

Jus Danz

*Imagine this...Dance with endless energy. Dance with a light that is contagious.
Attack it with passion and perform effortlessly...this is Jus Danz.*

Student Handbook 2008-2009

What is Jus Danz? Founded in Fall of 2002 and Trademarked in May 2004, Jus Danz is a creative outlet shaped into a dance program catering to children and adults who love dance. As of Fall 2007, Jus Danz established itself as a Resident Artistic Program at Joe's Movement Emporium in Mount Rainier, Maryland. With a new beginning and a new home, Jus Danz has a bright future. *Imagine this...Dance with endless energy. Dance with a light that is contagious. Attack it with passion and perform effortlessly...this is Jus Danz.*

The Jus Danz Dance Curriculum for all students participating in the Jus Danz program primarily focuses on Modern, Jazz and Hip-Hop dance. For creative and artistic purposes elements of other dance styles are also incorporated in relation to choreography. **Every Jus Danz student participates in an end of the year Recital/Concert which showcases each class masterfully performing their creatively assigned choreography.**

Jus Danz Orientation/Curriculum Enrollment

All potential Jus Danz students begin orientation through an audition/dance assessment. This offers students the opportunity to showcase their unique talents through movement. Each student must participate in this process before becoming a Jus Danz student. After the audition/dance assessment, there is a parent briefing to enlighten and educate on the culture that is Jus Danz. Potential students (parent/guardian is contacted for students under 18 years of age) are contacted via phone/email to inform them on their status as a Jus Danz student. Once the status has been established enrollment and rehearsal begins. Enrollment dates are Saturday, September 27 and October 4, 2008.

Jus Danz Class Time/Curriculum

The Jus Danz Dance Curriculum for all students participating in the Jus Danz program primarily focuses on Modern, Jazz and Hip-Hop dance. For creative and artistic purposes elements of other dance styles are also incorporated in relation to choreography.

10 AM - 11 AM

*4 - 5 years of age (3 year olds will be considered if potty trained and socially adjusted)
(Tots Class)*

Objective: Successfully mastering elements of the Jus Danz dance curriculum while including very basic fundamentals of movement. **Dance essentials included are Dance Basics (refer to Jus Danz Glossary by Class Time).**

11 AM - 12 PM

6 - 8 years of age (Kids 1 Class)

Objective: Successfully mastering elements of the Jus Danz dance curriculum while including very basic fundamentals of movement. **Dance essentials included are Dance 1 Beginners (refer to Jus Danz Glossary by Class Time).**

12 PM - 1 PM

9 - 12 years of age (Kids 2 Class)

Objective: Successfully mastering elements of the Jus Danz dance curriculum while including very basic fundamentals of movement. **Dance essentials included are Dance 2 Beginner/Intermediate (refer to Jus Danz Glossary by Class Time).**

1 PM - 3 PM

13 - 17 years of age (Teen Class)including Adult Class ages 18+

Objective: Successfully mastering elements of the Jus Danz dance curriculum while including very basic fundamentals of movement. **Dance essentials included are Dance 3 Intermediate and Dance 4 Intermediate/Advanced (refer to Jus Danz Glossary by Class Time/Level).**

Jus Danz has a strict student per class policy. In order to maintain a positive learning environment the class sizes must remain a specific size to cater to each individual students needs. Tots – 10 Students ONLY; Kids 1 and 2 – 15 Students ONLY; Teen Class including Adults 18+ ONLY, 20 Students allowed.

Jus Danz Dance Terms Glossary by Class Time/Level

Dance Basics:

Arabesque - A position in which the dancer stands on one leg with the other leg extended in a straight line to the rear. The positions of the arms and the height of the raised leg may vary.

Attitude - A position in which the dancer stands on one leg, the other leg raised behind the body with the knee bent. A similar position, but with the leg placed in front of the body, may also be called an attitude.

Battement - A kick, either high (grand battement) or low (petit battement), which may be executed in any direction.

