

### **Awakening to dance, Initiation with the dance:**

Under the “July 10, 1989 law” relating to the teaching of dance, children can only begin dance from the age of 4. The fundamentals of dance (space, time, form) are approached in awakening and technique fundamentals (jump, turn, axis, weight, relation to lower limbs, upper limbs) in initiation. Dance is at the child’s service in to allow his blooming and to develop its creativity. It is a fundamental stage in the training of the student.

### **Techni'ka:**

As a result of a long research task performed by Lénablou and based on the musical and gestural repertory of the traditional rhythms from Guadeloupe, Techni'ka prepares the body to receive Gwo-ka, ancestral dance with seven rhythms: *Toumblak, Woulé, Padjenbèl, Menndé, Graj, Kaladja, Léwòz*.

Today Techni'ka is an aesthetic adventure, innovative, formative and creative which concerns the horizontality and the verticality of the gesture.

It is a dance primarily based on the lower part of the body. Techni'ka concerns an energy made of contrasts in a very short lapse of time, with a relationship to time and the other which is of the unforeseeable, of the victim. It is a technique where the relationship between the dancer and the tanbouyé (percussionist) is fundamental, creating and taking part in the act of improvisation. The creative act answers to the instinct and the moment.

### **Contemporary:**

It is a technique which, in spite of its great diffusion, still emits reserves for some. Contemporary is above all based on the synergistic relation of space, the body, energy and time. One also counts important work on the relation to ground, the work on the feet's floor contacts, the weight and the weight transfer, the axis, imbalance, the mobility of the spinal column, the relationship with the other and the object. This digest of artistic tools is worked on in the improvisation workshops, of choreographic compositions. It is a fundamental technique which allows apprehending dance without fear, without insecurities, but in a conscious and deep way.

### **Modern Dance:**

It is the marriage between the rigour of ballet and emotional, musical and physical freedom. Several techniques define modern dance from the USA and Germany: Horton, Graham, Limon, based on the fundamentals like the "contract-release", the work coordination of the "en dehors" and the parallel, where the center of the body is at bust and pelvis level by a permanent work between leaving the axis and returning on the axis, as well as working on the fall.

### **Ballet:**

Ballet is a secular technique which radiates since the 17<sup>th</sup> century in Europe (France, Italy, United Kingdom, and Russia). It is the fundamental and incontrovertible technique of all dancers. The five positions of the arms, the feet and the control of the “en dehors” constitute the spinal column of ballet . The points training must pay a detailed attention to ankles’ strength and the lower limbs muscular force.

### **Floor Bar:**

It is the adaptation of ballet technique vertically on the ground. The objective is to reinforce the body on the muscular level while working the articular flexibility to obtain better “en dehors”. It is an excellent complement for the dancer’s strength and resistance during his training.

### **Jazz:**

Technique very appreciated by young people but who remains a style of dance open to all, jazz relies on current musical trends. It is a technique based on the segmentation and the coordination of the various parts of the body with an important relation to the ground, crowned by a great sensuality in the body, with syncopated movements and the important use of off beats.

### **African technique:**

Africa is a very rich continent with a range of multiple dances. The teaching of African technique is based on coastal Africa dances (*Sabar* in Senegal, *Abadja* in Benin, *Zaouli* in Ivory Coast) and dances from East Africa.