

Study Guide for Teachers

Hip Hop Fundamentals In *The Principles of Hip Hop: Peace, Love, Unity and Having Fun*

Presented by

Young Audiences
(866)500-9265
www.yanjep.org



ABOUT THE PROGRAM

By using dance, interactive lecture, and audience participation, the dancers of Hip Hop Fundamentals work to educate, inspire, and entertain children of all ages. They explain and explore original Hip Hop music and dance, which has a deep, rich, and diverse history which is used to highlight their positive message.

Hip Hop Fundamentals firmly believes that studying the roots of Hip Hop and, in particular, Hip Hop dances like breaking (break dancing) can be the key to inspiring positive change in youth.

LEARNING GOALS

Breaking (break dancing) is not only the world's most dynamic dance - guaranteed to grab your student's attention - but its history is also the perfect vehicle for speaking to the issues facing our youth today. Through our experience of performing, battling (a competition), and teaching all over the world, we realized that Hip Hop can be a space for everyone. Difference and uniqueness is celebrated, not put down. At its most pure, Hip Hop can create a safe space for all races, ethnicities and cultures to come together under one umbrella.

BACKGROUND INFORMATION FOR STUDENTS

Hip-hop is a cultural movement that began among urban youth in New York City, and has since spread around the world. Elements of the hip-hop arts include dance, rap (music, rhythm and poetry), and graffiti art. Hip-hop began in the mid-1970's as inner-city Black and Latino youths began to develop new styles of music, dance, and painting that emerged from their urban environment.

Hip-hop dance began in a recreation center in the South Bronx in the early 1970's. Street gangs and violence were at an all-time high, but were on the verge of decline, mainly due to the introduction of the new hip-hop culture. The Hip-hop culture would give inner city youths a way to make a name for themselves and escape the anonymity of urban life, by battling other youth with creativity and style instead of violence. The battles in dance and rap that took place between rivals emerged from older forms of competition in the African-American community including boasts about oneself (from the African tradition) and "the dozens" (a competition of inventive put-downs). Respect for self and respect for others was crucial in the development of this art form. Without respect, people would not have been able to learn, share, and grow together.

BEFORE THE PROGRAM

1. Discuss some different types of music, including classical, folk, rock, country, jazz, and rap. Does each type of music have a dance associated with it? Talk about how the dances came from the music, and how each art form reflects the other. Ask students to draw a scene where they might encounter a specific style of music and dance. Share with the class and ask students to describe how the music and dance reflect the culture of the people.
2. Have students write a short “boast” rap about themselves and perform it for the class. A boast is a traditional hip-hop form that gives students the opportunity to write about themselves, and explore why they are special or different from their peers. Most students will be familiar with this form if they listen to rap music.

RESOURCES

For Children:

- Adolf, Arnold. Street Music City Poems, Harper Collins, 1995
- Haskins, James. Black Dance in America. A History through its People. Thomas Y. Crowell, 1990
- Jones, Maurice. Say it Loud: The Story of Rap Music. Millbrook Press, 1994
- Schick, Eleanor. I Have Another Language: the Language of Dance, MacMillan, 1992
- Yolen, Jance. Dinosaur Dances, G.P. Putnam & Sons, 1990

For Teachers:

- Duncan, Isadora. The Art of Dance. Theater Arts Books, 1970
- Fonteyn, Margot. A Dancer's World, Knopf, 1979
- Haskell, Arnold. The Wonderful World of Dance, New York: Rathbone Books Limited, 1960
- Schick, Eleanor. I Have Another Language: the Language of Dance, MacMillan, 1992
- Shannon, George. Dancing in the Breeze, Bradbury Press, 1991

Online:

Problem-solving Lesson Plans to reduce students' aggression and anger:
<http://www.coe.ufl.edu/aggression/aggression.html>

VOCABULARY

- Agility:** Moving with quick, easy grace and skill.
- Break Dance:** Dance form invented in the 1970s by disc jockeys.
- Choreographer:** A person who designs or arranges the movements of a dance.
- Drops:** Movements that bring the dancer to the floor from toprock to footwork. This is done as a stylish way to make an introduction or as a transition.
- Footwork:** Done using both hands and feet for support. This aspect of the dance involves a great deal of hard work to develop techniques into a profound style.
- Freezes:** Stylish stop-action poses done to the beat of the music. These are often used to emphasize a dancer's ability to listen. They are also used as a statement of power at the end of a run.
- House Dance:** Has its roots in Tap dance. The moves are less structured and more gymnastic.
- Improvise:** To compose, recite, sing, act, dance on the spur of the movement, not prepared beforehand.
- Powermoves:** Acrobatic moves that require momentum. Done by spinning on backs, legs, heads, and shoulders, the moves are some of the more difficult and will be taught more slowly.
- Rap music:** Chanted verse or prose over a rhythmic background; literally, rhythm and poetry.
- Tap Dance:** Tap is an American art form with its roots in Irish clogging and African dance.
- Top Rock:** A string of steps done in the standing position. This aspect incorporates various dance steps from Latin, African, Eastern European, and other cultures that have been re-appropriated.

ARTIST INFORMATION

Hip Hop Fundamentals originally began in 2004 Hip Hop Handbook, a touring lecture demonstration show that taught the four elements of Hip Hop to schools. When Hip Hop Handbook founders Justin Murta and Dairus Green moved to Vietnam to pursue Hip Hop based community work, they trusted the company to its breakdancers to continue spreading the message of positivity through Hip Hop. Justin and Jairus now are pillars in the South Vietnamese Hip Hop community, as well as nationally renowned television hosts.

After being challenged by the original founders to continue Hip Hop education, Hip Hop Fundamentals co-owners Mark Wong and Steve Lunger partnered with other dancers, supporters, and educators to redesign the company. Hip Hop Fundamentals brings the best B-Boys and B-Girls in the country to communities, teaching Respect, Youth Empowerment, Anti-Bullying, Diversity, History, and Science. Since 2004, the company has performed hundreds of shows across the United States for all school levels, community sites, and youth camps. Hip Hop Fundamentals is also now proud to subcontract young dancers from the Philadelphia Hip Hop scene, training them in performance, lecturing. Hip Hop Fundamentals is featured in Columbia University's collective 2014 book *Advocating Creatively*, as well as upcoming articles in *Dance Studio Magazine*. In October 2013, Hip Hop Fundamentals will be presenting at the TEDx conference in Mark's home country of Bermuda, lecturing on the power of creative education and Hip Hop as an educational tool.