

An Introduction to Traditional Indonesian Dance

Course: "An Introduction to Traditional Indonesian Dance"
 Term: Fall 2013 & Spring 2014
 Institution: Coop Arts & Humanities High School, New Haven, CT
 Dept: Dance
 Instructor: Leonardo J. Stoute, 'Bapak Waleed'
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Objectives:

- Introduce students to the cultural and traditional dance movements specific to West Sumatra, Indonesia.
- Instill understanding and appreciation for cultural dance traditions and importance of connecting with the culture
- Complete the semester with a performance led by Bapak Waleed, incorporating movements learned during class

Syllabus:

Cultural Education/Introduction:

- Students learn to basic introductory geographical, cultural, and historical facts about Indonesia.
- Connections between dance and culture are explored, with emphasis on *pusaka*, traditional heritage

Training Level I:

- Students are taken through a progression of movements for conditioning, strengthening and balancing.
- Students are trained in the development of the coordination of one's hands and feet through isolated and stationary movements.
- Students are introduced to basic breathing and meditation performed in conjunction with Silat Tuo movements.
- Students learn to enhance awareness through sensitivity training.

Training Level II:

- Students learn to incorporate the stationary movements into basic footwork & stepping patterns.
- After proficiency in the basic movement, students learn specific jurus & patterns
- After gaining the 'abc's of stepping and hand movements, students incorporate them into free flow '*kembangan*' or flower dance

Appropriate Classroom Attire:

- Students are asked to come to class prepared for a workout. Wear loose, comfortable clothing that covers most of the body (e.g. long sleeve T-shirt, sweat pants, etc.). Darker colors are preferred.

Suggested Resources for this course:

- Class notes will be transmitted through powerpoint presentations, with occasional handouts; all notes will be available online at ISFNewHaven.org
- Occasional multiple choice pop-quizzes or 'quizlets' may be administered, up to 5 questions each, up to 5 total.

Outline of Topics Covered:

Each week will emphasize movements, stepping, hands, and patterns, with additional introductory/background material, including, but not necessarily limited to, the following:

- Introduction and Overview: Indonesian Geography, Culture, Language
- Sumatra & West Sumatra: Cultural Overview of the Minangkabau People
- Indonesian Music & Dance: Traditional "Gamelan" Orchestras
- Indonesian Music & Dance: Traditional "Randai" Theater
- A Visit to West Sumatra: Slideshow/Video of Cultural Festival & Traditional Wedding Ceremony Performances
- Natural Healing in Indonesia: "Jamu" Herbs and "Meditation in Movement"
- Historical Overview of Indonesia: From Ancient to Modern