

Genia Johnson Dance Company

Acrobatic Arts Program

What is Acrobatic Arts?

AcroDance, or acro as it is commonly referred to by dancers and dance professionals, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Often defined by unique choreography, acro dancers seamlessly blend musicality, emotional expression, line, and extension with acrobatic movements in a dance context.

Acro is an especially challenging style for dancers to master as training in both dance and acrobatic elements is required. Acro technique includes balancing, limbering, tumbling, and partnering, based in flexibility, contortion, and strength.

Teachers Certification Program

During the Acrobatic Arts Teacher's Certification Program, dance teachers will learn exercises and drills to increase students' strength, flexibility, and endurance; through practical, hands-on experience in the course. Teachers will also learn techniques for spotting, balancing, limbering, and tumbling skills. Genia Johnson Dance Company is fortunate to have several teachers/choreographers certified in AcroArts.

Process of Leveling Up

In order for a dancer to level up they are required to complete the set skills under each pillar of AcroArts technique. Some level requirements include:

Primary

Flexibility: butterfly demonstration, rock and roll demonstration, and pre-forward bend

Strength: superman demonstration, table top demonstration, tuck jumps, and crab walk

Balancing: right and left foot retiré and rise on demi-pointe

Limbering: pike, tuck, straddle, and stretch and flex feet

Tumbling: gallops, pre-cartwheel, and somersault

Level 1

Flexibility: left and right square hip exercise and straddle stretch

Strength: plank, v-sit demonstration, and handstand facing the wall

Balancing: right and left foot retiré and rise on demi-pointe; hold for 5 seconds

Limbering: push up to bridge, pike, tuck, and straddle

Tumbling: log rolls, L-handstands, and hollow positions



Level 2

Flexibility: right, left, and center pre-splits

Strength: plank, superman, and table top; hold for 20 seconds

Balancing: baby scorpion and seated double leg hold; hold for 5 seconds

Limbering: walk down the wall to 1/2 bridge and return to standing

Tumbling: forward roll, cartwheel, and straight handstand

Level 3

Flexibility: pre-toes to head and pre-forward bend

Strength: plank, superman, and table top; hold for 30 seconds

Balancing: seated double leg hold; hold for 10 seconds

Limbering: down to bridge and bridge walking

Tumbling: backward roll and cartwheel from one knee

Level 4

Flexibility: right, left, and center pre-splits; 4 inches

Strength: plank, superman, and table top; hold for 40 seconds

Balancing: half scorpion and headstand (press to straddle); 5 seconds

Limbering: bridge recovery and bridge with straight legs

Tumbling: dive forward roll and handstand to forward roll

Level 5

Flexibility: shoulder stretch (touching) and pre-forward bend; 2 inches

Strength: plank, superman, and table top; hold for 50 seconds

Balancing: forearm stand and chest stand; hold for 5 seconds

Limbering: 16-count bridge recovery and bridge to forearms

Tumbling: one-handed cartwheel and pop cartwheel

Example of a progress card:

AcrobaticArts.com My AcroDance Progress Card

ACROBATIC ARTS **LEVEL ONE**

Student Name:

FLEXIBILITY	STRENGTH	BALANCE	LIMBERING	TUMBLING
Butterfly stretch <i>Demonstration</i>	Plank, hold for 10 seconds	Right foot retiré hold for 5 seconds	Pike, Tuck, Straddle Stretch and flex feet	Hollow position (arms up)
Pre-forward bend (6 inches)	Superman, hold for 10 seconds	Left foot retiré hold for 5 seconds	Push up to bridge	Log rolls
Square hip exercise (right)	Table top, hold for 10 seconds	Rise on demi pointe hold for 5 seconds	Tendu to second ending position with transfer of weight	L handstand (right and left)
Square hip exercise (left)	V sit <i>Demonstration</i>			Step hop in retiré, continuous
Straddle stretch <i>Demonstration</i>	Wall sit, hold for 10 seconds			Rock and roll from standing, to standing (tuck)
Articulated cobra <i>Demonstration</i>	Handstand facing the wall (pike) <i>Demonstration</i>			Pre-cartwheel (right and left)
	Hops right foot and left foot (5 in a row)			Forward pike roll (ends in pike)
	Frog jumps (5 in a row)			

