



BASIC TRAINING

TEACHER MANUAL



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“ Introduction to Bounce DanceFit”

Bounce DanceFit is a choreographed Dance fitness class designed to make you fit while you enjoy different style of street dance. This class is unique and it looks at different aspect of street dance, including hip-hop, waacking, voguing, twerking, house and more. All of this is brought to a fun level emphasising the aerobic aspect of it for a workout out that will get your muscles toned like never before. All of the choreographies are easy and fun to follow, making it ideal for all people who like dance but don't want to miss out an amazing workout. Being a professional dancer is not required. It is fit for every level of fitness and type of dancer. Get your groove on from Bounce DanceFit and let the instructor take you on a journey that fuses a variety of dance techniques. This 45-minute dance class offers a constant energetic cardio workout that will keep you sweating in style. Bounce DanceFit it is growing fast in the UK, among gyms, private schools and dance schools. Why is it very popular? Because it is fresh, modern, catchy, engaging, challenging and current. This class will guarantee you and your students a full body workout.

What will Bounce DanceFit do to you and you students?

- Help you to lose weight
- Boost memory function
- Make you more flexible
- Increase your energy
- Help muscles toning
- Improve coordination
- Reduce stress/depression
- Help you to make friends
- Get you active
- Build confidence

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“ About Us”

Bounce DanceFit it is a revolutionary new dance fitness workout, where you will sweat and have fun to the latest hip hop and pop music. The international dancer and leading fitness teacher Franco Conquista, based in London, England, created bounce DanceFit.

Franco's passion for dance and exercise goes way back to when he was a little kid. He says, he doesn't remember exactly when he started dancing, the only thing he remembers is that he would start dancing to any type of music he would hear. Franco initially started dancing Ballroom and Latin dance as well as playing saxophone. Music has always been a huge deal for him. After ballroom he studied Jazz, Contemporary, Ballet and Street dance. He then moved to London and attended at Rambert School of ballet and contemporary dance – arguably one of the best schools in London and Europe.

He has performed for the Royal Opera and Sadlers wells in London as well as national and international tours with dance companies. The passion he has for dance encouraged him to take an ETM so he could then bring his knowledge and passion to fitness classes.

Based on a tremendous demand. Franco decided to launch Bounce DanceFit as a group exercise and he started offering instructors certifications in the UK.

"Bounce is a Dance/Fitness class and it will change the way you look at a workout. It is fun, effective and for "Everyone". The class has got a commercial Pop/R&B root, and the choreography is fun and easy to follow. This is a total workout, combining element of dance, fitness, cardio, muscle conditioning, balance and flexibility. All of this combined with an amazing boost of energy will make you feel awesome each time you leave the class."

Bounce DanceFit is a fantastic high-energy fitness dance workout that incorporates the latest Hip-Hop & commercial hits along with different styles of dance, Hip-Hop, House, Waacking and Vogue. It's the perfect combination of fitness and dance that creates a fun workout environment that will leave you wanting more.

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This new addictive class was created so that it is easy enough for adults and children of all ages.

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Bounce DanceFit Styles

Hip Hop

Hip hop dancing is thought to have officially begun in New York City during the late 1960s and early 70s. A dance form meant to be popular in the original sense of the word, meaning that it was for the people and not for the academy, hip hop moves were inspired by complex rhythms and the down-to-earth movement style of African dancing. Music and movement came together to form a new art. The roots of hip hop on the East Coast are widely known, but there is also a West Coast hip hop history from which many of the most well-known hip hop moves originated.

Commercial

Commercial is a strong and sexy style with element of Street Dance and sometimes jazz. a lot of the dancers on music videos MTV are classed as commercial dancers. Routines will be danced to the latest pop, r'n'b and chart music. Think Ciara, Rhianna, Britney, Beyonce, Lady Gaga. Not only you learn how to strut and dance like a true diva the class is great for getting fit and boosting self confidence.

