MAYRA COLLAZO ORTIZ – a membership will present a:

1. 20 mnts. PhD investigation covers about a scientific methodology education dance aspect:

**FROM EACH PHILOSOPHER I WILL PRESENT, influenced in my research to communicate the world that “The Academic Dance and the capacity it has to create social transformation”.**

**Transformation start with human behavior, human body-reality.**

**Deals with the deepest fibers of the body, the heart**

I believe it was here, during the Mythology Greeck Era, they realized the nature of the heart rhythm beats in syncopated to the breathing (action of movement). In honor of the human body values, they renamed a Musa for the dance & Poem “Terpsichore” is our Musa. The main characteristic is the **Breath**, is the first movement of the body that moves along with **the beats of the heart**, rhythmically and here is where you reach the fluidity of the movement coordination (example 4 pelvic base)

1. ***Socrate*** *as an educator, developed a method known as Socratic Methodology.* ***Her mother was an educator.*** *Even do he didn’t write down anything, his students did. He used to Delve (ahonda) with questions of logics, demonstration, looking for ideas until* ***a contradiction*** *were expose,* ***the concept was based*** *on* ***ethic*** *(Greece “****ethos”*** *mean* ***way of being****(guide human behavior in society) on* ***principle moral*** *(habits, norms, traditions, sensibility, confraternization?) DETERMINE CHARACTER, VIRTUES DEMONSTRATING HOW TO BEHAVE, CIVIL ON SOCIETY. (curious, The* ***same characteristic stablish*** *on ballet discipline studies, we are going to see soon)*
2. *How do you identify moral action behavior?*
3. ***Both ethics & moral, are responsible to guide the base human behavior****. So to conclude about the methods of questioning to encourage the people to question the things they were told and look for the logic.*
4. *I look for the roots; where it born, were does the movements counter energy initiates looking at the 4 factors of the movements, to make sense and make you think, to analyze together.*
5.  Socratic methods is based on logic demonstration on investigate new ideas, describe by Platon in dialogs with Socratics, well known for its ethics (professional behavior) or moral values. The discipline of dance is based on ethical behavior. Socrates Method, in general is about conversational arguments, analyze with logic and reason. For me is the best way to learn I apply on my methodology teaching. Learn about the past makes me feel I am in the right track as a teacher.
6. Another **reference I use on my methodology teaching** are the concept of Il Vitruvio**1490 Leonardo Da Vinci**, the geometric figures analyses on human body movements. This was the Renaissance Era, were the humanism concept turned around the intellectual man, the logic.
7. As a reference of body geometrical figures, in Methodology class we study:
8. The proportion of angle and extremities for the long lines in a circle.
9. Leonardo appasionate to human body anatomy, investigated the fisiology. He realized how the HEART, the BRAIN & LUNGS works together as nucleus of the body.
10. At the Court Dance the mathematic rhythm movements was based on *bassa danza style*, the rhythm 6/8 (demonstrate)
11. **the lines figures that the body design apply a counter energy in a circular movements form, that make continues action.**

 a. what can we say about the energy of the circle movts.

 b. which techniques applied the circular action process

 c. THE INTELECTUAL outlook ASPECT WAS BLOOMING (floreciendo) the HUMAN BEING. It was fashionable, it was the center point of life in culture, artistic & politically and economic “rebirth”

1. A quote of Leonardo To become a teacher on how to learn, the process of learning: “Start with what you think you know, then move on to what’s real, you experience, your teacher, the most impt. figure for everyone), and your own ideas are a good place to star”.
2. WE ARE ALL AGREE THAT I WAS IN FRANCE that the vocabulary movement was codified “academic code decree”

The movement stared in **1661,** with the first dance institution, **Academic Royale de Danse at Ville di Paris. They** initiated to analysis science movts technique and rename, creating a dance vocabulary. Louis XIV was 23 years old when he raise the profession level career, with the **Jean-Baptiste Lully** musician**-composer(1632-1687)**, Italiano Fiorentino, considered the “Grand Century” stylish with potential creativity & executive. The dance teacher was **Pierre Beauchamp** & It took 52 year to finish and sign the first Dance decree in **1713.** The technique worked over the theory with norms and eminences, ethic and discipline respect of knowledge, the creation of the aura of its origin: centralize structure & strongly hierarchy (jerarquía según el criterio de mayor importance) known today as the Academic Royal de Musique. **King Luis XIV used the arts to promote his kingdom TILL HE DIED in 1715 (76 years old)A Grand Era too.**

***The academic dance was spread out to all Europe, Danish, England, Italy, France, Russia, as well as Spain…is another planet.***

**For XIX & XX Century the analysis of movts theory came from musician:**

1. **Francious Delsarte (1811-1871)** performer & theory of the movt. teacher. Develop a theory of expression of harmony movt. Between: -body, mind & **soul** (anima) GRAHAM TECH.

