARNING

Since 2012, the Build Your Dance Concept has always been a big part of the conception of the schedule, the teachers line up, the Laboratory jam, and duo classes.

The schedule is set up like this: each teacher will not just elaborate the full history of the style through movement but will essentially have a different theme for each of their classes. In this way the teacher gives the opportunity to whoever joins the course and when they go back home, they have essential information to not only research their own style but mostly to become a unique dancer in a 360 degrees aspect. When the investment will be focused on yourself, not a single second will be wasted!

It's almost clear that you don't need to be a Popping dancer to use Popping techniques in your own style. This is the way I thought how Popping can make you and your dance grow and get richer even if you don't want to be a popper in a future.

**1ST:** "GROOVE INTO POPPIN"

**2ND:** "WAVING"

**3RD:** "LABORATORY JAM OR DUO CLASSES"

**4TH:** "GLIDE AND FOOTWORK"

**Groove into popping:** Most of the styles use the groove but each have different flavors that **can be felt in your style.**

**Waving** is a general technique/method/ concept for connections between different body parts and is also an organic way of movement used in every style. With also the illusive effect of fluidity and to move like water.

**Gliding and footwork** are often used in dance that uses a lot of leg movements, like house or breaking, but useful in any other style.

All of this will already give an arsenal of possibilities to the dancer that want to mix or create fusion in his or her own style.

## LABORATORIES, JAMS AND DUO CLASSES

This is the moment where the students will be free to explore what they have learned so far. The dancers can learn how to build bridges between two different kind of disciplines. You could see it as Co-Laboratory and the deeper understanding that everything is connected, no matter the style. But once again, it is how well you know your own body and see that there are no limits. The mind will limit you the moment you think in a certain "box" (dance style) but to free your mind and to look at it as a "dancer" you will make anything work, from every step, from every style and bend it to your own benefit.

The teachers will give exercises, concepts and methods that will help the dancers reach their understanding of dance and to be aware of their mindset in dance. The teacher will be present during the jam to cypher with you and will always "SEE" each student.

## DETAILS OF THE WORKSHOP

**Many concepts will be develop during the classes, from the movement to different expressions, creativity in the foundations, the characteristics of different styles, understanding of your possibilities and how to reach your own maximum level.**

**AWARENESS AND USE OF SPACE, DIRECTIONS, LEVELS IN MOTION, (Broken) RHYTHMS, BREAKING DOWN A SINGLE MOVEMENT, PHYSICAL TRAINING, STRETCHING, MUSICAL KNOWLEDGE AND THE DIFFERENT LAYERS OF UNDERSTANDING MUSIC, DYNAMIC OF THE ENERGY THAT YOU CONSTANLY EXPRESS WHEN YOU DANCE, TO EVENTUALLY DANCE WITHOUT THINKING ETC.**

