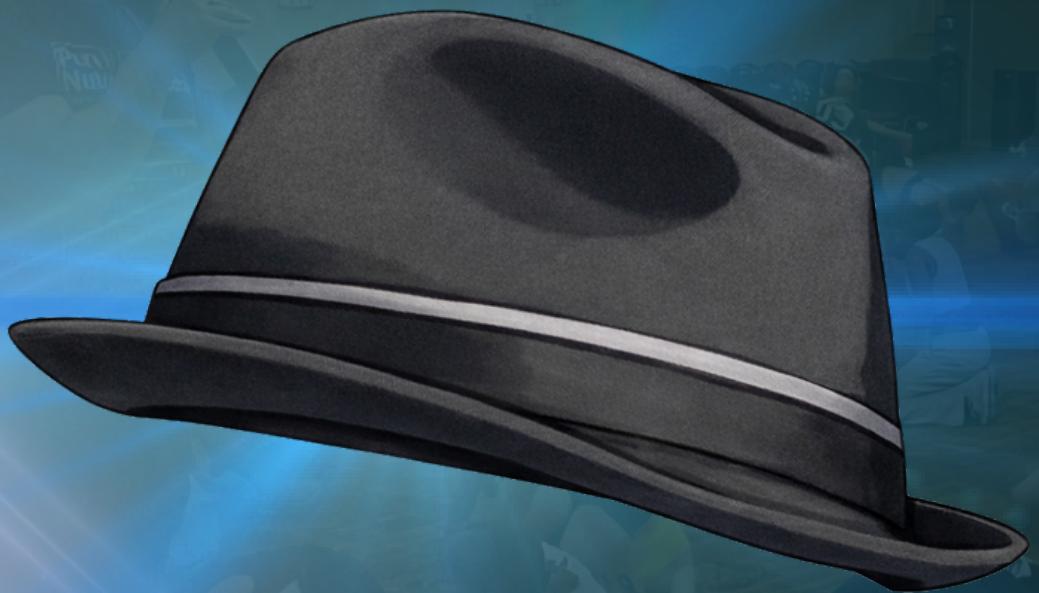


# THE COMIX METHOD

# HIP HOP

## CONVENTION CLASS OPTIONS



# CLASS STYLE: TEACHER COURSE

# HIP HOP

## AUTHENTICITY & EDUCATION

This class is rooted in the core concepts behind my teaching method and balances Hip Hop culture with real educational structure. Possible subject matter includes:

- A concise history of Hip Hop and the why behind key educational practices.
- How to integrate culture into programs (freestyle, social exchange, intention, etc.)
- Groove: what it is, why it matters, and how to teach it to anyone
- Foundational Hip Hop vocabulary and terminology

Depending on time, this class can also touch on warmups, across-the-floor work, class structure, and curriculum development. The experience blends call-and-response movement, short phrases, discussion, and live teaching cues so teachers are learning technique, language, and classroom application simultaneously.

# CLASS STYLE: TEACHER COURSE

## THE **WORLD** OF STREET DANCE

**HIP HOP   BREAKING   POPPING   LOCKING**

A movement- and demonstration-based class that introduces teachers to the broader range of street styles often associated with Hip Hop. This option leans more heavily into content and terminology, offering core techniques and definitions for multiple styles.

At least two styles beyond Hip Hop are explored (time permitting). The depth and number of styles adjusts based on the time allotted.

# CLASS STYLE: TEACHER COURSE

INTRODUCING

# BREAKING

INTO YOUR DANCE PROGRAM

**With Breaking's visibility increasing rapidly, many programs are attempting to include it without a clear framework. This class focuses specifically on making Breaking approachable and sustainable in a studio or school setting.**

**Topics include:**

- Core Breaking rhythms, techniques, and terminology
- Safe practices for floorwork, freezes, and basic tricks
- Creative frameworks that allow even a single class to generate long-term curriculum ideas

# CLASS STYLE: TEACHER COURSE

## JUDGING HIP HOP

Pulled directly from my training courses on the subject, and aligned with my **Judging Hip Hop** certification course, this class addresses common misunderstandings that arise when Hip Hop is judged without proper context.

Key topics include:

- Mislabeling of steps and styles
- Hip Hop's rules and standards and how they differ from other genres
- Common techniques and terminology judges should recognize
- “Empty critiques” and how to expand them into meaningful feedback
- A practical Hip Hop readiness checklist for judges

# CLASS STYLE: TEACHER COURSE

## HIP HOP CREATIVITY

A creativity-focused option can cover a big topic that isn't explored enough in trainings like this. A course in this style explores prompts and approaches to enhance both freestyle and choreography composition.

