

RAD*-Based Ballet and PBT Workshop for Children ages 9-12**

(*RAD - Royal Academy of Dance)

(**PBT - Progressing Ballet Technique)

Ballet classes are the basis of all dance styles and the best choice for all genders and ages 3 and up when choosing a dance training program for children, since they provide students with the essential grounding for all dance styles and the necessary skills to develop technique, posture, muscle strength, grace, and expression, while enjoying a challenging and exciting class.

DanzArt Studio Zagreb will offer a ballet training workshop for children ages 9-12, with a professional approach and in a fun and creative atmosphere, following the Royal Academy of Dance (RAD) syllabi and the Progressing Ballet Technique (PBT) method. The workshop is designed for students with some previous ballet training and will be taught by the Venezuelan professional ballet dancer and pedagogue, Berioska Camacaro (French, Vaganova and American School Trained, RAD certified, PBT certified).

DESCRIPTION:

This RAD-based ballet and PBT workshop will comprise:

- Full 1-hour ballet class based on the RAD syllabus, involving barre warm-up, stretching, center and across-the-floor work.
- 45-minutes ballet repertoire class aimed at learning a classical variation from The Nutcracker Ballet and getting a deeper knowledge of this magical Christmas tale. The classical variation to be taught during the repertoire class will be adapted following the RAD parameters based on the general technical level of the students.
- 45-minutes physical conditioning class using the PBT program, an innovative method that uses fit balls, resistance bands and other tools to help dancers develop muscle memory and improve their understanding of core stability, weight placement and alignment.

WORKSHOP REQUIREMENTS:

In order to promote proper classroom etiquette and for being dance a discipline that requires ease of movement and a degree of decorum, adequate dance attire is required for classes. Wearing the proper clothing and footwear provides safety and allows the teacher to see the

dancer's proper placement and make the required corrections safely. For said purposes, all students are encouraged to observe the following requirements:

Attire:

- ♣ Tights or bobby socks, leotard and ballet shoes. Ballet skirt is optional.
- ♣ Hair must be worn in a bun or in a neat high ponytail if possible.
- ♣ Jewelry, other than small earrings, may not be worn in ballet class.

Level:

- ♣ Students must have at least basic ballet knowledge.

PBT program:

- ♣ For the PBT class children are required to bring a size appropriate fit ball*. Thera-bands (elastic bands) will be provided by DanzArt.

Other:

- ♣ Children must bring a bottle of water and some snacks for the short refreshment break.

*** Fit ball dimensions:**

When standing next to the fit ball, it should be even or slightly above the child's knee level. Child's legs should be at a 90-degree angle when sitting on top of it and thighs should be parallel or even with the floor-.

The following chart shows a slight variation of recommended heights for the different ball sizes:

Under 4'8" – 55cm ball

4'8" to 5'6" – 65cm ball

5'7" to 5'10" – 75cm ball

5'10" to 6'4" – 85cm ball

WORKSHOP SCHEDULE:

Saturday, November 26

16:00-17:00 - RAD-based ballet class

17:00-17:10 – Break

17:10-18:00 - Ballet repertoire class
18:00-18:10 – Break
18:10-19:10 - PBT class

Sunday, November 27

10:30-11:30 - RAD-based ballet class
11:30-11:40 – Break
11:40-12:30 - Ballet repertoire class
12:30-12:40 – Break
12:40-13:40 - PBT class
13:40-14:00 – Experience-sharing time

FEE

Full weekend workshop (6 classes) - 270 Kn

ABOUT THE RAD PROGRAM

Founded in London in 1920 with the aim of revolutionizing dance education in the UK, RAD is now a globally recognized and highly respected institution for ballet and dance education, including teacher training. Not only does RAD encourage theoretical understanding and appreciation of dance as an art, but its education and training is unique, its curriculum especially adapted at each stage to complement students physical and intellectual development.

RAD has also developed its own examination system for each stage, not only providing students with personal satisfaction with their achievements, but internationally recognized dance qualifications as well.

During its existence RAD has continually improved the quality and validity of its work, so that it has enlarged its work to cover schools in over 79 countries worldwide, where its exam preparation syllabus is taught by RAD trained teachers to more than 250 thousand students.

ABOUT THE PBT PROGRAM

Progressing Ballet Technique is an innovative program developed by the Australian former ballet professional dancer and pedagogue, Marie Walton-Mahon, for students to understand the depth of training muscle memory, core stability, weight placement and alignment so as to

achieve their personal best in classical ballet and other dance styles. This program uses a fit ball, thera-bands and other tools to aid dancers in their training and has had amazing success in guiding dancers in their understanding of core strength, stability and alignment, being a wonderful addition to any dance or fitness training.

What are the benefits of the PBT program?

It is difficult for students to feel what muscles initiate the correct alignment in ballet training. However, as the fit ball is continually mobile under the students' body, it gives them a better understanding of how to engage the right muscles in order to dance safely and correctly and a sense of posture and weight –placement whilst feeling each correct muscle groups-. Each exercise has been developed with care and guidance. Before long students will achieve huge improvements in alignment, stability, strength, posture, turnout, control and balance. And the added value of this program is that it is really fun!

For more information about the PBT program visit:

<http://www.progressingballettechnique.com/>

ABOUT THE PEDAGOGUE

Berioska Camacaro was born in Caracas, and was formed at “Escuela Nacional de Danza” and “Escuela Ballet-Arte Fundacion Gustavo Franklin”, where she graduated as professional dancer. In 2001, she became a member of “Ballet Nacional de Caracas Teresa Carreño”, the Venezuelan most prestigious ballet company, and was soloist of “Ballet Clasico de Camara de Nina Novak”.

Her repertoire includes the major classical ballets as well as works from the contemporary repertoire. In 2008 she was invited as guest soloist by the “Metropolitan Ballet and Academy” of Minnesota, USA. During this time in North-America, she had an opportunity trained with renowned teachers like Wilhelm Burmann, David Howard from The American Ballet Theater in New York and Edward Villella from the Miami City Ballet.

Her experience as ballet teacher started in 2005 at “Escuela Nacional de Danza” and “Compania Contemporanea MUDANZA” in Caracas and “Janna Kirova Academy Dance” in Miami. As pedagogue, she has been trained in the American and French School teaching method and was also given the opportunity to receive in-depth instruction on teaching the Vaganova syllabus by some of the most renowned teachers in Venezuela -Rumen Rashev, Ruta Butviliene and Boris Chepelev, and more recently she became a RAD and PBT certified teacher. Currently she is pedagogue and principal of the “Berioska Camacaro Ballet” in Banja Luka.