Waacking

Waacking, is a dance form that emerged from Los Angeles around the disco era and is presently going through a resurgence in night clubs in America and Europe. It was Soul Train in the 70s that brought waacking to the public's attention when dancers like Tyrone Proctor would swing their arms wildly in time to the music. He later on formed the group The Outrageous Waack Dancers with another pioneer of the style, Jody Waltey of the pop group Shalamar. Not to be confused with locking, waack dancing is recognisable by it's femininity flailing arms and vogues (pausing while dancing to pose), using the arms hit every beat in the music to extenuate musicality. Both women and men can waack, with me trying to outdo their female counterparts in looking more feminine.

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Vogue

Vogue is a form of modern dance characterised by photo model like poses taken from Vogue (magazine) integrated with angular, linear and rigid arm, leg and body movements. The style of dance arose from the Harlem ballrooms back in the early 1930s, which was then called "performance" and evolved into the more intricate and illusory form that is now called "vogue". Voguing has evolved since its beginning and continues to be developed further as an established dance form that is practiced in the gay ballroom scene and gay clubs in big cities throughout the United States--mainly New York, Atlanta, Los Angeles, Philadelphia, Washington D.C., Miami and Chicago.

House

It's impossible to say where house dance (or "housing") began or what exactly it's inspired by – the expansive footwork, body isolations (especially neck and torso rolls), and liquid fluidity seem to borrow equally from jazz, b-boying, New Jack Swing, salsa, and African dance. Arising with house music in the late '70s and early '80s, House dance places an emphasis on smoothness, funk, and movements that accentuate the music's various rhythmic elements.

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Bounce DanceFit Training

Our goal is to provide people with a new fun and effective dance fitness program, which is current, fresh, exciting, addictive and refreshing. In order to provide people with the best quality class, we need teachers to have a fully understanding of techniques and body awareness in order to maximise the workout and minimise the risk of injury.

During the training day you will be able to

- Understand and demonstrate the Bounce DanceFit steps and styles.
- To be able to construct choreography in the Bounce DanceFit style
- Understand and demonstrate effective cueing skills
- Understand and demonstrate effective leadership and presentation skills
- Understand and demonstrate how to motivate class participants
- Practice street dance techniques/choreography
- Understand and demonstrate observation skills with positive and constructive feedback

Becoming a Bounce DanceFit teacher is about the right passion and skills to make the ultimate workout enjoyable for everyone.

What are we looking for?

We are looking for people with energy, personality, enthusiasm and leaders.

What are the most important features to be a great teacher?

Passion
Understanding of Music
Understanding of choreography
Friendly
Lively
Energetic
Education
Fun spirit

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Timetable for 1-Day Workshop:

10:00 am till 18:00 pm

10.00 - 10.30	Welcome & introduction
10.30 - 11.15	Bounce DanceFit Master Class
11.15 - 11.30	Break
11.30 - 12.15	Class Structure/ Technique
12.15 – 13.00	Basic Steps/ Choreography/ Cueing/ Levels
13.00 – 13.45	Lunch
13.45 – 14.15	Music
14.15 – 15.00	Create Bounce DanceFit Choreography
15.00 – 15.30	Working Break – Practice Choreography
15.30 – 16.30	Teach Choreography
16.30 – 17.00	The Next Step – Licence Opportunities
16.30 – 17.00	Q&A, Feedback & Evaluation

Please note the above timings will vary and you will have been sent a timetable when booking with correct start and end time.

Bounce DanceFit is committed to ensuring all learners are fully supported throughout the training and therefore have all relevant policies and procedures in place to ensure this. Please contact us for access to these or if you have any questions regarding any support you may require.

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“ Class Structure ”

Music: Pop, Hip Hop, R&B, House, Funk, Disco

Style of Dance: Hip Hop, House, Waacking, Twerking, Vogue

Clothing: Comfortable, fitness clothes and shoes

Class Structure

Our approach to dance is slightly different from other dance classes. We don't want to stop the music and teach the participant the steps. Instead we want to keep the music on as much as we can and get the students to learn the steps by doing a repetition of the same steps. The first time the participants perform the move will be at a slow pace and as they get used to the move the pace and intensity will increase. This way we are guaranteeing a complete total body workout. The classes will be changing monthly, therefore the students will have a chance to learn the choreography and get comfortable doing them.

