

(Download) Jazz Dance Today (West's Physical Activities Series)

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Lorraine Kriegel

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Lorraine Kriegel : Jazz Dance Today (West's Physical Activities Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Jazz Dance Today (West's Physical Activities Series):

1 of 4 people found the following review helpful. This bookBy A CustomerI was introduced to this book by my dance teacher who just so happens to be the author. I was studying, in fact, the basics of jass dance in order to further educate myself on the art. This book proved invaluable and was splendidly written and I highly recommend it.

This text provides necessary theory with an easy-to-read and understandable format that allows instructors to devote class time to dance. Please see Adams Racquetball Today for more information.

CCHAPTER 1: PREPARING FOR THE JAZZ DANCE CLASS. Knowing What You Want to Achieve and How to

Achieve It. Checklist: Goals of a Dance Class. What to Wear and Why. Understanding the Necessity of Training. Terminology. Listening to Music in Class. Getting Prepared Mentally. Checklist: Mental Preparation. Getting Prepared Physically. Your Personal Warm-up. Checklist: Benefits of an Adequate Warm-up. What's Missing from a Jazz Dance Class. CHAPTER 2: JAZZ DANCE TECHNIQUE. How Today's Jazz Class Developed and Why. Basic Dance Technique. Checklist: Alignment. Checklist: Dance Technique. Vocabulary. CHAPTER 3: THE JAZZ DANCE CLASS: A MODEL. Checklist: Common Elements of the Class. Physical Training. Style Training. Checklist: Preparing for a Successful Class. Warm-Up Sets. General Warm-Up (Large Muscle Groups). Fine Tuning (Smaller Muscle Groups). Strengthening Exercises. Flexibility Exercises. Endurance Conditioning. Isolations. Checklist: Was Your Warm-Up Successful?. Specific Skill Development. Short Combinations. Long Combinations. Cool Down. Reverence. CHAPTER 4: BASIC NUTRITION AND CARDIORESPIRATORY CONDITIONING. Nutrition for the Dancer. Overview of the Basics. What, How Much, and When. Cardiorespiratory Conditioning. Checklist: Nutrition and Weight Control. CHAPTER 5: SUPPLEMENTAL STRENGTH TRAINING FOR THE DANCER. Supplemental Strength Training. Upper Body. Lower Body. Checklist: Strength Training. CHAPTER 6: SUPPLEMENTAL FLEXIBILITY TRAINING FOR THE DANCER. Supplemental Flexibility Training. Upper Body. Lower Body. Checklist: Supplemental Flexibility Training. CHAPTER 7: DISCIPLINE AND TRAINING SCHEDULES. Discipline and Training Schedules. Checklist: A Positive Mental Attitude. Variety in Training. Body Therapies. Scheduling. CHAPTER 8: WHAT IS JAZZ DANCE? America's Folk Dance. Jazz Energy: the Kinetic Push. Checklist: What the Experts Say. Checklist: Jazz Energy. The Jazz Culture. Checklist: Today's Jazz Dance Class Culture. Social Dance/Theatrical Dance. 1900-1950. Latin American Influences. Jazz Dance Today. Jazz Dance's Global Future. CHAPTER 9: JAZZ DANCE CHOREOGRAPHY. Choreography. Choreographer. Choreographing. Jazz Choreography. Movement Shaped into Meaning. Developing Jazz Movement. Shaping with the Tools of Choreography. Checklist: Time as a Tool. Checklist: Space as a Tool. Checklist: Groups in Space. Checklist: Using Dynamics as a Tool. Creating Meaning: The Creative Process. CHAPTER 10: THE PERFORMANCE. Jazz Dance: A Performing Art. Presence. Projection. Performance Craft. Checklist: Performing with Confidence. APPENDIX A: BASIC MUSCULATURE CHART. APPENDIX B: ESSENTIAL INFORMATION ON VITAMINS AND MINERALS. APPENDIX C: CALORIE/ACTIVITY CHART. APPENDIX D: DANCE PUBLICATIONS AND JOURNALS. APPENDIX E: VIDEO RESOURCES. APPENDIX F: DANCE WEAR. APPENDIX G: JAZZ CONVENTIONS/COMPETITIONS. APPENDIX H: PREPARATION CHECKLISTS (CHOREOGRAPHY). APPENDIX I: JAZZ TIMELINE. APPENDIX J: SUGGESTED READING.