Développé - The unfolding of the leg, accomplished by slowly bending and then straightening the knee as the leg is raised in an extension (to the front, side, or back) from the floor.

Five positions - The basic positions of the feet. First position: feet in a straight line, heels touching. Second position: feet in a straight line, heels apart. Third position: one foot in front of the other, parallel to it, with heel of front foot in hollow instep of back foot. Fourth position: one foot in front of the other, parallel, but apart. Fifth position: One foot in front of the other, parallel, with heel in front foot touching toe of back foot.

Freestyle - Ad lib dance movements with no fixed structure. Danced to a variety of music styles.

Glissade - A gliding step which usually connects two steps.

Pedestrian movement: Everyday movement that may be incorporated into a dance.

Piqué - A step in which the dancer steps onto the tip of the toe without bending the knee.

Plié - A bending of the knees with hips, legs, and feet turned outward. Demi meaning small or Grade meaning big.

Pointe - The tip of the toe.

Port de Bras - The positions and movements of the arms.

Relevé - To rise onto pointe or demi-pointe.

Rond de Jambe - A rotary movement of the leg. It can be done in a number of ways, such as on the floor with knee straight, or in air with a circular rotation of the knee from bent to straight.

Turn-out - This is the ability of the dancer to turn his or her feet and legs out from the hip joints to a 90-degree position. This turn-out is one of the essential principles of the classical dance, giving the dancer freedom of movement in every direction.

Warm-up: Movements and/or movement phrases designed to raise the core body temperature, move the body through a preparatory range of movement, and bring the mind into focus for the dance.

Dance 1 Beginners (adding on to elements of Dance Basics):

Canon - Movement which is performed identically but with multiple entry points.

Changement - Change of feet. The term is usually abbreviated to changement.

Changements are springing steps in the fifth position, the dancer changing feet in the air and alighting in the fifth position with the opposite foot in the front. They are done petit and grand.

Chasse - A sliding step in which one foot "chases" and displaces the other.

Extension - The ability of the dancer to raise and hold the leg extended in the air.

Échappé - Escaping or slipping movement. An échappé is a level opening of both feet from a closed to an open position.

General space - A defined area of space through which dancers can travel using all the available space.

Jete - A leap from one leg to the other in which one leg is thrown to the side, front, or back. Grand jete: a large leap forward.

Levels - The height of the dancer in relation to the floor. Levels in space are referred to as high, middle, and low.

Pas de bourree - a series of small, fast steps executed with the feet very close together.

Pas de chat - A light, springing step which travels in a sideways direction, taking off from one foot and landing on the other. It is meant to mimic the movement of a cat.

Petit Assemblé - A step in which the working foot slides well along the ground before being swept into the air. As the foot goes into the air the dancer pushes off the floor with the supporting leg extending the toes. Both legs come to the ground simultaneously in the fifth position.

Passé Retiré - Raising pointed foot to knee on opposite standing leg while raised leg is in bent position.

Shape - The spatial contour the body makes such as curved, angular, twisted, straight, symmetrical, or asymmetrical.

Dance 2 Beginner/Intermediate (adding on to elements of Dance Basics & Dance 1):

Alignment - The position of the body with relation to the line of Dance

Allegro - Fast movements.

Combinations - A group or sequence of dance figures or patterns.

Fan Kick - High, straight leg kick where the extended leg makes a circular sweep.

Isolation - Movement of one part of the body independently of the rest.

Jumping - Movement without a point of support.

Leaping - A transfer of weight from one foot to the other. Push off with a spring and land on the ball of the other foot, letting the heel come down Bend knee to absorb the shock

Lunge - A weight transfer to a bent leg with the other leg extended.

Pivot - A movement of the feet, turning on the ball or balls of the feet.

Split - The feet move apart with the weight evenly distributed over both feet.

Spotting - Focusing on a fixed point through a turn.

Turning - Changing position in a circular fashion.

