Guidelines for K-Dance by KNS instructors

Version 1.0

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D A N C E H A L L S \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There are changing rooms and showers available in Fryshuset. However, participants are encouraged to change at home and use the common changing rooms/bathrooms as little as possible due to the ongoing pandemic.

If you’re in a dance hall with windows, please make sure to close the windows by the end of each lesson.

# D A N C E L E V E L S A N D B L O C K S \*\_\_\_\_\_\_\_\_\_\_\_\_

\*can be adapted to fit the instructor’s way of teaching and/or be catered to the participants.

D A N C E L E V E L S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is Level 1? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A level where you have no to little experience in dancing to K-Pop. Dances that have less steps and repetitive choreographies will be taught on this level as it is ought for people who just started to dance to K-Pop.

This is to learn how to work in a team and the basic moves that are used in different choreographies (eg waves using different body parts, grooving, keeping track of the beat, etc.)

There will be positions incorporated, but only simple ones (line changes/circle changes/etc.) and not often at all. If one or several parts of the dance is members doing different directions or things, then make it less complicated by only following one person (unless it is easy for the participants to keep up with the different stuffs that are done).

The focus is on explaining the dance and breaking it up into small details so participants learn as much as possible. The instructor will make tutorial videos for the participants to practice even at home.

What is Level 2? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A level where you have little to some experience in dancing to K-Pop.

Dances that have less steps and repetitive choreographies will be taught on this level as it is ought for people who just started to dance to K-Pop but who wants to level up from the past level.

The pace will be slightly harder and there will be an increase in positions changes compared to Level 1. The participants will still learn about teamwork and the basic moves that are used in different choreographies (eg waves using different body parts, grooving, keeping track of the beat, etc.)

The instructor can choose slightly harder choreographies compared to level 1 and can help participants to start working on their independence by giving them solos/different parts in the dance and encouraging the participants to keep track of their different parts.

The instructor will make tutorial videos for the participants to practice even at home.

What is Level 3? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A level where you have some experience in dancing to K-Pop but would like to challenge yourself.

Participants are expected to know the basic moves and have good rhythm musically and physically. Teamwork is expected from everyone and there will be more position changes (around 70-90% of the original choreography’s changes, can be altered depending on the difficulty of the choreographies).

The choreographies will be more complicated and can have a faster pace dance-wise. Instructors are allowed to choose dances with some technique in order to further develop the participants’ skills.

The instructor will make tutorial videos for the participants to practice even at home. This level will also help participants to strengthen their dancing skills and their physical endurance.

Participants will also develop their independency and individual learning skills and is a great course to prepare for Level 4.

What is Level 4? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A level where you have more experience in dancing to K-Pop and would like to challenge yourself further with the performance aspect of K-Pop dances.

Participants are expected to have individual independency from the instructor and practices hard at home by watching the original choreography’s practice videos.

The dances can also be more technical where a faster pace is expected. Positions will be applied according to the original choreography where participants can have their own member in the group of the dance to develop their individuality and cover dance aspect of K-Pop dances. This level will focus more on the synchronization and the performance as a cover dance group.

B L O C K \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is Block 1?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The instructor’s choice: choose a song you’d like to do that also tests the level of the class.

What is Block 2?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The participants’ choice from the instructor’s list (with 4-6 dances). The instructor can choose between the TOP 2 or 3 dances in the list: choose a song that fits the level of the class. Make sure everyone is voting!

What is Block 3? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The participants’ choice from the participants’ suggestions. Have one deadline for the suggestions of the dances and one for choosing the dances, two deadlines in total.

The instructor can choose between the TOP 2 or 3 dances in the list: choose a song that fits the level of the class. Make sure everyone is voting.

D A N C E C L A S S S T R U C T U R E \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class 1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*10 min presentation*

* Presentation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Help to start the first day of dance lessons with a nice atmosphere and good harmony. We often recommend you to ask the participants to sit all around in a circle and let them introduce themselves to each other for around 15-30 minutes.

Remember that this is very important for the participants to break the ice among each other. If there are new participants, have a quick and nice introduction so everyone gets to know each other.

Example questions could be; telling their name, dance background, expectations, K-pop group and K-pop style they like. Ask whatever you would like to know about your participants!

