



Intensive Teacher Training Programmes working towards IDTA qualifications in Freestyle Dance

Devised and delivered by Emma Weir BA (Hons) PGCE, Fellow of the Freestyle Faculty, IDTA

Overview

The Freestyle syllabus derived from a background in Disco and incorporates influences from Jazz, Street / Hip Hop, Slow Dance, Modern, Lyrical, Contemporary and Musical Theatre. Freestyle is a subject in its own right but teachers with experience in any of these areas may find this subject a useful entry into teaching. As it is a core subject, teachers may be able to use this qualification to train students in other areas in which they have relevant experience. Upon completion of this course teachers will be eligible to work in private dance and theatre schools, set up their own classes, work in after school clubs and other educational workshops and can apply to the Academy as a freelance instructor for our selection of clubs, courses, classes and private lessons across London and the South East.

Aspects of the IDTA training include:

- Understanding the definitions relevant to dance including musicality, spatial awareness, posture, balance, direction, rhythmical expression and other related aspects of dance theory.
- An overview of the basic anatomy and physiology studies relevant to dance training and performance.
- Demonstrating and describing the main steps and movements covered in the Freestyle syllabus.
- Demonstrating and describing the main head, arm, hand and body positions covered in the Freestyle syllabus along with an interpretation of modern and contemporary influences on current trends.
- Devising routines suitable for various exam grades.
- Devising creative choreography to demonstrate the candidates own performance ability.
- Studying and investigating main areas of safety within the dance studio.
- Creating a suitable warm up routine, learning isolation and combination exercises for different parts of the body and compiling a suitable cool down routine.
- A basic approach to the theory of teaching and learning.
- Compiling a portfolio of work based on previous dance and teaching experience.

Training is offered at four levels, depending on your stage of development:

Student / Pre-Associate Level – ideal for ages 16-18. This certificate allows younger dancers to take their first step towards teaching and would be suitable for those who assist teachers in their own dance classes or who have been dance captains at school. It enables dancers to teach under the supervision of a qualified teacher and covers much of the groundwork for the Associate but means that candidates can retain their amateur status for exams and competitions until such time as they are old enough and ready to take the full Associate.

Associate – for ages 18 upwards. It is not essential for older candidates to take the Student qualification first as this work will be covered within the training. This qualification is the first professional teaching certificate which entitles candidates to teach alone, run their own classes and even set up their own school. Candidates can then enter their own students for amateur exams and competitions, have access to full IDTA member benefits (see below) and progress to other qualifications within the Association if desired.

Licentiate – for age 21 upwards with 2 years of IDTA teaching experience. This is an advanced certificate that can be taken after the Associate for those who wish to progress to a higher level of teaching with the IDTA. It can be a stepping stone towards Fellowship, which is required to become an examiner, or to enable candidates to begin training professionals themselves. For those who are involved in competitions, the Licentiate qualification allows candidates to adjudicate at a higher level.

Fellowship – for those who have held a Licentiate qualification for a minimum of a year. This is the highest level of qualification available within each subject and we offer this on a private tuition basis only.

Currently we are offering a range of London dates in the usual two day format for Associate level (contact us for information about other levels). The cost of the training includes two follow up sessions in the form of a tutorial and mock exam which are booked as one-to-one sessions at your convenience. These take place in London but the tutorial can be replaced by distance learning support (phone / Skype / email) if it is difficult for you to come to London. If you don't see what you are looking for, we also offer **private tuition** (more details further down).

London Venues

London courses are two consecutive days of training only, no accommodation or meals are included.

NEW for 2014! Intensive courses now include the following:

Pre-course preparation pack to help you make the most of the two days

Revision support pack with extra resources to help you with your exam preparation

Business clinic - discussion group to find out how to use the IDTA qualification to expand your business

Online networking – a group page to share resources and network with past and present students

Level	Structure	Date	Location	Price
Associate (age 18 upwards) Other levels accommodated by request – contact us for details	2 days intensive + private tutorial (or distance learning support) + mock exam	12 th and 13 th July 2014 10.00am-4.30pm	Haverstock School, Camden	£340.00 See below for early booking offer.
Associate (age 18 upwards) Other levels accommodated by request – contact us for details	2 days intensive + private tutorial (or distance learning support) + mock exam	13 th and 14 th September 2014 10.00am-4.30pm	Haverstock School, Camden	£340.00 See below for early booking offer.

