

**TRIBAL DANCE  
EIGHT WEEK INSTRUCTOR TRAINING PROGRAM**

**Tribal Dance Preparation Training**

WHAT IS TRIBAL DANCE  
WHY TEACH TRIBAL DANCE  
TRIBAL DANCE vs. TRADITIONAL AFRICAN DANCE  
TRIBAL DANCE HERSTORY  
SAFETY & INJURY PREVENTION

**Practical Dance Instructor Training**

**HOW TO TEACH A TRIBAL DANCE CLASS**

TRIBAL DANCE  
PURPOSE OF A WARM-UP  
CLASS PREPARATION & INTRODUCTION  
**WARM-UP SECTION**  
RHYTHMIC LIMBERING & BASE ROUTINE  
EXPRESSIVENESS  
BODY ISOLATIONS  
PLAYFULNESS  
FUNCTIONAL  
RELEASING  
STRENGTHENING  
STRETCH  
**DANCE SECTION**  
PREPARATION & SET-UP  
CHOREOGRAPHY ROUTINE  
**COOL DOWN**  
**FINAL STRETCH** with GUIDED MEDITATION

MODIFICATIONS AND DANCING OPTIONS  
TRIBAL DANCE CHOREOGRAPHY VOCABULARY

**Lectures**

RHYTHMIC MUSIC, How to Hear it, How to move to it  
MAPPING MUSIC  
FEMININE AWAKENING ~ BODY AND SPIRIT  
CHAKRA ENERGY CENTERS  
KALIMBA ~ CLASS ACCOMPANIMENT  
SINGING ~ AFRICAN SONGS  
HOW TO BE AN INSPIRATIONAL TEACHER  
HOW TO BRING LIVE DRUMMING TO YOUR CLASS  
SUPPORTIVE CLASS ATMOSPHERE

**Extras**

HELPFUL HINTS HANDOUT for students  
CLASS WAIVER