Explain what you think of K-Pop performances and how that will be applied to your level and course. Talk about yourself as well and share the information you find relevant. It helps the participants to understand you as an individual, you as an instructor and your dancing style by sharing your view on K-Pop performances and info about yourself.

* Choreography \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The dance instructors instruct and teach the choreographies for a total of three songs during the course. The pace is adjusted depending on the participants' experience. The goal is for the participants to learn the entire choreography for the specific song in five classes.

* Dance choreography at the hall/venue VS original choreography\_

All participants have different needs and expectations of the classes, so it is very important we are clear and thorough when explaining that choreographies can differ from the originals. Please read the part below carefully and explain this to your class.

*Our teaching is based on Kpop choreographies that are adapted to about 15 participants (different number than from the original). The dance movements and steps can be affected depending on the number of participants. K-dance instructors at KNS also have and use different styles and techniques when we teach.*

*The participants' level also varies; some have more experience and others less. This can affect the learning pace and steps.*

* Missing classes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Let to know everyone that if someone is missing, it affects the group. “Teamwork” is the key for the class.

Make sure to underline the importance of coming to the lessons. The participants might feel like their participation wouldn’t matter; however, they’re learning K-Pop choreographies where positions play a big role in the final performance. In other words, team work is crucial. In case someone cannot come to the class, the student is obligated to tell the instructor directly or a fellow classmate about the absence.

The fewer classes someone/several miss out on, the more time there is to go through and practice new parts of the choreography. Missing 3/5 classes result in no participation in the final performance of that song. This can be altered depending on the student’s hard-work and if he/she/they catch up.

All of the classes are as equally important, however, missing the final class of a dance will make it hard to finalize the performance as a whole, as the dance won’t be done again until the rehearsal class at the end of the semester. Try to encourage the participants to be there at every class if possible.

* Important dates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Go through the schedule for the semester to see holidays, hall- and time changes and final show.

* The Final Show \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This is a show we have prepared for all of the participants. All of our classes will have the opportunity to perform the choreographies they have learnt during the semester. Family, acquaintances and friends are always more than welcome to join the show as the live audience.

Unfortunately, we aren’t allowed to have a live audience this semester (FT20) due to the restrictions of the pandemic. This will be updated throughout the semester if the situation changes.

* Communication with your classes (FB groups are available)\_\_

Training videos after the lesson are posted on the FB groups, as well as some information from Kpop Nonstop (this is also emailed out to those who do not have FB). Write down those who do not have FB!

Create a chat for each class that you have for them to update on whether they’d be late, miss a lesson, or just some small info or reminders that you have for them. This can be created on Messenger, but you can use other platforms to have this chat on as well (Snapchat, Instagram for example) but make sure all the participants know about this chat and that they can reach you whenever. You can always tell your participants to contact you personally if they aren’t comfortable with writing in the group chat.

* Other questions? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If the participants have other questions you can’t answer at the moment, feel free to contact me through Messenger. If the question is regarding the dance aspect, contact Cherie. You can also ask them to email us at dance@kpopnonstop.com or write in the FB group so we will try to answer the inquires as soon as we can.

*10 min Warming up exercises*

Warm-up: The exercises during the warm-up are adapted depending on which dance style K-pop Choreography is taught and which muscles/dance moves that will be used the most. For level 3, add one song for physical endurance and strength work-out (fys).

*80 min Choreography*

*5-10 min filming of learned choreography*

*10 min Cool down exercise and stretch*

Cool down and Stretch: Before the lesson is over, you must warm down the body to avoid injuries. Many K-pop Artists are very flexible and agile, which is shown in their choreographies, therefore we will also include stretch exercises for the participants during our dance classes. If there’s no time to add the stretching, tell your participants to stretch at home after warming up for 5 minutes.

