

The History of Contemporary Dance: How It Came to Be and the People Behind Its Progression

Introduction

Amidst the 20th century, women in music began experimenting with a wide array of dance styles, emphasizing floorwork over legwork and pointe while challenging the rigid rules of classical dance and ballet. Isadora Duncan (1877-1927), a pioneer of modern dance, broke away from tradition and encouraged performers to move more freely, express deep emotions through fluid movements, and strengthen the connection between mind and body, ultimately, paving the way for modern dance as we know it today.

TO WHOM IT MAY CONCERN:

The Pioneers of Contemporary Dance

Years passed, and months went by until 1926 when Martha Graham (1894–1991), the “Mother of Contemporary Dance”, came around. She went on to establish her own school, which became a hub for contemporary choreographers to study her techniques and methodologies. As modern dance evolved, it stirred deep emotions ultimately leading to the creation of the “Graham Technique”, a groundbreaking method that placed breathing at the core of contemporary dance. This approach emphasized the power of breath in shaping both body and mind, thereby, making contemporary dance more refined and expressive. It wasn’t long before dancers embraced it, weaving it into modern dance and using bold, dynamic gestures while still keeping the elegance of the art form alive.

As much success as the school carved in stone, it continued to inspire dancers to pursue their passion for contemporary dance. Merce Cunningham (1919–2009), one of M former students, went on to conceptualize contemporary dance as that of an art form traditional modern and ballet dance. Because of this, he earned the title “Father of Dance”, and later on developed a new technique, the “Cunningham Technique”, the a genre of dance widely performed. Much like Mar then established his own dance company wherein he taught students to enhance awareness and refine their rhythmic accuracy.



[NAME]

Attested by:

Approved by:

SK Chairperson

A Briefer History of Contemporary Dance

[NAME]

[NAME]

The stage continues to evoke awe and inspiration to millions of performers worldwide and contemporary dance persists on reflecting present issues and enabling individuals to express emotions wholeheartedly. It only took a single person to revolutionize generations of dancers, marking the starting point for an introspective approach to dance. Decades have passed since the 1900s when dancers began incorporating their own movements, focusing on floorwork and leg work to bring forth essence of being. Chain reactions occurred, influencing people to embrace self-awareness through movements and how contemporary dance has evolved into an ever-changing present, a state of being within specific timelines. However, the present is not defined by stillness but by moving through layers of time, leaving behind imprints of one’s existence. As time goes by, events of profound significance will undoubtedly prompt individuals to express themselves in different ways, taking up new forms, and introducing a set of new methods in contemporary dance.

Hon. [NAME]  
Punong Barangay  
Zone 81, Zone Chairman  
Sangguniang Barangay Members

This is to certify that MA TERESA O. PAPA is a bonafide resident and belongs to one of indigent families of Brgy. 752, Zone 81, District V, Manila with residence address at 2445 Leyte St. Singalong Malate Manila.

This certification is issued upon the request of Ms. Papa for any legal intents and purposes that it may serve.

Issued this 25<sup>th</sup> day of March, 2025.

PURPOSE for legal purposes.

Barangay Secretary  
Zone Secretary, Zone 81

Punong Barangay  
Zone 81, Zone Chairman

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