

Artistry in Motion 2 - Six week class Format

Introduction: The Artistry in Motion program is designed as a skeleton choreography and style course with an emphasis on creativity through structured bodyline and awareness.

Those teaching the class should feel comfortable with the choreography and style and possess an ability to work within the framework of this class to develop exercises for their basic skills level skaters

Week 1 - Intro to Classical Music

1. Prepare a short handout for the students with two primary classical composers; suggestions might be Bach, Brahms, Schubert, Wagner, Beethoven, and Mozart.
2. Explain a short bio on each to the students (1 minute).
3. Select one piece of music from each of the two composers and ask the students to skate to it to warm-up.
4. Choreograph a drill using these two pieces of music for them reviewing the elements from level one.

Week 2 – Intro to Correct Upper Body Placement

1. Review the port de bras section from level 1
2. Talk about the shoulder blade placement, shoulders down, crossover body placement. Incorporate body levels into choreography.
3. Use ice sculptures as an exercise for upper body.

Week 3 – Development of port de bras (carriage of the arms)

1. Review week two and emphasize body levels.
2. Use classical music to work with port de bras, vary from original composers.
3. Talk about facial expression and emotion into the execution of port de bras.
4. Ask the students to choreograph an eight-count sequence
5. Begin teaching connecting steps with port de bras to classical music.

Week 4 – Utilization of Basic Dance Movements in Classical style

1. Review level one for basic dance terms.
2. Demonstrate them on the ice for your students.
3. Have the students perform the dance movements in skating language.
4. Intertwine port de bras (week three) with these skating movements.
5. Add classical music to these exercises.

Week 5 – Program Mapping

1. Discuss correct program placement and draw it on the tee if possible.
2. Have visual aids ready to demonstrate correct program mapping.
3. Discuss the needed elements in a skating program.
4. Touch on the New Judging System,
5. Have the students experiment with program choreography.

Week 6 - Demonstration of a compulsory program choreographed by the skater, using 1/2 of the rink, no longer than 1-minute sheet.

1. Students choreograph a compulsory program.
2. Students perform their compulsory program.