Class 2-5\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*10 min Warming up exercises ex.*

*90 min Choreography*

*10 min filming of learned choreography*

*10 min Cool down exercise and stretch*

Class 6-10\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Song selection:*

Participants vote freely for a choreography to learn

*10 min Warming up exercises ex.*

*90 min Choreography*

*10 min Cool down exercise and stretch*

*10 min filming of learned choreography*

Class 7-10\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

See class 2-5

Class 11\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Song selection:*

Participants vote freely for a choreography to learn

*10 min Warming up exercises ex.*

*90 min Choreography*

*10 min Cool down exercise and stretch*

*10 min filming of learned choreography*

Class 12-15\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

See class 2

Class 16, the rehearsal class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Divide the time so each dance gets 1/3 of the time remaining after the warm-up. There is no need to bring stage outfits (since it takes time to change back and forth) but do encourage the participants to dance in them at home to make sure the clothes are danceable. Make sure to warmup, practice the dances, record the dances and cool down.

Class 17, the stage rehearsal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*10 min warm-up exercises*

Up to the instructor to let the participants change into each outfit while rehearsing or not since there are at least 2 songs in between each performance.

F O O D A N D S N A C K S \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gaining energy is something you might need before starting your work shift. Eating snacks and fruits are allowed at the venue.

Eating advanced food while working isn’t allowed.

Advanced food meals aren’t allowed at the venue please plan your meals and eat your advanced meals before coming to the venue.

Below is a very good article with good tips for training and alimentation.

*“ Food tips for before and after training*

*This is how food and exercise go hand in hand.*

*Many people spend a lot of time and effort on exercising, but less time on what they eat. To get the most out of your training, it is important to eat the right food.*

*Food and exercise are intertwined. And what you eat before and after training are as important as what you’re eating during the day. An elite athlete of course has an individual diet plan catered to the athlete’s needs and physique. But even a regular person can perform better by planning correctly when it comes to food and exercise.*

*The goal is to provide the best conditions and then maintain concentration and endurance, whether it is for training or competition. Healthy food and a good supply of fluids cominbed with recovery are also important for the body to perform better.*

*Harder training requires more energy*

*How much you should eat depends on many factors - how old you are, whether you are a woman or a man, what body composition you have, what kind of activity you should do, how often you exercise and what intensity you keep.*

*But what are you going to eat? In general, it can be said that the nature of the passport determines what is best. The longer the endurance workout, the more carbohydrates the body will get rid of. Calmer or shorter sessions (up to an hour), then the carbohydrates are not as important. Many of us who exercise do it to maintain weight and to keep the body healthy. The everyday exerciser who trains three sessions a week usually does not need more energy than what is in the main meal and snack. Eating regular and well-balanced meals is the most important thing to be able to exercise.*

*Eat three hours before the workout*

*How close to the workout should you eat? That the food comes up again or that the workout feels extra heavy and tough is not exactly a big deal. Yes, of course it is individual, but eating a meal about three hours before exercise is a good benchmark. Then the body has time to digest the food before the activity. Then it can be good to supplement with a glass of milk or a drinking yoghurt and a fruit just before the workout for that extra boost of energy. “*

Source: <https://www.arla.se/halsa/halsosam-mat/traning/>

C O V I D – 1 9. W H A T T O D O I F S O M E O N E I S S I C K ?\_

We are all facing a global pandemic. Every individual In Sweden has the responsibility to prevent the spread of Covid-19. No one who is sick should show up to the lessons. You don’t need to feel afraid of asking anyone to leave the venue if they are sick. Ask them to go home and rest. Yours and others health and safety come first. No one should get expose for someone who don’t respect Folkhälsomyndigheterna’s (the Public Health Agency of Sweden) recommendations.

F E E D B A C K \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If someone is from the very beginning on a very low level, we should recommend the student to step down the class but remember; it is up to the student to go down a level we can only recommend them so hopefully they will follow your advice.

C A N S O M E O N E C O M E T R Y O U T A L E S S O N ?\_\_

Unfortunately, we cannot offer try-out on the courses. This is because our courses are made up of blocks, where the whole class learns a whole choreography together with positions and formations. Another reason is COVID-19 - due to the pandemics right now, we cannot afford to add more people than those who have signed up for the classes. If someone expresses their interest to come and try on a K-Dance by KNS class, they are more than welcome to come our upcoming Open Houses and workshops! For more info about when we’ll arrange the next events, email us at [dance@kpopnonstop.com](mailto:dance@kpopnonstop.com).