Dance 3 Intermediate (adding on to elements of Dance Basics, Dance 1 & 2):

Arch - Movement in which the body leans backward to full extension.

Cabriole - An allegro step in which the legs are beaten in the air by the foot.

Chaînés - A series of rapid turns.

Chug - Sharp movement (usually backward) of the supporting foot/ feet where the foot/ feet do not leave the floor.

Doubles - Any series of turns moving not only once but back to back at the same time.

Élévation - The ability of the dancer to maintain height of the springing dance movement.

Formation - The coming together to make a specific image/shape.

Fouette - Literally "whipped." A turning step, usually done in a series, in which the working leg whips out to the side in and then into the knee as the dancer turns on the supporting leg, rising onto the point at each revolution.

Grand Jeté - In this step the legs are thrown to 90 degrees with a corresponding high jump.

Lifts - One or multiple dancers lift up each other in a formation.

Pas de valse - Done with a graceful swaying of the body with various arm movements.

Pirouette - Whirl or spin. A complete turn of the body on one foot.

Pirouette piquée - This is a pirouette in which the dancer steps directly onto the point with the raised leg.

Sissonne - It is a jump from both feet onto one foot.

Dance 4 Intermediate/Advanced (adding on to elements of Dance Basics, Dance 1, 2 & 3):

Barrel turns - Turning jumps in which the body gives the illusion you are falling while leaping.

Battement frappé - A battement where the foot moves from a flexed position next to the other ankle, and extends out to a straight position, by doing so hitting the floor (the so-called frappé). Battements frappés can be executed double.

Calypso - An arch back towards that back attitude leg and also the back arm rounds over the head while in turning position.

Fouette en tournant - A spectacular movement in which the dancer propels themselves around a supporting leg with rapid circular movements of the other leg while remaining in a fixed spot.

Grande battement is a powerful *battement* action where the dancer takes the leg as high as they can, while the supporting leg remains straight.

Illusion - The turn where your hands are down and leg is up at highest angle much like a 6 o'clock.

6 o'clock - Leg completely hyper extended.

Hyperextension: Extreme extension of a joint.

Interdisciplinary dance: A dance experience that explores specific dance concepts and related concepts from other content areas or disciplines.

Needles - Hold the leg to face while spinning single or multiple times on supporting leg.

Performance plus - *coined by Linda Hamm*, to add additional drama to your execution of movements. Attacking the piece instead of just dancing it.

Presto movement patterns - Presto meaning extremely fast passed while moving from one position to the next.

Switch leaps - The whipping of front leg to back in grand jete.

Triples - Turns in threes.

Quads - Turns in fours.

The Jus Danz Director reserves the right and has the authority to change or add on to the above list for educational purposes. All students who participate in the Jus Danz program are also responsible for taking responsibility outside of the Jus Danz program to actively apply what they learn during class time.

Jus Danz Class Fees

Monthly class fees are \$40. Fees are due at the beginning of EVERY month on Saturdays, during class time. It is recommended that you arrive a half hour BEFORE class time to pay your class fees. Payments are made at the front desk at Joe's Movement Emporium by way of cash, check, credit card (VISA or MasterCard). *There is an additional charge added at the discretion of Joe's Movement Emporium for any returned checks.* **It is imperative that you ask for and receive a receipt.** Your receipt must be provided to the Jus Danz Administrator or Assistant Administrator on hand. Please provide the correct receipt for the month of payment as proof of payment. Anyone without proof of payment will not be allowed to participate in class. Any student who has not paid for class in full by the last Saturday in the month will be officially removed from the Jus Danz program. Students removed from the program are given the opportunity to re-audition for the following year.

There are NO refunds for early removals from class or early student withdrawals.

Grooming/Jus Danz Dance Attire

It is **MANDATORY** that every Jus Danz student be well groomed and dressed in the proper dance attire. For ALL male students a black shirt (plain no script) and black jazz pants and/or sweatpants are preferred.