Warm up with isolation (head, shoulders, neck, chest, hips, legs and feet). This may be between one or two tracks depending on the length of your class and level of your participant. This will also incorporate some fitness elements like squats and gripe veins in a dance style that you will be taught during the training day, basic dance steps and travelling.

Main section: this will be made of many short routines designed on specific music. First routines will be very basic and energetic to warm up the class with a routine and get them confident. (4 tracks)

Then you will move on to main choreography. You may breakdown the mains steps of some of the more challenging choreography - One or two per class. Don't stop the class for too long! Always keep the energy up and the workout going.

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Cool Down

This will be with a slightly longer track of about 5 minutes to bring the heart rate down and do the stretch.

Always have your playlist ready before class and set it in a way that the participants can have an effective cardio workout.

Bounce DanceFit choreography are usually made of 4 different steps:

- 1)Introduction
- 2)Verse
- 3)Chorus
- 4)Bridge

This may vary depending on the music and the style.

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“Teaching Skills”

Cues

Cues are vital in order to be a successful Bounce DanceFit teacher. In order to effectively instruct the class you will need more than demonstrating and communication. The success of a class involves cues at an appropriate time so participants are prepared to move into the next step. We aim to get people to learn the steps and so the choreography with the music on, meaning you won't be giving them instructions prior the actual choreography starts. In order for them to know what to do and where to go, teachers must have good cueing knowledge. Teaching an exceptional class, means to have an understanding of your body language in order to guide students in the right way and to do so in a safe way.

In Bounce DanceFit we aim to get the participants use to look out for cues rather than hear the cues. When you start a Bounce DanceFit class it is very important you have a big vocabulary of cues and make sure your participants know them, because new participants will not know the cues or where and when to look out for them as they will be focused on learning new movements. What we recommend is that every once in a while you show or remind them of the cues you use the most and to tell them when to recognise you, drawing attention because the movement is about to change.

It is also important that as you are performing the movement you ensure the class is following and keeping out with you. Cues have a critical impact on efficiency and enjoyment of your class. We suggest you to practice your cue prior a class on your own, that way you will be ready and confident to cue and direct the class in the right direction and the right movements.

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There are 2 Different Type of cueing

- Verbal
- Non-Verbal

Verbal cues

It is very important to communicate your intentions with verbal cues effectively.

- Name of the style
- Directions
- Timing
- Safety
- Choreography breakdown
- Use a microphone if possible and also make a clear shift in your face expression to reinforce your cue.
- Keep your cues short and clear.
- Take into consideration the music and the lyric.
- Make sure you don't talk too much and don't overcorrect participants.

Non-Verbal Cues

- Show the next movement 2-4 counts before.
- Emphasises the change in your body (bigger step)
- Facial expression
- Draw the attention on you to warn them the step is about to change.

It is important as a teacher that you show enthusiasm in your facial expression when cueing, as well as good quality voice and good technique when performing steps. Always make eye contact with the whole class and smile as you perform steps and give cues. Also make yourself a master at recognising bad techniques so that you can give general instructions to help everyone to improve their technique to have a better execution of the steps. That way your participants will enjoy more the workout as well as feeling pleased for the new moves achievement.

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Teaching Bounce DanceFit (Beginner, Intermediate and Advanced)

All of the Bounce DanceFit classes are based on a high intensity cardiovascular workout. The movements can be basic as well as medium and challenging. We could have 3 different people dancing the same choreography at different levels and have them all looking different. This is also down to your personality and how much you own the movements. For instance you may add jumps and turns into your choreography depending on the level of your class and your certificate level. Furthermore an elderly participant may not jump at all and keep the range of movements small, while kids may jump for most of it.

As the instructor you need to be aware of how much extra you add to choreographies as at times this can be confusing and de-motivate participants. We suggest you add extra flavors gradually. This will be easy to do as you will keep the same class for a month, meaning your participants will get to do the same choreographies four time. We ask you not to add any extra arms or steps for the first two classes of a new class, and then add your flavor on the third and fourth class if you wish to do so. The most important thing is that as instructor you need to know eventually how to perform the choreographies at a beginner, intermediate and advance level and be able to judge when and to which class apply them. This will help you to keep all of your existing participants and also get new ones.