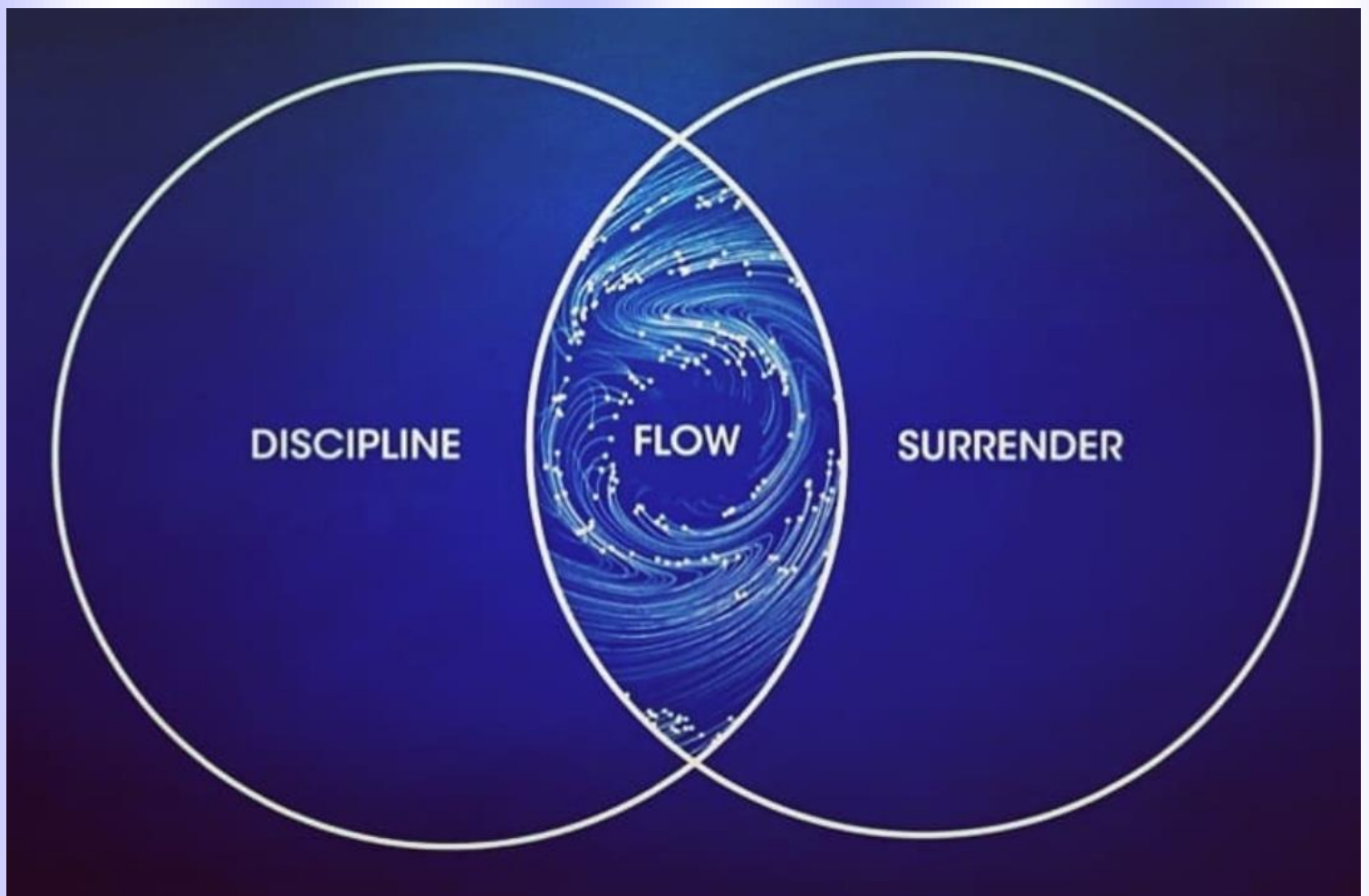
**The teacher will give as much as he/she can during all the classes and will never hesitate to answer to your questions in and/or outside of the class, so never hesitate to ask, because everyone can learn from each other.**

**All the very crowded classes will have moments where the students in the back will come to the front and vice versa so that everyone can see the details if a specific step or concept is being explained. No one will be left out.**

## CONSCIOUSNESS OF THE BODY

During the week and sometimes in the break after the morning classes, some classes will be specialized in **YOGA, BREATHING EXERCISES, and PARTNER WORKS**. To be conscious of your body is a very important and a big part of being a dancer. Respecting yourself how your body feels and to not be ashamed of yourself or the moment you have contact-improvisation.

Sharing is caring. So, what could possibly more beautiful than to share the same love and understanding for our **DANCE CULTURE THROUGH REAL CONNECTION?** Don't hold back and just let go.



### **HYPER WEEK GAME**

The Hyper Week Games are a **Big Fundamental Part** of the general atmosphere of the Camp. On the educational side it helps to socialize and bond in a different setting. The student will have to team up with people they don't know and learn how to trust and believe in each

other for the main goal, to motivate and support each other. The teachers will participate as well and it simply displays that we are all the same.

## THE BATTLE

Recalling the concept of the Hyper Week Game, the battle will also require the dancers to be open to someone they don't know. To team up and to bring out the best of the situation with acceptance, trust and a sprinkle of humbleness as its ingredients.

From fantasy to knowledge, partner work and all the elements that have been acquired during the week, can be very useful in these concepts of competition. This setting is the perfect "playground" to see if what you have learned, is actually of use in the moment of connection. Whether it is connection to the music or together with your partner(s).

## THE PARTIES

What better environment could there be to express yourself and to be completely free of expression?? At a good party!

When the music Blasts through your Soul and moves your feet, everyone will be always present to share the love of dance and music under the fingers of our best worldwide DJ's, beats makers, singers and live bands.

It is important to remind ourselves that we love dance because the music brings people and energies together. When people unify through the power of Music, the Spiritual Energies will build up as high as the sky which we often refer to as "An Amazing Vibe" "The Energy in The Room is Too Much."

Parties are an essential part where we celebrate the freedom, we all desire so much.

So, let's get UP and move our feet, heart and souls for the love of expressing ourselves freely through the love we have for Music and our brothers and sisters that share that same love! Let's all build each other's Confi-Dance!

**THE BUILD YOUR CONFI-DANCE PROGRAM DOESN'T STOP OUTSIDE OF THE CLASSROOMS, BUT IT WILL GUIDE YOU IN YOUR OWN PATH IN LIFE.**

**ONE WEEK TO OPEN YOUR MIND, ONE LIFE TO BUILD YOUR  
CONFI-DANCE**



**Responsible of the BYC-D Project:**

**PJD ART DIRECTOR Lamarre Michael (Niako)**

**HW Vice ART DIRECTOR Patrick Karijojo**