

L3 Training Plan Overview

Level 3 Pre-Chute Plan

Technique Progression

- Participation in Online Classes.
- Drill Breaks (Audio Download Training Tools).
- Cymbal Jams (Audio Dwnld Training Tools).
- SL3 - vibrations

Online classes 3x a week (each format)

- JL3 - taking FF as well as the SL3 include JSF
- SL3 - Don't forget DM

Certification Choreography (L5 eval)

Performance Catalog (continual)

Education Catalog (continual)

Required Videos (watch list)

Finger cymbal practice (C-Jams & L dom)

Nomenclature

Music Research

Set List Listening & Practice

Dance Art Book and Collaging

Technique Drills (L5 eval)

Level 3 Testing Chute Plan

Online classes 3x a week (each format)

- JL3 - taking FF & SL3 that include JSF.
- SL3 - Don't forget DM
- SL3 - vibrations

Required Reading and Research List

Straddle Squat (4 minutes)

Review Technique Drills

Certification Choreography review

Improvisation Practice (music sets)

Dance Art Book and Collaging

Pre Workshop & Journal Assignments

L3 Project Test Pckt (each project in detail)

L4 Training Plan Overview

Level 4 Pre-Chute

Technique Progression

- Participation in Online Classes.
- Drill Breaks (Audio Download Training Tools).
- Cymbal Jams (Audio Dwnld Training Tools).

Online classes 3x a week

Music & Dance Research (per format era)

Finger cymbal practice (CJ or L dom focus)

Art Book with 10 pages new material

Costume preparation/research (per format)

Set Listening/Practice (ongoing)

Performance Catalog Project (ongoing)

Education Catalog Project (ongoing)

Technique Drills (L5 eval)

Improv-Prep Choreo Set (L5 eval)

Certification Choreography (L5 eval)

Level 4 Testing Chute

Online classes 3x a week (each format)

Performance Catalog Project (ongoing)

Education Catalog Project (ongoing)

Pre Wkshp & Journal Assignments (subject to change)

Grid-work Exercise

Emotional Music

Stylization Homework Exercise

Personal Choreography

Choreography Workshop Music Theme

Performance exercises:

- 4 Veil Drops
- 4 Finale Poses
- 4 Veil Pick-ups
- 3-5 Make-up
- 3-5 Hair Style
- 3 Costumes
- Arrival Outfit

Documentation of research videos: "Basic Entrances and Exits" & "Perf-Prep" videos by Sabriye & Rachel