Tots class – JUS DANZ T-SHIRT or Black leotard and tights. Hair off the face. No jewelry. Black dance skirts are acceptable. Black jazz shoes and/or ballet shoes. Slippers are NOT acceptable.

Kids 1 class - JUS DANZ T-SHIRT or Black leotard and tights. Black jazz pants over tights are acceptable. Hair off the face. No jewelry. Black jazz shoes and/or ballet shoes. Slippers are NOT acceptable.

Kids 2 class - JUS DANZ T-SHIRT or Black leotard and tights. Black jazz pants over tights are acceptable. Hair off the face. No jewelry. Black jazz shoes and/or ballet shoes. Slippers are NOT acceptable.

Teen class and Adult class - JUS DANZ T-SHIRT or Black "dance" related shirt or leotard and tights. Black jazz pants, gauchos, dance shorts all worn with tights underneath are also acceptable. Hair off the face. No jewelry. Black jazz shoes and/or ballet shoes. Slippers are NOT acceptable.

Students not dressed properly with the correct dance essentials, will be not be allowed to participate during class time. Students can however sit in class and observe only. Students must also be groomed properly with NO jewelry and hair securely off face as to not serve as a distraction to the dance and to the dancer(s).

Jus Danz Student Conduct

To be a Jus Danz student is an extraordinary opportunity to challenge yourself in dance and to also build and maintain wonderful relationships. Working together as a team is a must and becoming a leader through teamwork shapes the Jus Danz family spirit to greater heights. If any student is found to have conduct unbecoming of a Jus Danz student they will immediately be subject to disciplinary actions and possibly expelled from the program.

Jus Danz Arrivals and Pick Ups

ARRIVALS...ALL Jus Danz students must arrive on time. It is recommended that students arrive 10 minutes BEFORE class time. No student should be brought to class unattended before 10 minutes prior to class time. **STUDENTS SHOULD BE DRESSED IN DANCE ATTIRE AND READY TO BEGIN CLASS.** There will be no student allowed to attend class without the proper attire (see Jus Danz Grooming/Attire). Any student who arrives 15 minutes after class time will be allowed to enter class, QUIETLY and will only be allowed to sit and observe. Any student arriving 30 minutes late will NOT be allowed to enter the class as it is a complete and utter disruption to his/her peers and especially to the instructor. The Dance Instructor reserves the right to meet with the parent/guardian or any student over the age of 18 if there are more than two late arrivals. Disruptions will not be tolerated.

ALL PARENTS/GUARDIANS DROPPING OFF STUDENTS ARE NOT ALLOWED TO WATCH OR STAND OUTSIDE OF THE DANCE ROOM AS IT IS A HUGE DISTRACTION TO THE INSTRUCTOR AND STUDENTS. A lounge area is provided by Joe's Movement Emporium for parents/guardians waiting.

PICK UPS...ALL Jus Danz students must be picked up on time. Late arrivals of more than 15 minutes will be charged a \$10 fee for that day. Payment must be made by the end of class. Payment is made in cash and/or check to Linda Wilkins Hamm, and provided to the Jus Danz Administrator on hand. Any student late more than once a month in an access of 15 minutes may be subject to disciplinary actions.

Jus Danz Absences

We at Jus Danz understand that it might be necessary to miss class, however; it is imperative that the student and/or parent/guardian contact www.jusdanzlwh@aol.com a week before the absence. Students who miss class regularly or arrive late hurt not only themselves but also their peers which leads to a negative environment and affects the choreography. At the discretion of the instructor, disciplinary actions may take place.

Jus Danz Costume Fees/Additional Fees

Costume Fees are subject to change yearly

At the end of the year Jus Danz holds a spectacular performance full of fantastic dancing and loads of fun. In order to make EVERY year bigger and better we showcase the talented group of students that are a part of the Jus Danz family. It is THEIR day and in order for it to be a professional and theatrical show, costumes are a necessity.

