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