

Teaching experience in Jerusalem

I was invited as a guest teacher for a week of teaching at the Jerusalem Academy of Music and Dance, between 12-16 May in 2019 as part of the ERASMUS Staff Mobility For Teaching.

I have taught two departments in the school, the movement and the dance department as well. During the lessons I met around 40 young dance students in 4 different classes.

The daily routine of the guest teaching included 2 classes per day in the mornings, and free time in the afternoon. I had time to visit several museums in the city and meet with local dancers as well.

About the classes:

I shared my classes following the method that I use in the Budapest Contemporary Dance Academy. Starting with preparatory exercises including floor work with the aim of teaching partnering technique. The classes were 1,5 hour long. As the intensive schedule of the school dictated, I had a chance to meet the same class only twice during the whole week, and in one case (the first years students of the movement department), I only met once during my stay.

During the classes I used the same class structure, changing only the elements of the class according to the level of the participants. In general, I had to show and introduce a lot of technical aspects of floor work during the week, since it was rather new information for the students. After some time of practicing the efficient way to move on the floor and relate to it with our own body, I have shifted the focus to the partnering technique. I used the basic level partnering exercises to see the learning capacity of the participants, and then moved on to the more complex, choreographic exercises. During the practice we have worked on different tasks, such as:

- using the body structure to support the weight of the partner in an efficient way
- leading and following methods
- pushing and pulling
- supporting and lifting with momentum

I felt that I made the students curious for new information about dance, during my stay. As it could only be a tasting experience for the students in these techniques, I hope there will be more opportunities in the future to continue the work.