For the 2008-2009 Jus Danz program, Costume Payments and Fees are as follows:

The first payment is due November 1, 2008. Balance is due January 10, 2008.

Adult Class	\$65
Tots Class	\$130
Kids 1 Class	\$130
Kids 2 Class	\$130
Teen Class	\$130

Payments are made out to Linda Wilkins Hamm. Cash and Money orders are preferred.
There will be no exceptions.

Checks are acceptable; however there will be a \$20 charge for any returned checks.

Jus Danz Bonuses

JUS DANZ MONTLY NEWSLETTER – Please be on the look out for this via email and copies will also be posted and available at the front desk ONLY for those individuals who do not receive it via email.

Jus Danz Student Assistant Teacher - To be a Jus Danz Student Assistant Teacher is a privilege. You must have excellent leadership qualities while still maintaining a proper team spirit work ethic. Creativity is a must and use of choreography concepts must be challenging. If you are interested in becoming an Assistant Teacher you must contact www.jusdanzlwh@aol.com and explain why you feel you would make a great Assistant. A copy of your current GPA will also be needed and provided to the instructor. Audition dates and times for Jus Danz Student Assistant Teachers will be provided via email.

No dance class due to Holiday

- November 29, Saturday after Thanksgiving
- December 27, Saturday after Christmas
- January 3, Saturday after New Years

Other Important Days to remember

September 27 – Registration, No cost (come in and sign-up for First Class)
October 4 – First Class, first payment
October 18 – First Fund raiser (Calendars and etc)
November 1 – First half of costume money is due
November 22 – First payment for New York Trip
December 13 – 2nd payment for New York Trip
December 20 – Christmas Event
January 10 – Return to Class, 3rd payment for New York Trip
February 7 – Fund raiser – Joe Corbi Pizza, forms will be passed out
February 7 – Final payment for New York Trip
March 29 – Dance-A-Thon and Brenda will provide update on promotion events
April 25 - New York Trip
May 3 – Picture Day
June 26 - Dress Rehearsal at Prince Georges Community College
June 27 – Recital, 1:00 at Prince Georges Community College

Joe Movement's Special Events

- September 6 - Open House and registration day for Joe's activities. Jus Danz will register on Sept. 27. There will be no audition/assessment on Sept. 27th only to sign up.
- October 25 – Festival, Jus Danz will perform and set-up a table.

Jus Danz Website/MySpace Page

Jus Danz website is www.jusdanz.com.

Basic information including Jus Danz Handbook can be downloaded on the website.

Jus Danz is a Resident Artistic Program of:

Joe's Movement Emporium

3309 Bunker Hill Road

Mount Rainier, MD 20712

301.699.1819 (phone)

www.joesmovement.org

Jus Danz Facilitators

Linda Wilkins Hamm, Director/Dance Instructor/Choreographer

Jus Danz contact: www.jusdanzlwh@aol.com

Basic information including Jus Danz 2008-2009 Handbook can be downloaded on the Jus Danz website.

Jus Danz Acknowledgement of Receipt of Student Handbook and Waiver Form

I hereby confirm my receipt of the Jus Danz 2008-2009 Handbook and that I have read and understood the material. I will follow this information and apply it. I understand that Jus Danz is a program that reserves the right to enlist these rules and have them followed by their students and parents/guardians. Jus Danz makes no representations and is not responsible or claims as to the conditions or safety of the structure of Joe's Movement Emporium in which Jus Danz is housed. I understand that Jus Danz and Joe's Movement Emporium does NOT provide any insurance coverage for my person or my property which include my dependents. I acknowledge that I am responsible for my safety, my child/children's safety and myself and my dependents health care needs, and for the protection of my property. I have read the statements in this document. I agree with the terms and have voluntarily signed it.

Student's name (PLEASE PRINT)

Parent/Guardian's name (PLEASE SIGN, if student under the age of 18)

DATE