

Anatomy

- As any other dance, **breaking** is no exception - it has its fundamentals.
- Basic anatomy of breaking consist of 4 main elements:
 - **TopRock**
 - **FootWork**
 - **Power Moves**
 - **Freezes**
- The person is considered full-blown **bboy/bgirl** when they have all 4 elements in their arsenal.
- As in everything each of the categories consist of multiple other things and mastering all of them is super difficult(if not nearly impossible as list continues to grow).



Anatomy: TopRock

- **TopRock** - any routine of steps performed from a standing position.
- It is usually the **first** and **foremost** opening display of style, though dancers often transition from other aspects of **bboying** to **toprock** and back
- **UpRock** - part of **TopRock** that looks similar to real battle moves, with punches, stomps, imitation of guns and etc.
- **Burns** are part of the **UpRock** and usually refer to **movement** that tries to undermine the opponent.

