



A-Z Bellydance 2023/24 Certification Course Curriculum **22 WEEK BELLYDANCE BLITZ 22 Jul-22 Dec 2024**

Welcome to the A-Z Bellydance Teacher Training Course 2023 with Ketī Sharīf!

2023 celebrated 25 years of A-Z Bellydance around the world, with students in every continent, in over 40 countries - celebrating diversity, creativity and how each participant bringing their unique gifts and insights to A-Z methodology. A-Z Bellydance always aims to honour the deep somatic roots of true Arabic Dance and musicality, so the range of artistry is diverse and varied - yet the core foundation and energy of the dancer's personal style is strengthened. A-Z is easy to integrate into your own preferred style and specific interests.

This A-Z Course can be undertaken by students, teachers, performers or dancers interested in Arabic Dance Artistry, Cultural knowledge and Wellbeing, as well as those who prefer to focus on their own self development and refinement of skills.

Ketī's popular methodology integrates Arabic musicality, with cultural reference and a deeply somatic approach. It offers a well-organised, progressive and multi-layered experience for dancers of all levels, to boost skills and sensory awareness, with live Arabic music and rhythms.

Keti Sharif's
A-Z BELLYDANCE



Course #1 **LEVEL 1**
Somatics for Bellydance

A Somatic exploration of Bellydance movement, with six levels of body connectivity and analysis of energy flow

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Course #2 **LEVEL 1**
120 Bellydance Moves

Learn, refine and retain core essential Bellydance moves individually, with Keti's easy step-by-step Somatic approach

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Course #3 **LEVEL 1**
Musicality for Bellydance

Learn about Arabic Musical instruments, musical styles and music-movement relationships, featuring LIVE Egyptian music

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Course #4 **LEVEL 1**
40 Arabic Dance Rhythms

Discover 40 Arabic Rhythms played by Sam Nascimento, on Darbuka, Dof and Riqq plus basic footwork by Keti

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Course #5 **LEVEL 2**
A-Z Original Bellydance

Learn 26 Bellydance Pathways that can be modified to create an endless variety of options, plus 12 x LIVE Flexi-Choreos

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Course #6 **LEVEL 2**
Nawara (Percussive)

An, earthy, percussive group improvisational style based on the 26 A-Z Original with cues plus dof, sagat & darbuka

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Course #7 **LEVEL 2**
Al Kawakib

Based on the Sufi Al Kawakib (the Planets), these 7 Pathways harness character and energy, culminating in a full choreo

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Course #8 **LEVEL 2**
AstroBelly

12 dynamic Zodiac Sequences with their 4 Elements, glyphs, character and rulership of body, plus 4 Elemental Choreos

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Course #9 **LEVEL 3**
A-Z Advanced Bellydance

Learn 26 Advanced embellished Pathways that work beautifully with A-Z Original, AstroBelly & props plus 12 Flexi-Choreos for stage

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Course #10 **LEVEL 3**
A-Z Neo-Raqs & Fusion

A series of 12 brand new modern Bellydance Pathways that draw from modern Raqs Sharqi, Shaabi & Fusion with 4 NEW Flexi-Choreos

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Course #11 **LEVEL 3**
Lotus Dances

A series of 5 Pharaonic inspired theatrical dance Choreos based on A-Z Original, Advanced and AstroBelly, with props & costumes

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Course #12 **LEVEL 3**
Reda Drills

Rhythmic drills to live drums, replicating the core rhythms and footwork pathways used in the Original Mahmoud Reda Troupe

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Course #16 **LEVEL 4**
Bellydance Career Success

Powerful tips and guidelines for building a solid, successful career in teaching, performing or production, plus Bellydance Business Planner

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Course #14 **LEVEL 4**
Professional Performance

Professional performance techniques and tips, plus stagecraft for soloists, troupes and events

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Course #15 **LEVEL 4**
Bellydance for Wellness

Bellydance for wellness, health and healing. Improve fitness and learn Keti's new Bloom Bellydance Fitness workout with elements of Qi Gong

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Course #13 **LEVEL 4**
Teacher Training

Professional Teacher Training for the A-Z Bellydance methodology, with class curriculum, course creation & progressive student development

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LEVEL 1: Foundations

Course #1	Somatics for Bellydance	2 modules	Jul 22
Course #2	120 Bellydance Moves	2 modules	Jul 29
Course #3	Musicality for Bellydance	2 modules	Aug 5
Course #4	40 Arabic Rhythms/Footwork	2 modules	Aug 12
Total		8 Modules	
		Level 1 Exam	Aug 19

LEVEL 2: A-Z Original Series

Course #5	A-Z Original Bellydance	5 modules	Aug 26, Sep 2, 9
Course #6	Nawara (Percussive)	4 modules	Sep 16, 23
Course #7	Al Kawakib	1 module	Sep 30
Course #8	AstroBelly	2 modules	Sep 30
Total		12 Modules	
		Level 2 Exam	Oct 7

LEVEL 3: A-Z Advanced Series

Course #9	A-Z Advanced Bellydance	5 modules	Oct 14, 21, 28
Course #10	Neo Raqs & Fusion	2 modules	Nov 4
Course #11	Lotus Dance Series	3 modules	Nov 11
Course #12	Reda Drills	2 modules	Nov 18
Total		12 Modules	
		Level 3 Exam	Nov 25

LEVEL 4: Professional Training

Course #13	A-Z Teacher Training	3 modules	Dec 2
Course #14	Professional Performance	2 modules	Dec 9
Course #15	Bellydance for Wellness	2 modules	Dec 16
Course #16	Bellydance Career Success	1 module	Dec 16
Total		8 Modules	
		Level 4 Exam	Dec 23

GRADUATION CONCERT - DANCE PRESENTATION

Dec 22