

A sample lesson from...

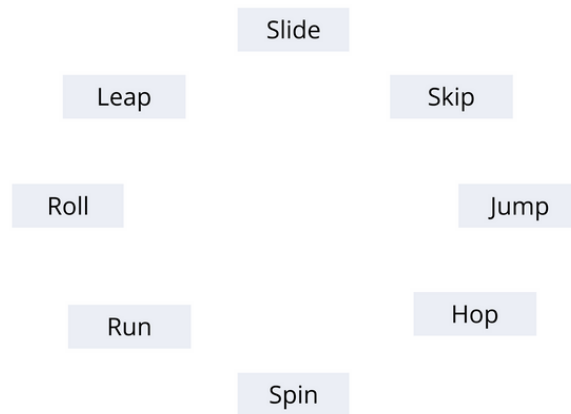
The Comix Method for: Boys Hip Hop

Lesson 2 - Flash Cards

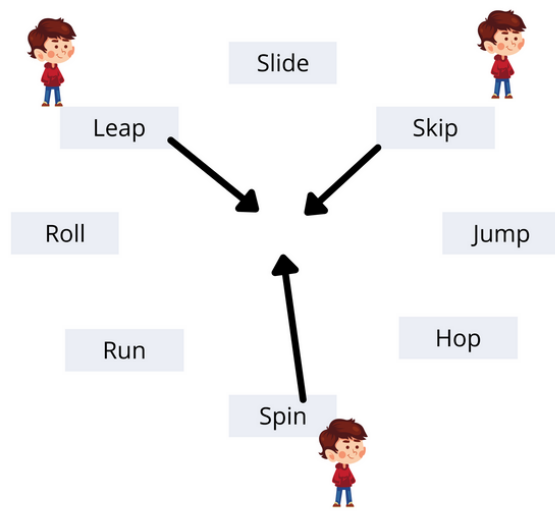
In this lesson, we will utilize flash cards as a reinforcement of vocabulary & action words to give students a guided plan for a variety of dance exercises. In most cases, flash cards can be replaced by folded pieces of paper or anything else you can write on and hand out.

Flash Cards For Traveling & Freestyle Circles

One easy element of freestyle is how you will travel to a new position to begin your freestyle. In this version of flash cards, you will write out a series of simple action words that particularly pertain to traveling. The action words can and should exceed the amount of dancers in class so that there are multiple options for dancers. Simply arrange flash cards face down in a big circle the way this image shows.



You may choose to lay them face up or face down. If the boys are familiar enough with these action words, face down provides the extra challenge when there's an inability to choose which move they like the best. Have the dancers choose a card to stand with. Once they are arranged in their spots, they are instructed to read the card and make that the action word they'll use to enter the freestyle circle.

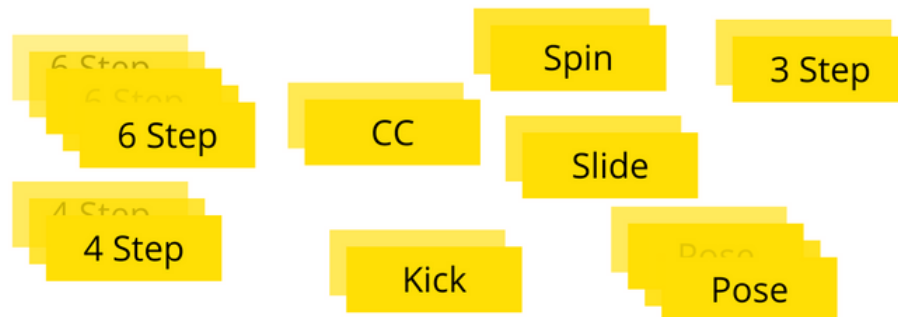


There are a few options for this exercise. If the dancers are not too familiar with freestyle, you can make the entire exercise about how many different ways you can enter the circle with the action you gave them. If they are familiar enough or comfortable with doing their own dance moves, this should be their intro move to their freestyle.

After spending a few minutes on this exercise, build on the concept by having them keep with their chosen action to find a link between the action word and their freestyle. If a dancer is supposed to spin into the center, ask the dancer to spin toward the center spot and pause as soon as they finish the move and get there. Once they show you the position they ended up in, help the dancer discover a dance step they can easily get into from that spin. Next, instruct the dancer to try their spin followed by the specified dance move without any pause in between in order to make it a more complete phrase.

Stepping away from freestyle circles, this can be used as an easy transition for some creative formation changes. Any combination a dancer creates can become a part of choreography. In the case of the spin, you can instruct the entire class to try the same spin and the same following move. Putting dancers in windows and having the back group spin forward into the next move can create a slightly more advanced visual that even the beginner dancers can understand and perform.

Flash Cards for Vocabulary





You can work out this lesson with a ton of options. Since boys classes will often lean into b-boy vocabulary, we'll use that as the example. After you have spent time teaching dancers about action words & official vocabulary, make up a stack of papers or flash cards that have some of the steps you use in class. I usually work it out so there are multiple cards with the same word in it. When you have the cards ready, have the dancers choose a set amount from a hat or any place you can hide the words. The order they pick the cards will be the order they perform the moves. Usually, dancers will pick a place in the room and line up their set so they can choreograph the pattern that has been set. Choosing the same word twice simply means the move has to be done again. For beginners it can be just a repeat of the step. For more seasoned dancers, the extra challenge should be to try a different version of the action or move each time they perform it. Let's say a dancer is choosing 4 cards..

6 Step - 4 Step - Kick - Kick
Kick - Slide- Kick - 3 Step
Pose - 4 Step - 3 Step - Spin

Any of these combinations can easily be put together. Once the dancers have completed their set, have them perform it as a mock freestyle one at a time. For extra challenges, words such as reverse, repeat, freeze can be added in. Freezes are only recommended for dancers that already know how to perform freezes and need to work on adding it to choreography. The other words can impact the entire presentation of the short phrase.

*Combine the two concepts to create a complete display of freestyle movement. The two exercises can be worked on as separate lessons in a single class. Once both lessons have been done, have the dancer put together their entire phrase from the intro travel move through to their combo.