This course features two all day training sessions covering all topics for the IDTA Associate and also includes the follow up private tutorial or distance learning support to be arranged at mutual convenience to check progress and assist with study. Input will be required from candidates in their own time to compile a portfolio, devise choreographic routines and revise the theory aspects of the exam. It is up to the candidate as to how quickly they work through this, depending on their own circumstances (previous knowledge, time available for study etc) and then when they are ready they can return, firstly for a one-to-one mock exam (included) and then the final exam (only arranged and paid for once you are ready).

Limited ultra early booking offer – pay the reduced course price of just £295.00 if you book a place for either July or September 2014 and pay in full by Friday 23rd May 2014.

After 23rd May 2014, the full price of £340.00 applies and can be paid in full or in two halves.

The above prices include the two days training plus tutorial and mock exam. See overleaf for exam fees.

Residential Training – TLH Leisure Resort, Torquay

Please note we are not currently booking any residential courses but do contact us to register your interest in future dates and we will advise you as these become available.

Additional Costs and Exam Fees

The costs given on the previous page cover the training as detailed – the intensive days plus any distance learning / tutorials offered on your particular course plus the mock exam. This is one of the best value teaching courses available as we believe in charging a fair price. We do not insist on candidates over 18 taking the Student Teacher exam (although this is recommended for younger students) nor do we insist on candidates taking part in unpaid work experience, unlike some other companies do, although the option is there for those who would like the experience.

We don't include the cost of the exam in the initial fees as we know that some people may want to break it up and may not want to have the exam straightaway – indeed some candidates may decide not to proceed with the exam at all. Therefore we have left it as optional. Your trainer Emma Weir will not enter you for the exam until you successfully pass a mock exam and prove that you are ready, because if a candidate fails the exam, their fee is lost and it can dent confidence. Emma has an excellent record of training and she will advise you when you are ready and then book an exam session at a mutually convenient date and venue. Those who are able and willing to put the time in to prepare should find no delay in being able to do the exam as soon as they are ready.

The exam costs vary depending on the level taken. The price we charge is the IDTA fee plus a relevant floor fee (studio hire and overheads of the day) and we are proud to keep our costs low on this too. IDTA exam fees are revised each September so if you delay your final exam until after September 2014 you may find these prices increase slightly. **Remember that these fees below are only charged if and when you decide you are ready to take the final exam.**

Level	Exam Length	IDTA Fee	Floor Fee	Total
Student/Pre-Associate	45 minutes	£70.00	£35.00	£105.00
Associate	1 hr 15 minutes	£108.00	£51.00	£159.00
Licentiate	1 hr 30 minutes	£124.00	£61.00	£185.00

This means the total price of the Associate training plus the exam is just £499.00 – get qualified for less than 500 pounds. And you only have to pay for the course price up front and then add on the exam when you are ready, making this cost even more accessible.

You will need to purchase the textbook Freestyle Dance by Anna Jones, which is available from the IDTA website or can be ordered from bookshops and costs approximately £18-20.00. The IDTA website is usually the quickest and ensures you have the most up to date version of the book.

After completing the Associate exam, candidates will be invited to become a member of the Association. The costs of this are additional and not compulsory but it affords many benefits. Please see the IDTA website www.idta.co.uk for the advantages of completing this teacher training and see our website www.teachingdance.co.uk for our FAQ's. Further professional fees such as insurance, CRB checks and music licenses etc will be the candidates own responsibility but do note that if you are working as a self employed professional teacher that such expenses are tax deductible as legitimate professional expenditure.

Private Tuition

If you are unable to attend the courses as detailed then you may wish to consider private tuition which is booked at your convenience and can take place at either of our London venues or potentially at other spaces subject to arrangement. When training privately, you may find you need less tuition time than on the course and it can suit those who prefer to complete their work individually and learn at their own pace.

From 2014, private lessons cost £54.00 per hour if booked 'pay as you go' or we recommend booking a block of six lessons for £270.00, giving you six sessions for the price of five. Most people find that six sessions are enough (providing they put the work into their studying between sessions) but if you take this package, any additional lessons can be booked at just £45.00 per hour.

Private tuition can be an excellent way to train at your own convenience – one of our candidates in 2012 only had a short break between performance contracts and took a block of private tuition in the summer holidays, passing her exam in August with 98%. Contact emma@ukdancenetwork.co.uk for more information and to check availability.

Private tuition can be broken down into one or two hour lessons, booked as frequently as suits your schedule, and can be a good flexible approach if you can't make one of our training weekends. Also, those who have attended courses and wish to book some additional lessons other than those included, can also do this at a reduced rate of £45.00 per hour. This cost applies to our London venues only.