 -plexus solar - upper back (spiritual)

 -Thorax represent Breathing middle back the **emotions**

 **-lower back, the effort** come from the big muscles around the pelvis stablished the opposite movts. to others segments like elbow leads the movts

 - Isadora Duncan Method start these ideological. A precursor of to Modern Dance technique.

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1. **Jacques Dalcroze (1865-1950**) eurhythm (rhythm phrases for choreography exercise forms to integrate elemental aspects, is rhythmic training, connect to rhythms-phrasing structure & musical expression through movt.
2. **Rudolf Laban (1879-1958)** in the other side left us a system of writing labanotation (its not practical in this era, but is there as a historical reference/ for choreography studing is super as well as for teaching gives you a guide to analyse the 4 factors of dance movt. For methodology your reference are here to analyse with Factors of the movts.

**7 basic movements according to Rudolf Laban**

1. to saute

2. to rise

3. to turn

4. to bend= jump

5. to stretch (to etendre)

6. to dart (to elancer)

7. to glide

1. Russian influence (1880 - 2000) acrobatic movements, big jumps to ?other commercial?
2. Isadora Duncan (1877-1927) 22 years old moved to Europe die 50 years old. Moved to Europe (1899) Birth of Modern Dance 1900 stablished a method bases on the 7 basic natural movements in harmony with classical master music.

A NEW ERA WAS BORN IN USA who applied all these factors? Isadora Duncan and the Moder Dance Era developed many new techniques during **the XX century** like Graham, Limon and other.

**What is the difference of Modern Dance Technique & Contemporary Dance?**

**My methodology Teaching I referred to Laban are to correct: common and individual errors.**

1. We, the student and I applied the 4 Factors of movement to correct the errors: time/space & Form/Effort to analyze the counter energy for teaching technique to conduct applying the fluidity effort and rhythmically aesthetic movement achieved the dance technique you start on the floor.
2. In my METHODOLOGY teaching I ANALYSIS about THE COUNTER ENERGYw/ Teacher & students. Where does the movt start.

XX century with the influence of Russian acrobatic dance became to be a **sport** discipline.

According to you, which sport develops coordination?

learn about the instrument of the body, intellectually looking for the **Mathematics movements** rhythms analyze to helps arguments math composition solution into coordinates the **Geometric** body forms and **Science** about the body components & movements efforts awakes the:

**THE MULTIPLE INTELIGENCE according to** from Howard Gardner Theory in 1983 in his book Frames of Mind: he suggested that all people have different kind of intelligence. He challenges the traditional notion typical intellectual to intellectual potential, something you are born with, **activate it through his development education: Academic dance is an obligatory material parallel to all the others traditional academic materials**

VISUAL-SPATIAL

LINGUISTIC-VERBAL

MUSICA

LOGICAL-MATHEMATICAL

INTERPERSONAL (que escuchan-psicólogo)

BODILY-KINESTHETIC

NATURALISTIC (earth-food) nature-body

INTRAPERSONAL (arte pa escribir-coreografiar)

1. **DEVELOP 5 FACTORS OF HEALTH:**
2. Fisically
3. socially
4. Emotional – gives you an order a north, ludic
5. Psicological- dance therapy
6. Spiritual, hormonas neurociencia (previene deterioro cerebral,
7. Point of view scientifically; neurology system,

-memory muscle,

-alert auditive perception & visually perception, spacial capacity

-the balance,

-coordination, which sport exercise develop coordination? mechanic system. Stimulate area like hippocampus associate with memory, the coordination of the body, the emotional aspects, the nervous system process, necessary to produce movements. You find it through the spinal central axis.

1. **Play a game** is a pleasure state, fun, necessarily feel Good with yourself and around the others. Like dance, is playful with order, organically movement in order to the rhythm, flying around the space, listening the melody. Game is more than let the time pass without an outgoing state of pleasure and happiness, as a choreography or technical class.
2. **“Methodology Cantabile”** I use it when I teach singing the movt. Or correction while the practice. To little one you have **to repeat** the same movt. Sing it, what I am demostrating & helping their memory while analyzing sensation of the action, gives a secure place. When they can predict what it’s going to happen validate their expectation, the feel super and will have more confidence that they can dominate a piece of the world that still is chaotic enough. It gives a profound satisfaction; they appreciate the repetition is an oasis of security in which they are there in a continuous expectation of a new experimentation. **Repetition (RAD philosophy)** they remember what is going to happens will help them to develop also logic thoughts and comprehends the relation of cause/effect. When they realize what is going to happen A complex ability is fundamental to comprehends the concept of consequence. Repetition you learn and acquired new abilities, develops memories and amplified vocabulary cause you can analyze & reason with the students what are they doing. Repetition is the key. First you meet the material, then acquired new information in your brain and sensations in your body alignment, experiment-investigate & make sense organically. It helps also the science for psychology therapy with dance movements that helps the sense of ludic constructing tools to construct mental traumas.

This point is very specialized/the therapy aspects.

