

Breaking 101



What THE Break?

- **Breakdance** is part of HipHop culture and one of 4 “**original**” **elements** of the culture. Besides MCing (Master of Ceremony), DJing & Graffiti.
- **Breaking** is a **street dance** that has its own foundation, main concepts, music and all the other attributes common to any **dance**.
- Your usual music for the dance is: **HipHop**, **Funk**, Soul and BreakBeats(yup that’s a thing).
- You can often hear people referring to breaking as **original HipHop dance**. That is highly arguable in the community. For one, some of dance forms that are considered separate forms started back in the day under umbrella term: “**Breaking**”.

