

Modern Content and Mastery

Modern 1 students will spend a majority of their time working on *coordination, alignment and conditioning*. A student who is ready to move to Modern II should show accomplishments in these areas and be ready to concentrate on *clarity*.

Adagio

Simple, low leg extension coordinated with arm movements. The student should be able to:

- Clearly replicate forms in space
- Articulate legs and arms with awareness of proper pelvic, spinal and scapular alignment;
- Articulate the spine; and
- Demonstrate a general sense of balance, strength and flexibility.

Locomotor

A traveling sequence that links two or three locomotor movements (for example, triplets, slides, skips) in simple rhythmic patterns (six, eight, three). The student should be able to:

- Move consistently on the beat;
- Coordinate movement patterning;
- Maintain torso alignment while moving;
- Recognize personal body tensions while moving and;
- Move through space with focus

Movement combinations

A short movement sequence composed of simple rhythmic phrases (one or two phrases of eight counts) that incorporates changes of direction and level (to and from the floor).

The student should be able to:

- Learn the movement sequence accurately and be able to repeat consistently;
- Demonstrate at least one or two pathways to and from the floor;
- Demonstrate proper use of weight and momentum in relationship to gravity; and
- Sustain concentration

Simple Jumps in Place

A simple jump exercise (at least 16 counts long). The students should be able to:

- Jump without strain; and
- Hold spinal alignment, articulate feet, or keep shoulders down (ability to accomplish generally one or more of these).

Modern II students will spend a majority of their time working on coordination and *alignment* with a special emphasis on *clarity* of rhythm, form and energy. A student ready to move to Modern III should have the skills necessary to address *adaptability* and *artistry*.

Adagio

A slow sequence that moves through spatial forms that are challenging to land and balance. The students should be able to:

- Clearly replicate forms in space;
- Perform with a sense of spatial intent;
- Maintain dynamic alignment;
- Articulate spine, legs, arms, and feet; and
- Sustain balance and flow of movement.

Locomotor

A traveling sequence that links two or three locomotor movements (triplets, slides, skips, and turns) with one or two direction changes. The student should be able to:

- Demonstrate rhythmic clarity;
- Coordinate movement patterning;
- Maintain torso alignment while moving;
- Articulate smaller details consistently;
- Move through space with commitment; and
- Move in space with awareness of self and others.

Movement Combination

A moderately long (two or three phrases of eight counts) movement sequence in mixed meter that incorporates changes of direction and level (in and out of the floor). The student should be able to:

- Pick up the sequence quickly (after being shown the movement three or four times);
- Accurately perform movement qualities and;
- Demonstrate clarity of focus, intent, and internal commitment.

Run Run Leap

A very simple run run leap. The student should be able to:

- Maintain focus (spatial intent, sense of self, no undue strain);
- Achieve adequate height in the leap while maintaining dynamic alignment and joint articulation; and
- Demonstrate rhythmic accuracy.

Modern III students will spend a majority of their time on *clarity* and *adaptability*. A student ready to move on to Modern IV should have the skills necessary to concentrate on *artistry*.

Adagio

A sculptural adagio that moves through spatial forms that are challenging to range and balance. The student should be able to:

- Demonstrate clarity of spatial intent;
- Maintain dynamic alignment while articulating extremities; and
- Maintain breath and sustained flow of movement

Locomotor

A traveling sequence that links three of four locomotor movements (triplets, slides, skips, and turns) with two to three direction changes. The student should be able to:

- Demonstrate rhythmic clarity;
- Coordinate movement with ease and smoothly link transitions;
- Maintain dynamic alignment and articulate smaller details while moving;
- Move through space with confidence and;
- Move in space with awareness of self and others.

Movement Combinations

A long (three or four phrases of eight counts) movement sequence in mixed meter and/or syncopated rhythms that incorporates change of directions and level (to and from the floor). The student should be able to:

- Pick up sequence and all details quickly (after being shown two or three times);
- Create phrases with dynamic shifts using knowledge of weight, momentum, and the body's relationship to gravity; and
- Perform with internal commitment and external awareness.

Run Run Leap

A leap pattern with arm patterns or direction changes. The student should be able to:

- Demonstrate connectivity;
- Achieve height in the leap while maintaining dynamic alignment and joint articulation, and land efficiently; and
- Demonstrate rhythmic accuracy.

Modern IV students will spend a majority of time on *adaptability* and *artistry*. A student ready for graduation should be ready to integrate technical skills with personal presence.

Adagio

A sculptural adagio that moves through spatial forms that are challenging to range, balance, and dynamics. The students should be able to:

- Demonstrate a sculptural approach to form;
- Maintain dynamic alignment while articulating extremities;
- Maintain breath and sustained flow of movement; and
- Shape the movement into phrases

Locomotor

A traveling sequence that links three or four locomotor movements (triplets, slides, skips and turns) with two or three direction changes. The student should be able to:

- Perform with rhythmic clarity with attention to accent, meter, and phrasing;
- Coordinate movement with ease and presence;
- Maintain dynamic alignment while moving and articulating details;
- Move through space with command; and
- Move in space with awareness of self and others.

Movement Combinations

A long (three or four phrases of eight counts) movement sequence in complex rhythmic patterns that incorporates changes of direction and level (to and from the floor). The student should be able to:

- Pick up sequence and all details quickly (after being shown one or two times);
- Create phrases with dynamic shifts using knowledge of weight, momentum, and they body's relationship to gravity;
- Shape rhythmic phrasing; and
- Bring a sense of self to the movement.

Run Run Leap

A leap pattern with arm patterning and direction changes. The student should be able to:

- Perform with connectivity and ease;
- Achieve height in the leap while maintaining dynamic alignment and joint articulation;
- Land efficiently and smoothly; and
- Demonstrate rhythmic accuracy.

