

WARRIOR V by BODYART – The Workout Dance Program

Created by Robert Steinbacher (Copyright) and Ryan Daniel Beck (Broadway Dance Center New York City)

2-day workshop, without a license

Requirement:

Group Fitness (aerobics) B or A license, dance pedagogy or dance training of any kind;

Description:

WARRIOR V by BODYART ...

... is a unique workout dance concept, which arose from Robert Steinbacher's wealth of ideas. Like all of its concepts, WARRIOR V is based on the principles and characters of the 5 elements and also gives the program its name - WARRIOR V (5) - warrior in a peaceful mission for body, mind and soul. His feeling that dancing not only moves body, mind and soul but also triggers something mentally developed more and more into his vision. Robert developed this energetic workout with dance elements together with the professional dancers of the New York Broadway Dance Center, including Ryan Daniel Beck. Robert is of the opinion that there is a small or large dancer in everyone and he wants to go back to his roots with his dancer heart in order to move mentally. The focus is to combine group fitness workout and dance technique training and to work out the "dancing" in levels more and more. During this time there is always the option to stay in workout mode!

Anyone who loves movement and especially dancing will love WARRIOR V. This program makes workout and dancer hearts beat faster and the energy pulsates noticeably through the body.

WARRIOR V by BODYART - The Workout Dance Program for everybody who love to train and dance

Education content:

Overview of the class structure: After a functional and intensive warm-up, workout dance blocks are built up, which can gradually flow into a large combination. The blocks or the combination can then be implemented with energy in each of the three styles of Fitness, Style or Art. With active stretch exercises (stability, mobility, flexibility) and a little meditation, the 60-minute session finds a balancing and emotional ending.

- Brief insight into the development of an idea into a vision and a finished concept
- Discussion of the structure of WARRIOR V
- Philosophy of the 5 elements, with their character and energy, as well as its necessity
- the W5 concept
- Development in theory and practice of the individual phases in the hourly structure:
 - Mobilization phase
 - Warmup and isolation phase
 - Workout dance phase
 - Active stretch phase
 - Meditation phase
- Dance technique teaching - which means e.g. length in movement, accentuation in movement (3 styles: fitness, style, type), floorwork, breathing technique
- Dance anatomy - stability, mobility, flexibility, how do I correctly control movement
- Building methodology and teaching skills especially for workout and dance
- Thoughts on the subject: music teaching and working with music / beat

Training theory:

- Concept and hour structure
- 5 elements, energy flow, energy character
- Building methodology
- Teaching skills
- music theory
- Specific anatomy and movement theory
- The little "Dance ABC"

Training practice:

- mobilization exercises
- Warmup sequences and isolation exercises
- Workout dance exercise blocks -> combinations
- Active stretch exercises
- meditation and breathing techniques

Annotation:

The participant will be able to hold a WARRIOR V course after the workshop weekend and after a certain period of self-training.