



Bennington Beledi Tribal Bellydance

Po Box 4161, Bennington, VT 05201

Email us at benningtonbeledi@yahoo.com ♦ 802 442-5331

Visit us at www.benningtonbeledi.com

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New Student Packet

Welcome to Bennington Beledi Tribal Bellydance (BBTB)!

BBTB offers instruction in American Tribal Style Bellydance (ATS) for students who wish to participate just for fun and exercise as well as for those who wish to pursue an interest in performing. Our classes are open for people aged 16 and above. Students aged 13-16 are welcome with a responsible adult student. No students younger than 18 are eligible to perform. Bennington Beledi is home to the student troupe Sisters of the Shawl as well as the professional troupe Sahidi Sisters. It is run and managed by a core council.

American Tribal Style Bellydance (ATS) is a modern form of bellydance with ancient roots and has gained world-wide acclaim by forerunner troupes such as FatChanceBellyDance of San Francisco and Gypsy Caravan of Oregon.

ATS's evocative style is known for its grace, power and celebration of the female spirit. It is danced primarily as group improvisation to a wide variety of music ranging from ethnic to techno.

Bennington Beledi welcomes people of all types and dance ability to participate.

Enclosed you will find a new student survey as well as information for those interested in joining Sisters of the Shawl.

Salamat!

Sisters at Bennington Beledi Tribal Bellydance

Bennington Beledi *Tribal Bellydance* Vision Statement

Bennington Beledi Tribal Bellydance is an organization comprised of troupe and student dancers, governed by a Tribal Council, that strives to:

- Be an umbrella organization for bellydancers of all styles
- Support, respect and appreciate the individual strengths of each dancer in the organization while fostering a collaborative atmosphere and achieving the goals of the group
- Offer on-going classes in American Tribal Style (ATS) Bellydance and related fusion techniques as well as customized workshops
- Be ambassadors for ATS in the local dance community and the region
- Host student and professional performing troupes
- Perform locally on a regular basis and seek opportunities to perform regionally
- Seek out relationships with other area dancers, nurture those relationships and provide local performance opportunities for those dancers
- Experiment with music, costuming and dance moves and techniques to enhance our repertoire and incorporate the newest trends in bellydance
- Develop promotional materials that reflect the collaborative spirit of BBTB, Sisters of the Shawl and Sahidi Sisters
- Work toward having a studio of our own
- Accomplish all of the above in a manner that embraces consensus decision-making, is fiscally conservative, and supports its members in being fully engaged with their families and other interests.

General Information

All classes take place at the Bennington Senior Center at 124 Pleasant Street

If class is canceled you will be notified as far in advance as possible.

We do not offer make-up classes.

Classes Offered:

Level 1

Thursdays from 5:15-6:15 pm

Dues for this class only are \$30 per calendar month, to be paid on the first Thursday of each month, or \$8 per class for drop-ins.

Level 1 includes both new and ongoing students. It is usually divided into smaller groups based on the ability of the individual students present in class.

Level 1 is taught in a format that is both rotational and self-progressive. In Level 1 you will first be introduced to the basic fast and slow moves listed below and then you will progress to drilling individual moves and learning to transition from one move to another.

Moves taught in Level 1 class include:

SLOW:

Basic Puja
Taxim with arms
Reverse Taxim with reverse arm movement
Bodywave with arms
Basic hand movements (floreos)
Flamenco walk (stalk walk)
Hip circle with turn
Torso twist with turn
Ribcage rotation
Reverse turn
Propeller turn
Corkscrew turn
Camel and Demi-camel
Hindi step
Levels

FAST:

Hip singles
Triplets
Shimmy and shimmy and dip
Shoulder shimmy with hip drop
Bump and variations: single, double, choo-choo & arc turn
Egyptian and Egyptian quarter and half-turns
Arabic and Arabic shimmy
Arabic Hip Twist and half-turn

Turkish Shimmy with ¼ and ½ turns
Reach and Sit
Gawazee shimmy and 1/4 turns
Gypsy step



Cues & Transitions

Thursdays 6:15—6:45 with instructor permission

Dues are \$40/calendar month or \$13 drop-in per class for both Level 1 & Cues

This class is appropriate for advanced Level 1 dancers who wish to improve their ability to dance improvisationally and learn how to dance in group formations.

Each class will focus on how to lead, follow and move the steps drilled in the prior Level 1 class. Students learn the basics of dancing in formations, changing leads and performing in sets. Strong technique in Level 1 moves and the ability to reliably zill through an entire song during zill drill are required for this class. Ask your instructor if you are ready for this class.



Level 2

Thursdays 6:45 - 7:15

Level 2 class is for students who wish to learn advanced steps as well as students who want to perform with the student troupe Sisters of the Shawl. Anyone interested in pursuing this level must have good technique in all of the Level 1 moves, be able to zill the correct sustained pattern in chorus and while dancing in formations and be able to lead with strong, clear cues and transitions when dancing in formations.

Students are encouraged to approach us when they are interested in progressing to Level 2. However, we will from time to time recommend that a student consider advancing. Either way, the core council will review you and make a decision based on your proficiency with the basic moves, cuing and zilling.

******It is important to understand that students will progress at different rates and will be taught (and advance) according to their individual abilities.***

Class Costuming

For students in Level 1, no official costuming is required. However, we highly recommend an outfit that is easy to move in and that leaves the belly visible. No jeans please! We suggest the following: an ankle length skirt, some sort of leggings or pantaloons underneath, a crop top or choli (the tops you see senior dancers wearing) and something for the hips (shawl, coin sash, etc.)

For students in Level 2, you must own a pair of full-size zills and have proper class costuming: choli, tribal skirt, pantaloons and hip shawl.

Performance costuming should only be considered once you've gotten the ok to come up to Level 2. Keep in mind that Sisters has a costume code and that tribal costuming is a serious investment. ***Please DO NOT buy expensive costuming BEFORE you've talked to us!!!***

Two good sources for tribal bellydance class costuming are FatChanceBellyDance (www.fdbd.com) and Flying Skirts (www.flyingskirts.com).
A good source for zills is Saroyan (<http://dwp.bigplanet.com/saroyan>)
Of course regular skirts and crop tops can be found in local thrift stores!!

Resources

BBTB has:

Student zills available for Level 1 students for in-class use

A lending library for our students that includes videos, books, costume patterns and music.

We ask that you keep an item for one week only

If you have any questions, please ask an instructor or one of the council members:

Laura Bittel,
Kat Farnham,
Kathy Irion,
Kathleen McBrien,
Bethany Perron
Christina Russell

Revised August 2010