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Music

Music is a vital part of Bounce DanceFit. We will make sure we will provide you with the best and most effective playlist. As a Bounce DanceFit instructor you will receive 6 new choreographies every month. You will have to provide your own music. Bounce DanceFit choreography can have phrases of 2 counts, 4 counts or 8 counts and the step will change usually every 32 counts.

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Setting up a Bounce DanceFit class

After completing the basic level Bounce DanceFit certification, it is very important that you are confident in getting your Bounce DanceFit classes started. Bounce DanceFit all support all the instructors with marketing material, and press material to help instructors advertising their classes in the market.

It is important to understand the importance of promoting and marketing your classes in order to get your career started. Social media such as Face book, Instagram, Twitter, YouTube and more have played a significant role in the marketing business. These forms of media are free of charge, which are highly recommended in order to have an effective marketing and advertising action plan. There are varies fitness groups on online where instructors can easily start looking for covers and permanent classes as well as building you own network.

Launching your first class can be a discouraging task, if you are not familiar with marketing and advertising. Here are a few ideas that will help you find out how marketing works and what is working for instructors around the globe right now.

First thing approach gyms in your area and give them your CV. Offer them a “Free Taster Class”. This is an excellent way to catch their attention and it is a useful tool when promoting you as an instructor. Most of the time these taster class will be not paid, however they will build up your network, confidence and recognition.

Search engine are also a great way to search for available positions, fitness events and more. We recommend to always contact them asking for potential opportunity to present Bounce DanceFit for their event. Here you will be able to raise awareness about Bounce DanceFit and promote yourself as Bounce DanceFit instructor. Always bring with you business cards, flyers and marketing material to all events. These events also lead in potential business and networking pathways with other local business and companies.

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Listed below are some recommend places to where try to display your marketing material:

- Community Centers
- Dance Centers
- Gyms
- Local Businesses
- University and Collages

These are great place to try and get your classes started as well as finding people to attend your own classes.

In fact one other way to get your Bounce DanceFit classes started is to rent a studio and launch your very own class. Advertise your classes on the above mentioned social media sites and offer a taster class to new participants. Also offer a free referral promotion, as this way you existing participant will be more likely to bring friends. Networking with everyone in your circle is the best way to start. Your networking potential might be bigger than what you think.

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Health and Safety

Peoples' Safety

Safety is among our priorities. Suitable clothes and shoes are just as important as all the other requirements for a safe and effective workout. Bounce DanceFit class should be taken with trainers. Participants should not take the class without appropriate shoes or not shoes at all. This program requires a lot of jumping, stomping and travelling.

It is also important to wear clothes that allow skin breathing and ventilation. Also always check that there are no wet spot on the floor. Always make yourself familiar with the sound system and have with you both CDs and audio auxiliary for both iPods and iPhones. If you are using a microphone make sure you have batteries with you and make sure the system works well. We suggest you to always arrive 15 minutes before the class in order to accomplish this.

Class Safety

It is your responsibility to make sure the room is clean and free of props and weight on the way to ensure the class is safe and fun.

Once people are set and ready to start, always introduce yourself to the new participants and make sure they are all spaced out well as some of the Bounce DanceFit moves are big and could get in the way of other people.

It is also important that the participants have space awareness and are aware of their surroundings so no accident may occur.

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License and Trademark

Only active licence Bounce DanceFit instructors who have signed the Bounce DanceFit Agreement have the right to use the Bounce DanceFit trademark. Licensees are legally required in order to use the Bounce DanceFit trademark.

Please contact us immediately if you become aware of any unauthorised and illegal use of the Bounce DanceFit trademark.

The use of Bounce DanceFit in your trademark or your Company name it is not allowed. For example Bounce DanceFit centre. You should name your company something else and then advertise that it offers Bounce DanceFit classes.

The Bounce DanceFit trademark is mean to identify only product and services offered by Bounce DanceFit. The use of Bounce DanceFit trademark may be used to advertise and promote by licensed third parties under an approved form or in accordance with the Bounce DanceFit requirements.

Please help us to make sure the Bounce DanceFit trademark is used legally and also to ensure no confusion may occurs. If you have any questions regarding the use of the Bounce DanceFit trademark, please do not hesitate to contact us. Thank you.