



Course Code DAN-111	Course Title Contemporary Dance I, Technique 1 (Graham)	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites None
Type of Course Major Core	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 1 st	Lecturer(s) Alexander Michael
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites DAN-121

Objectives of the Course:

The purpose of this course is to introduce students to the basic principles of the Martha Graham technique. Special attention will be given to the strict execution of line and alignment. A main focus will be connecting musical and movement transitions during floor work and standing.

Learning Outcomes:

After the completion of the course students are expected to be able to:

1. Identify and execute the basic exercises within the Graham vocabulary/ technique and simple Graham-based combinations.
2. Define terminology of the primary Graham exercises given in the beginning of the semester.
3. Demonstrate contractions, release (neutral) spirals on all positions and how they are used in floor work (bounces, breathing, 3's and 6's, turns round the back) and standing (turns, jumps, walks, running, leaps).
4. Apply movement principles exercises from the floor work and to standing work and simple Graham repertory.

Course Contents:

1. Breathings, Contractions and Release
2. Spirals (Threes and Sixes)
3. Deep Stretches
4. Turns Around the Back
5. Graham plies (with contractions and S arms)
6. Foot work with spirals and contraction
7. Side contractions and Fan kicks
8. Adagio
9. Circular walks
10. Triplets

11. Step Draws
12. Prances and other Traveling Steps
13. Jumps and Leaps
14. Simple Graham-based Combinations

Learning Activities and Teaching Methods:

Studio

Assessment Methods:

In Class Participation and Performance, Journal, Practical Midterm Examination, Practical Final Examination

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Horosko, Marian	<u>Martha Graham: The Evolution of Her Dance Theory and Training</u>	Gainesville, FL: University Press of Florida	1991	0813024730