

# *Keti Sharif's* *A-Z Bellydance* *Teacher & Performer Course*



6 Month Training Course Sep 2021-Mar 2022

# A-Z Bellydance Performer & Teacher Training Course

Join Keti's most Dynamic & Diverse Certification study course to date!

**40 modules are delivered Sep 1<sup>st</sup> 2021 - Mar 31<sup>st</sup> 2022**, with two modules to complete each week. FOUR hours a week is required to complete the study and practice for this course. This training is for dancers who wish to enhance performance skills and confidence, and for teachers who wish to develop powerful, clear teaching strategies with a focus on wellbeing.

**Participants receive Keti's unique and comprehensive A-Z Bellydance methodology** - enriched in Egypt over 20 years - and will enjoy a culturally informed learning experience with a deep, Somatic approach. Enjoy live Egyptian music & rhythms plus darbuka by our percussionist Sam Nascimento!

**Develop Teaching & Performance skills** with 40 live Arabic rhythms, 120 Individual Moves & 64 routines: 26 A-Z Original, 26 A-Z Advanced & 12 AstroBelly routines. Each routine is shown in Folk, Classical & Fusion mode - over 250 ways of dancing these diverse routines. Each routine is demonstrated rhythmically, then to music, & finally in full choreography to build a vast, authentically solid repertoire.

**You will learn 20 great choreographies**, complete with Keti's new recorded music MP3 tracks: 12 classical A-Z dances to live Egyptian music, plus 8 fun new modern, fusion, tribal & group pieces.

**Empower your performance professionalism, teaching skills and fitness classes.** Learn about teaching seniors, pregnant students or those with physical limitations, to build your teaching expertise. The 2021 course includes a vast array of materials including Keti's NEW video classes, recorded music MP3s, study manuals & ready-made lesson plans to skyrocket your performance & teaching skills!

## A-Z Bellydance Course Study Modules Sep 2021-Mar 2022

### SOMATICS FOR BELLYDANCE

Sep 1	Module 1:	Somatics for Bellydance Part 1
	Module 2:	Somatics for Bellydance Part 2

### 40 RHYTHMS (SAM) & 120 MOVES (KETI)

Sep 8	Module 3:	10 Fluid rhythms + 30 Bellydance Moves
	Module 4:	10 Accented rhythms + 30 Bellydance Moves
Sep 15	Module 5:	10 Stepping rhythms + 30 Bellydance Moves (Zills/Cane)
	Module 6:	10 Gliding rhythms + 30 Bellydance Moves (Veil)

### ASTROBELLY (12 ROUTINES & 2 CHOREOS)

Sep 22	Module 7:	AstroBelly Earth & Water routines + New AstroBelly Choreo
	Module 8:	AstroBelly Fire & Air routines + New AstroBelly Choreo

### EXAM 1: SOMATICS, RHYTHMS & MOVES, ASTROBELLY

Sep 29	Module 9:	Exam for Somatics, Rhythms & Moves, AstroBelly
Oct 3	Zoom	30 MIN Forum 8pm Perth or 8pm New York time

**Oct 6 No class Free week**

### A-Z ORIGINAL (26 ROUTINES + 5 CHOREOS)

Oct 13	Module 10:	A-E Original routines (seeds) + Baladi choreo
	Module 11:	F-J Original routines + Folkloric dance w/Zills
Oct 20	Module 12:	K-O Original routines + Golden Era improv
	Module 13:	P-T Original routines + Saiidi w/Cane + Live Drum w/Zills
Oct 27	Module 14:	U-Z Original routines + Raqs Sharqi w/Veil
	Module 15:	A-Z Original Masterclass Full 26-Part Drill + Latin Fusion group choreo

**EXAM 2: A-Z ORIGINAL BELLYDANCE + ZOOM FORUM**

NOV 3	Module 16:	Exam for A-Z Original Bellydance
NOV 7	Zoom	30 MIN Forum 8pm Perth or 8pm New York time

**Nov 10 No class Free week**

**A-Z ADVANCED (26 ROUTINES + 5 CHOREOS)**

Nov 17	Module 17:	A-E Advanced routines + Classical Choreo
	Module 18:	Advanced routines + Baladi w/Shamadan
Nov 24	Module 19:	K-O Advanced routines + Double Veil Choreo
`	Module 20:	P-T Advanced routines & Pharaonic w/Isis Wings
Dec 1	Module 21:	U-Z Advanced routines + Zills Choreo
	Module 22:	A-Z Advanced Stage/Drill Folk style + Stage Raqs Sharqi

**EXAM 3: A-Z ADVANCED BELLYDANCE + ZOOM FORUM**

Dec 8	Module 23:	Exam for A-Z Advanced Bellydance
Dec 12	Zoom	30 MIN Forum 8pm Perth or 8pm New York time

**Dec 15,22,29 No classes Free (holiday) 3 weeks**

**GROUP PERFORMANCE: PROPS & FORMATIONS + 2 x NEW CHOREOS**

Jan 5	Module 24:	Group Performance - AstroBelly with A-Z + Fusion Choreo
	Module 25:	Group Performance - A-Z Pharaonic Fans Theatrical Piece

**'THE ELEMENTS' 2 x BELLYDANCE CLASSES FOR FITNESS & WELLBEING**

Jan 12	Module 26:	'MAYA' Relaxing Water & Air Elements Class - Flexibility & Lymphatic Flow
	Module 27:	'NAR' Energising Fire & Earth Elements Class - Cardio & Metabolic Boost

**HONOURING MAHMOUD REDA & FARIDA FAHMY**

Jan 19	Module 28:	Honouring Mahmoud Reda - Troupe Drills to Live Rhythms
	Module 29:	Honouring Farida Fahmy - Muwashahat Drills to Music

**Jan 26 No class Free week**

**A-Z TEACHER TRAINING + CLASS & WORKSHOP PLANS**

Feb 2	Module 30:	A-Z Teacher Training + Beginners Class Plan
	Module 31:	A-Z Teacher Training + Intermediate Class Plan
Feb 9	Module 32:	A-Z Teacher Training + Advanced Class Plan
`	Module 33:	A-Z Teacher Training + Specialty Workshop Plan
Feb 16	Module 34:	A-Z Teacher Training to Facilitate A-Z Courses

**Feb 23 No class Free week**

**A-Z TEACHER & PERFORMER MASTERCLASS SERIES**

Mar 2	Module 35:	Teacher Masterclass - Physical limits, Seniors & Pregnancy
	Module 36:	Teacher Masterclass - How to Assess Course Criteria
Mar 9	Module 37:	Performer Masterclass - Performance Professionalism
	Module 38:	A-Z Teacher & Performer Masterclass - Events & Concerts

**EXAM 4: A-Z TEACHER & PERFORMER CERTIFICATION PROJECT + ZOOM**

Mar 16	Module 39:	Exam for A-Z Teacher & Performer Training
Mar 20	Zoom	ONE HOUR Forum 8pm Perth or 8pm New York time

**Mar 23 No class Free week exam project preparation**

**A-Z PARTICIPANT'S GRADUATION & ONLINE CONCERT CELEBRATION!**

**Mar 27 Module 40: A-Z Participant Graduation, Online Concert**