THE ASPECTS OF HUMAN SENSIBILTY/HUMANISTIC DEVELOP, THE INTELECTUAL, NOBEL, LIDER/ CREATIVE/ CULTURALLY EDUCATED PERSON – respect nature.

TO RECAPITULATE: The teacher must have enough experience in order to help:

1. deliberate endorphins in our brain. Known as the “happiness hormones” emotion pleasure.
2. Mental health School of Albert Einstein Medine, analyzed that people who dance reduce 76% of develop dementias senile, instrument to keep mind alert.
3. Is a common instrument for therapies, process of anxiety, depression or communication problem?
4. To practice you need capacity of concentration which apart the stress. While you dance you mind is blank.
5. Start laugh, disinhibit, know new people.

CONCLUSSION

The learning/teaching system should be organically progressive process well structured, are elements for the dynamic. Interacts the process of developing characteristic human being. Open to allow communication as the 1srt of entertainment and rehabilitation as well as intellectual cultural educated integrating the development of physically and emotional health. Like Richard Feynman said "if you want to dominate something, teach it. As much as you teach the more you learn. Teaching is a powerful tool to learn." I personally teach with a "methodology cantabile" focus on the path of rhythm to correct, or present an action. I sign the words of the action to the melody rhythmically, varied with number & the proper name to activate and enlarge vision of fluidity & effort characterized the theory & practice applied to real cases. There are important values on the academic dance material, applied to real scientifically cases to develop a professional to serve in society. The Academic dance formal study has the power to serve the society in many different ways. Ballet exercise, modern dance exercise, flamenco dance exercise active qualities of aesthetic life, a way of living, a stile of life.

REFERENCE:

IL VITRUVIO

RAD METHODOLOY started in 1920 to develop a codified syllabus & training successfully program as Association of Teachers of Operatic Dancing. The benefit is introduced it into private studio sector. Was granted a Royal Charter in 1935 with codified technique “the syllabus has been carefully developed to provide safe & healthy training for the students & teachers who teach correctly”.

1. Cultivating & supporting teachers.
2. Method is build in a ludic discipline way w/confidence & self-esteem, impt. aspect during the development of youth period.
3. A right methodology avoid injury, less injuries
4. It is recognized worldwide. I am a REGISTER TEACHER

It is our responsibility to make aware of the benefits. We all have the rights & duties to create conscious to the whole world, specially each country Leader and directors. We are the specialist they don’t’ know about it. people start for lamentation “the government doesn’t help…”

 Ps. I HAVE A Class demonstration that represents “the methodology cantabile”

II. **SBARRATERRA 30 mnts**. (Morning class)

**A research statement on dance teaching:** My branch philosophy on SBARRATERRA is based-on academic dance techniques; Graham and classical ballet. Both have been my main influential inspiration to developed my dance philosophy exercise structure on the floor work, along to some Pilates dance exercise focus on dance. Sbarraterra is a dance technique exercises on the floor, no impacts. Its particular factor is characterized by the rhythmically breathing action along classical master melody and the counter energy factor, requires to dance technique movements. The fluidity of breathing rhythmically is to achieve the harmony of the flow action sense of what dance require on stage, investigating the inner first action. The teaching philosophy, I also referred to Il Vitruvius, perfect man of Leonardo Da Vinci, analyzing the body geometric form measure and the circumference of body extremities related to aesthetic body lines movements. My teaching philosophy on developing SBARRATERRA refers to academic dance techniques range of motion requirements. SBARRATERRA is a new branch developed with 3 levels to achieve a Certificate Teachers based on it characteristics movements techniques.

I believe in investigating the energy factor of contraction element, from Graham technique to helps understand the quality of the body effort form, and the origin of where the energy movements start. In the other side, the fluidity and rhythmic factors I mainly relayed to the influence of Isadora Duncan “plexus solar” free movement. These principles of Isadora philosophy are applied to achieve the quality of the movement toward a progressive action, sustaining the transitions quality which contribute to enriched the aesthetic effort of dance movements range.

In the other side, for the Certification on SBARRATERRA Instructor, I motivate the teachers to investigate their personal inner counter energy, rhythmically breathing through the action of the classical melody as a first step. A continuing investigation of SBARRATERRA is based on the fluidity music structure, “a cantabile methodology” to achieve the aesthetic form knowledge of a clear progressive work on teaching dance. It prepares you to present, as a reference, the dance vocabulary when standing up. It helps to reach the sense of teaching dance movements techniques from the floor to the standing up position, applied to all ages in sense of the space. SBARRATERRA is a treasure of exercise, increase flexibility, posture strength to prevent injuries and carry the body with elegance.

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Mayra collazo

Ps. Please consider on keeping all documents with you and give us in Athens. I will not be in Puerto Rico during the summer, going to Italy till the 4 of July. I hope it will be no problems if you give us all the documents about CID membership and participation certification. I will need a Certification about my research PhD presentation for the University.