

Congress

二度と無い世界屈指のダンス講習会

Theme: *To Win the Competition*
競技会に勝つには

There is wonder in winning, no wonder in losing
勝つには不思議有り、負けるに不思議無し

| schedule | Timetable | Class hours | Associate professor | Remarks |
|----------------|-----------|---------------|---------------------|----------------------|
| Reception Time | practice | 9:00 ~ 9:20 | | |
| 1 | | 9:20 ~ 10:20 | Masaki&Chiaki Seko | Latin American Dance |
| 2 | | 10:20 ~ 11:20 | Hidemi Yamamoto | Latin American Dance |
| Break Time | practice | 10 min | | |
| 3 | | 11:30 ~ 12:45 | Adam Reeve | 10 Dances |
| Lunch Time | practice | 25 min | | |
| 4 | | 13:10 ~ 14:10 | Belinda Adora | Latin American Dance |
| 5 | | 14:10 ~ 15:40 | Denis Tremblay | 10 Dances |
| Break Time | practice | 10 min | | |
| 6 | | 15:50 ~ 16:35 | Timothy Howson | Ballroom Dance |
| Practice Time | practice | 16:35 ~ 17:00 | | |

Lecture content

▶ 1 Masaki&Chiaki Seko – Lecture Intentions

ラテンアメリカンダンスを踊る上での必要な体の動かし方や踊り方をレクチャー致します。
スタンディングレッグの使い方やウォークにおけるムービングレッグの重要性、ペンジュラムアクション等のヒップアクションについて、ボディアクションやアームの種類、各種目の特性などを私達がこれまで培ってきた経験に基づいてレクチャー致します。
どなたでも参考になる事間違いありません。ぜひこの機会にご受講下さい！！

▶ 2 Hidemi Yamamoto – Lecture Intentions

Latin American Dance を、ダイナミックに、綺麗に、ストロングに、滑らかに、見せる為に、必要な

- * 立ち方
- * レッグアクション
- * ボディーアクション
- * アームアクション
- * 音のとり方

などを、レクチャーさせて頂きます。

私が踊る上で大切にしている事を、皆様に分かりやすくお伝えさせて頂きますので、是非とも宜しくお願い致します。

▶ 3 Adam Reeve – Lecture Intentions

10 dance lecture

As a World Professional 10 Dance Champion I would like to discuss the importance of both styles and how they relate.

By Learning the mechanics of both styles and other styles of dance will enrich a dancers all round knowledge, range of movement, performance and musicality.

▶ 4 Belinda Adora – Lecture Intentions

TOPIC: CONNECTING ALL THE PIECES:

So you've mastered your hip motion, upper body movement, arms, legs, and feet! But can you connect all the pieces to express art in motion? Are you one beautiful dancer, or just the sum of your moving parts? Find the connective tissue that moves you easily from one element to the next. Learn what happens in between each step to set your dancing apart.

▶ 5 Denis Tremblay – Lecture Intentions

“The Secret” for Dynamic Balance & Partnering Harmony: CENTERING – 3 Centers to control
The ability to organize, think, see, and feel all Dance Elements and Energy, from, to, and around a Physical Center in the Body – the Couple – the Turn of a Figure
The Notion of 2 Flows is Key to allowing the Magic to reach Balance and Harmony:

1. A “Yin” Flow: Feminine Flow, like water, INTO the Center and DOWN into the Floor under the standing foot
2. A “Yang” Flow: Masculine Flow, like Fire, UP to Center and OUT into free space



▶ 6 Timothy Howson – Lecture Intentions

1. Set your GOAL for the competition. The fewer GOALS the quicker you will master it and be able to move to another. You must choose the correct GOAL at each event.
2. Understand your partners GOAL and explain and encourage exactly when they achieved them. This can only be done when you are succeeding with your GOAL. Never add to their thoughts with different GOALS.
3. The Skill of concentration during a competition.
4. Always look at yourself rather than your Competitors and Adjudicators. Respect that Competitors and Adjudicators are doing their best too.

～支援のお願い～

世界に羽ばたく選手育成の為にご支援を！

頂いたご支援金は選手育成の為に活動に使わせていただきます。活躍する日本のユースやジュニアの選手が世界を見て学び、交流を持てる環境を整備して参ります。皆様是非お力をお貸しください。

直接の支援は…

みずほ銀行神谷町支店普通1428505
一般社団法人 ジャパンドダンスオーガナイゼーション

クラウドファンディングの支援は…

ご支援者の金額に応じたリターンを用意しております。
お気に入りの選手を応援しませんか？



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