

ELEMENTARY DANCE

SEMINAR WITH ALEXA HAHN

The functional basis of this dance direction includes – besides body training – the elementary human fundamental movements such as walking, running, skipping, springing, jumping, swinging and pivoting. Possibilities as to their development and variation in space and form, rhythm and dynamic aspects, result in an almost endless amount of base-line material for dance. With further artistic development, a new eventful dance-sphere is revealed – elementary dance. This is built up around three themes:

Technique/Training

Improvisation and

Movement creation

are the main elements which, depending on the teaching goals, are used in continuous rotation and with varying emphasis. Alexa Hahn's dance instruction is based on these fundamental themes. Her lively and imaginative way of teaching is marked by the following principles:

- ② **Anatomically correct movement development**
- ② **Precise rhythmical, musical way of working**
- ② **Promotion of individual movement potentials and self-creative abilities**

SEMINAR CONTENTS AND AIMS

TECHNIQUE/TRAINING

- **Selected themes of body training**
 - functional body build up under the aspect of dance
 - refinement of body-awareness
- **Rhythmical movement training**
 - improvement of technique abilities
 - discovery and experience of new movement ideas
- **Imitative and repetitive sequences**
 - working on precision and quality of movements
- **Perception and experience of one's own imaginative physical movement possibilities**
 - sensitization for personal requirements and limits

IMPROVISATION

- **Rhythmical-musical or space-form related movement tasks**
 - basis for dance improvisations
- **Experimenting with materials and objects**
 - playful introduction to free movement
 - extraction of specific movement qualities
- **Contact – adaptation – contrast**
 - relationship with partner and group in dance
- **Improvisation with and without movement accompaniment**
 - experience and extension of one's personal dynamic spectrum
- **Thematic dance stimulants**
 - discovery of one's own creative energies

MOVEMENT CREATION

- **Developing and varying dance themes**
 - preparation for choreographic sequences
- **Music analyses**
 - differentiated listening⇒differentiated interpretation possibilities
- **Studies of formation and groupings within space, studies of structural and stylistic dance elements**
 - working out the artistic-esthetic foundations of a choreography
- **From intuitively experienced improvisation to the consciously created form**
 - creation of one's own dance expression

COURSES FOR FURTHER TRAINING

Alexa Hahn's differentiating manner and way of responding to individual needs and abilities as she works, enables a large variety to target groups to participate in an exciting approach to elementary dance. Her courses vary, encompassing different standard levels and goals and are suitable for:

- **amateurs from any training background or age group who are interested in dance**
- **dance and movement teachers as well as**
- **dance students and trained dancers**

Alexa Hahn gives international courses, e.g. week-end seminars, study weeks, and long-term projects for extending one's knowledge within a profession. Teaching languages are German, English and French. Detailed information may be obtained on inquiry from the given address.

ORIGINS OF ELEMENTARY DANCE

The creative movement concept of elementary dance was developed by the dancer and choreographer **Maja Lex**. Inspired by **Carl Orff** and **Dorothee Günther**, Maja Lex succeeded in developing a stylistic and abstract dance direction which clearly stood out against most of the expressive movement styles in the twenties.

Building up on the functional basis of body training and rhythmical movement training on the one hand, and on a foundational musical education on the other, Lex developed a way of teaching which later became known as **elementary dance**. In her solo and group dances she documented an extremely intensive and suggestive interplay between music and movement.

Maja Lex's choreographies were highly thought of, with enthusiastic spectator and critic's praise as well as numerous international distinctions. In 1930 the magazine "Der Tanz" wrote:

"Wonderful how here the spirit of an acceptance of life becomes transformed into dance, how exact rhythm and technique are achieved by means which, for the first time in the history of new dance, can be compared to the precision of ballet."

After the war Maja Lex succeeded in giving the artistic branch of the Sports Studies Diploma at the German Sports University in Cologne a definitive character. Here she further developed the teaching of elementary dance along with her master student and later successor, **Graziela Padilla**.

The dance group 'Maja Lex', compiled of the selected graduates from the training course elementary dance, presents its choreographies in film- and television-productions in addition to the world-wide tours in front of enthusiastic spectators, e.g. in many countries of Europe, Asia and America.

PROFESSIONAL POSTS OF ALEXA HAHN, THE DANCING INSTRUCTOR

- Ⓜ Rhythmical movement training and ballet classes for children and young people
- Ⓜ Sports-teacher diploma at the German Sports University in Cologne
- Ⓜ State-recognized rhythmical movement teacher
- Ⓜ Skiing instructor
- Ⓜ Dance training under Maja Lex and Graziela Padilla
- Ⓜ Member of the dance group 'Maja Lex'
Participation in international film and television productions
Tours in Argentina, Austria, Belgium, Brazil, Finland, France, Germany, Israel and Switzerland
- Ⓜ Continued further studies in the main directions of contemporary dance, inland and abroad
- Ⓜ Commissioned teacher for movement creation and artistic dance at the State's Technical Academy in Cologne
- Ⓜ Since 1984 instructor for modern dance, improvisation and movement creation at the Medau-College, vocational college for rhythmical movement and physiotherapy, Coburg, Germany
- Ⓜ Choreographies for the Medau College Show Group for guest-performances in Denmark, Finland, Germany, Great Britain and Japan
- Ⓜ 2 year's post-graduate studies in dance therapy
- Ⓜ Therapist in the experience of breath
- Ⓜ Teacher for stress relaxation
- Ⓜ Meditation instructor
- Ⓜ Lecturer in elementary dance and experience of breath at international seminars, and study weeks in Germany, Europe and Japan

