



CONTEMPORARY DANCE PROGRAM

Student Handbook

Director's Note

Dance training takes time. It requires patience, discipline, and a willingness to stay committed to the process. Progress rarely happens all at once; it grows through consistent practice, attention to detail, and the effort you bring to each class.

This program was created to offer a structured environment where you can gradually develop both technical clarity and artistic awareness. Each stage of training builds on the one before it, allowing you the time to strengthen your foundations while expanding your movement vocabulary, creativity, and confidence.

You may be arriving with different levels of experience. Some of you may be stepping into a dance studio for the first time, while others may already have some training behind you. Wherever you are starting from, what matters most is your commitment to the work and your openness to the learning process.

Dance is not learned in a straight line. There will be moments of challenge, discovery, and growth along the way. My hope is that through this program you develop not only your movement skills, but also a deeper understanding of your potential as an artist.

I look forward to seeing how each of you grows throughout this journey.

Sarah Al Faouri

Director of Dance

Amman Institute of Performing Arts



Program Overview

The Contemporary Dance Program is a structured training pathway open to students with or without prior dance experience.

It is designed to build technical capacity, artistic awareness, and professional discipline over time. Students begin at the level appropriate to their experience and progress through clearly defined stages of development.

This is a cumulative program. Foundations are established before complexity is introduced. Skills are strengthened before advancement.

The purpose of the program is to prepare committed students for:

- Collective-level performance environments
- Further professional or university training
- Long-term artistic development

Progress takes time. Advancement is earned through consistency and effort.

Structure of the Program

The program is divided into three progressive levels:

- Level 1 – Foundation
- Level 2 – Intermediate
- Level 3 – Advanced

Each level increases in technical demand, physical intensity, artistic responsibility, and performance expectations.

Students advance based on their progress and development, not time alone.



Academic Year & Advancement

The academic year is divided into three training terms.

Each level is structured across these three terms. During this period, students work through the technical, artistic, and performance components required for that level.

At the end of the academic year, faculty evaluate whether a student is ready to advance.

Advancement is based on:

- Technical development
- Artistic growth
- Professional conduct
- Overall progress and faculty evaluation

Advancement is not automatic.

While a level is typically completed within one academic year (three terms), some students may require additional time to fully consolidate the material before advancing.

In such cases, students continue training in the same level until the required standard is met.

Because development varies from student to student, the time needed to complete the full program may differ. What remains constant is the standard required for advancement.



Level Descriptions

Level 1 – Foundation

This level focuses on developing physical awareness and correct movement habits.

You will learn how to:

- Stand and move with proper alignment
- Engage your core and support your spine
- Use breath to initiate and sustain movement
- Shift weight safely and clearly
- Move through different directions and levels
- Transition between standing and floor work
- Understand basic contemporary vocabulary
- Begin guided improvisation
- Understand how choreography is structured

Level 2 – Intermediate

At this level, movement becomes more layered and physically demanding.

You are expected to:

- Sustain longer and more complex movement phrases
- Control weight, momentum, and flow
- Transition fluidly between standing and floor work
- Isolate body parts with clarity
- Work safely and responsibly with a partner
- Share and receive weight in contact exercises
- Apply choreographic tools with intention
- Contribute actively in collaborative work



Level 3 – Advanced

The Advanced level requires discipline, maturity, and responsibility.

Training includes:

- Advanced contemporary techniques
- Flying low principles
- Lyrical contemporary qualities
- Acrobatic integration within contemporary vocabulary
- Complex partnering and ensemble work
- Advanced compositional tools
- Performance projection and stage presence

You are expected to apply corrections immediately, maintain a strong work ethic, and take ownership of your artistic development.



Areas of Training

Technique

- Alignment and posture
- Strength and stamina
- Balance and coordination
- Floor work proficiency
- Control of movement dynamics

Artistic Development

- Expressivity and emotional clarity
- Individual movement identity
- Musicality and phrasing
- Stage presence

Composition & Choreography

- Choreographic elements (space, time, energy)
- Phrase development and motif variation
- Collaborative creation

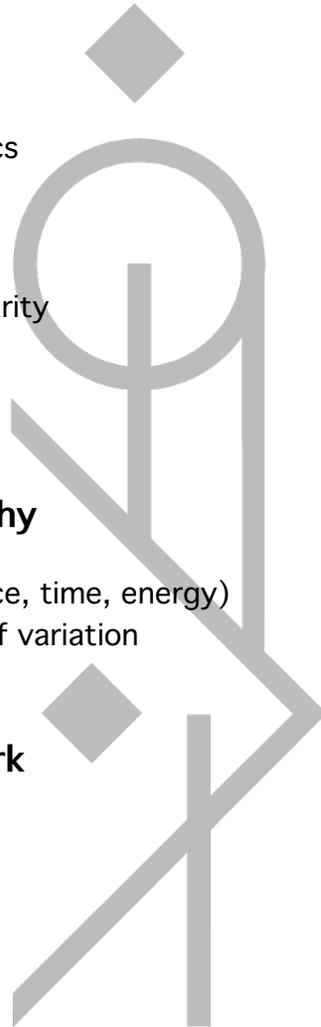
Partnering & Ensemble Work

- Weight sharing
- Trust-building
- Group awareness

Theory & Context

Students are introduced to theoretical knowledge that supports their practical training, including:

- Dance history and the evolution of dance as an art form
- Major artistic movements and influential choreographers
- Basic anatomical understanding related to movement and injury prevention





Evaluation & Advancement Criteria

Evaluation is continuous and reflects both effort and development.

Students are assessed in four primary areas:

1. Technical Development
2. Artistic Development
3. Participation & Professional Conduct
4. Growth & Commitment

Advancement depends on progress across all areas of training, not time alone.

Expectations of Training

- Arrive at least 15 minutes before class
- Maintain consistent attendance and communicate absences in advance
- Remain focused and present during training
- Treat peers, teachers, and staff with respect
- Follow the dress code and maintain personal hygiene
- Communicate any injuries or physical limitations
- Maintain a dance notebook and engage with feedback
- Commit fully to the training process

Completion of the Advanced Level

Students who complete the Advanced level demonstrate a strong contemporary technical foundation, artistic awareness, performance discipline, and readiness for further professional development.

Training requires discipline. Discipline supports artistic freedom.