### Subjects include:

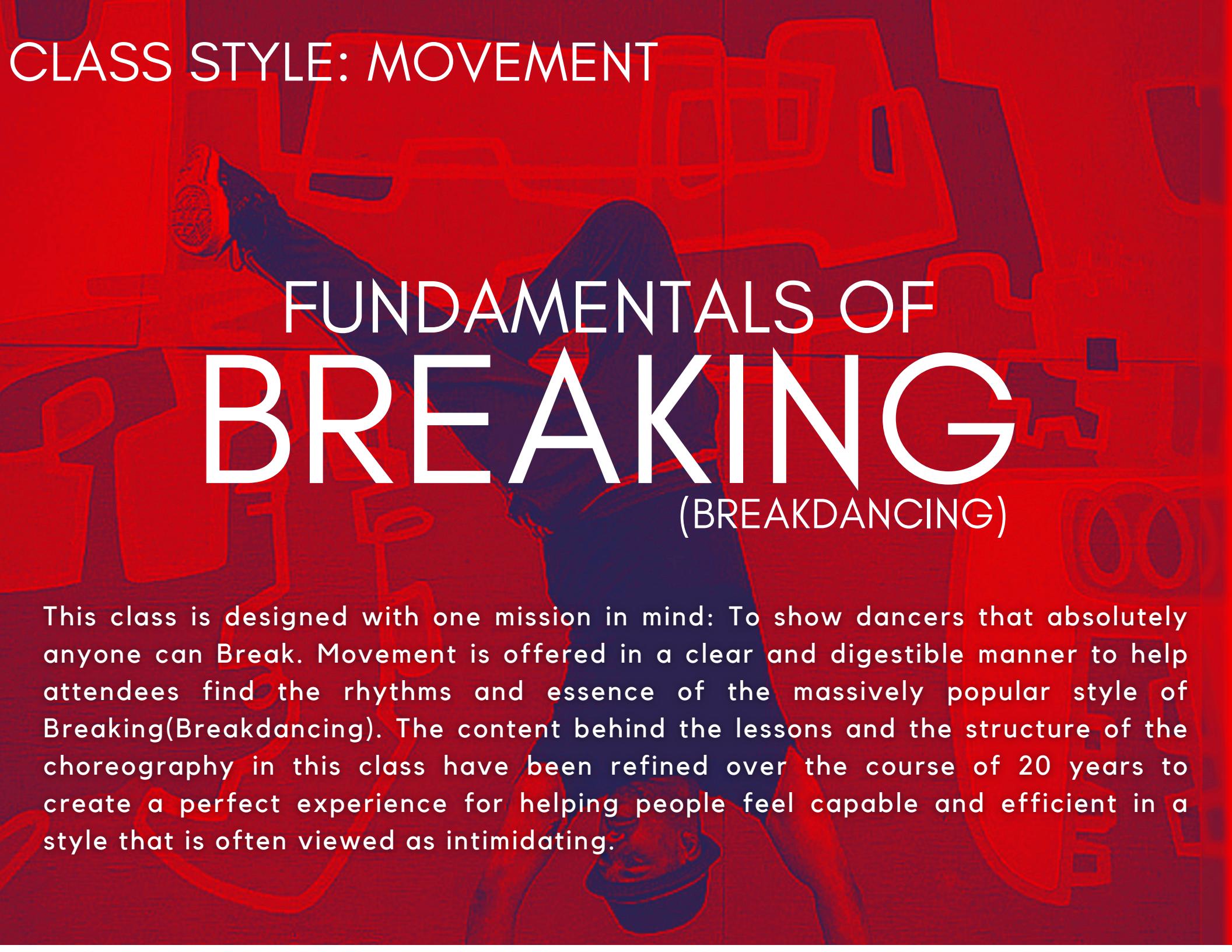
- Choreography composition (the what, where, when, and how of movement creation)
- Groove-based freestyle concepts
- “Discovery Mode,” focusing on letting go of overthinking and opening creative possibilities
- An overview of Hip Hop standards, and how to maintain authenticity when being creative

CLASS STYLE: MOVEMENT

# HIP HOP DANCE CULTURE

A high-energy choreography class blending technique with cultural elements. Dancers engage not only in unison movement but also in self-expression and social interaction within the routine, offering a more complete Hip Hop experience in a highly unique movement styled process, not often seen in Hip Hop classes.

CLASS STYLE: MOVEMENT



# FUNDAMENTALS OF **BREAKING** (BREAKDANCING)

This class is designed with one mission in mind: To show dancers that absolutely anyone can Break. Movement is offered in a clear and digestible manner to help attendees find the rhythms and essence of the massively popular style of Breaking(Breakdancing). The content behind the lessons and the structure of the choreography in this class have been refined over the course of 20 years to create a perfect experience for helping people feel capable and efficient in a style that is often viewed as intimidating.

# CLASS STYLE: MOVEMENT



# LOCKING & THE SOUL TRAIN ERA

What else can I say? This is likely the most fun class of the bunch, and also one of the most unfamiliar. The class explores the Soul Train era and one of the loudest, funkiest styles in street dance. Much like Breaking, I've refined my approach to this class over more than two decades to create an experience that leaves dancers wanting much more of the style. Partner work is a major highlight, followed by a group participation exercise where dancers help choose and design the movement used in the routine. Because it predates Hip Hop, Locking offers an essential set of techniques and concepts that function almost like prerequisite knowledge for any street dancer.

# CLASS STYLE: MOVEMENT



# POPPING & ISOLATIONS

For most Hip Hop dancers, learning concepts behind Popping and exploring the technique behind isolations are an absolute must. Not just because these techniques build a ton of strength behind Hip Hop movement, but because it also touches on movement that is prevalent in so much of commercial dance. Above all, this movement creates a more complex and more defined dancer. Due to the difficulty in mastering this style, the reward achieved in a class such as this lies in the satisfaction of the visuals we create in choreography.