

STUDENT WORKSHOPS

FUNDAMENTALS OF BREAKING



LESSONS FOR ALL SKILL LEVELS

Breaking is actually easier than you think! The association with dynamic tricks sometimes gives students a false understanding of what a Breaking class looks like. In these workshops, we are covering the fundamentals of the style. In other words, students are learning how to dance this style. Step by step breakdowns of dance moves help students grasp this style with ease as we explore elements of Breaking that exist on your feet as well as on the floor.

**NO
EXPERIENCE
NECESSARY!**



B-BOY

B-GIRL

BREAKDANCING

**WHAT CAN
STUDENTS
LEARN?**

TOPROCK STEPS

DOWNROCK STEPS

BASIC CHOREOGRAPHY

ADVANCED CHOREOGRAPHY

BASIC FREESTYLE

ADVANCED FREESTYLE

BATTLE TECHNIQUES

FREEZES

SOLO/PARTNER TRICKS

MUSICALITY

THE BENEFITS OF BREAKING

First of all..

This is the foundational dance in Hip Hop culture! One of the four original elements. Not only should students explore the history of dance through this genre, but understanding the flow of movement helps inform so much more in other genres. Especially Hip Hop.

Students who gain experience in Breaking will develop:

Floor Fluency
Better Balance
Better Stamina
Strength

**Fearlessness On The Floor

WHAT IS TOPROCK?

Breaking movement that is performed while standing, usually leading into downrock movement. This style is open to a ton of creative interpretation, but also comes with its share of dance terms. This is a style of movement of its own, or part of a larger Breaking combo that can include downrock, power moves, etc...

Notable Moves:

INDIAN STEP
JAPANS
CHARLIE ROCK
APACHE STOMP

WHAT IS DOWNROCK?

Breaking movement performed on the floor, and often what people typically picture as the movement associated with the style. The body is supported by the hands and feet as a range of patterns can be performed based on well known downrock terms or creative ideas a b-boy/b-girl can create.

Notable Moves:

6 STEP
4 STEP
C C'S
ZULU SPINS

CONTACT

Inquire about dates, pricing, or anything else you'd like to know! This workshop subject can be taught exclusively or part of a wider variety of subjects for your students.

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