The Venues

Our London based Associate courses in Summer 2014 will be held at Haverstock School in Camden, which was our brand new venue for 2013. This venue has the advantage of being available at weekends and has a mixture of classroom and dance studio space. The school is opposite Chalk Farm tube station which is very conveniently located on the northern line (zone 2) with quick connections to Euston, Kings Cross, St Pancras and Waterloo and a short hop from the buzz of Camden and the elegant surroundings of Hampstead, for those combining the training with a visit to London.

Our residential courses are held at the TLH Leisure Resort in Torquay. Accommodation is within the 3* Carlton Hotel with en-suite rooms and full board. Facilities on the site include a spa, swimming pool, entertainment, bars, lounges, gardens and more. It is situated a short walk from Torquay seafront and a few minutes from both Torquay and Torre national rail stations plus has ample parking on site. For more information see www.tlh.co.uk online. We do not currently have any 2014 dates for Torquay booked but may add a summer date later in the year.

Private tuition and mock exams has previously been held at the Bishopsgate Institute in the City of London and this is also where we usually held our IDTA examination sessions. Currently this venue is unavailable until later in 2014 so we have a number of alternative venues across London and this can be arranged at mutual convenience depending on availability.

Background – a note from the trainer, Emma Weir

I am a Fellow of the IDTA and have been managing my own Dance Academy full time for almost nine years and teaching part time for more than twelve years overall. In that time I have trained many professionals on both a one-to-one basis and through these courses, and they have all qualified with a minimum of 80%, with several of them additionally being put forward for scholarships and awards due to their particularly exceptional percentages (96,97,98% respectively) as indeed I myself was when I took my own Associate. Since then I have progressed to the level of Fellow within the Faculty and succeeded in many other teaching exams – the full list for your information is available on my website www.ukdancenetwork.co.uk in the 'About Us' section.

Candidates I have trained come from a wide range of backgrounds with dance styles ranging from Ballet to Bollywood. Some were students of mine who had grown up with the IDTA syllabus and wanted to make the natural progression into teaching. Others had no prior knowledge of the IDTA but had come from a contemporary dance background or had a dance degree but not one that focussed on teaching. Others were ex-performers or had a background in fitness / dance exercise or cheerleading.

This course will not teach you how to dance, nor is it the end of everything you will ever need to know (as a teacher, I feel it is important to keep developing your own knowledge) but it is an excellent way to open doors for you. With this qualification you can start up a class (or even a school) that works towards IDTA exams and train your own students for medal tests and competitions. You may also find teaching work with another IDTA school or find that the member CRB and insurance schemes (sometimes hard to obtain when unqualified) enable you to teach after school clubs or with community dance organisations.

As listed on the first page, we will cover basic steps and movements that are not just useful for Freestyle (Disco) but are also common to street dance and some commercial jazz styles as well as musical theatre, cheerleading, dance exercise and contemporary styles. Freestyle is a unique syllabus as you can apply it to your preferred style of dance and the open choreography options in the exam mean you can be creative as well as learning.

Having an internationally recognised qualification can open doors and even if you eventually want to qualify in other areas of dance, this can be an advantage. For example, if you take another IDTA qualification you may find that the portfolio and anatomy sections of this exam can be used again in many of them, for example the Association also offers a Street Dance Associate and if candidates go on to take this after Freestyle they can do a shorter exam as they will have already done much of the ground work. Those with a fitness background could also go on to take the Dance Exercise Diploma.

With an IDTA Associate you can also apply to take the Foundation Degree in Dance Teaching at Bucks New University. This is a route that I took myself and from there took the top-year to obtain a BA (Hons) in Professional Dance Development. This qualification enabled me to go on to study for a PGCE and gain professional teacher status, allowing me to teach dance in adult education institutes and colleges. The IDTA Freestyle Associate was my first step towards a dance teaching career – and I haven't looked back!



Delegates on the August 2012 course

FAQ's

Q. I have seen this course advertised for a much greater price with other organisations, does this mean that their qualification is worth more?

A. If you are comparing courses for the IDTA Freestyle Associate then the qualification is the same whichever way you choose to train for it. We choose to keep our costs low as we know that starting out as a dance teacher can be a daunting prospect and there are other expenses such as your insurance and CRB to pay for - and we can afford to do this as we have great arrangements with our venues and a flexible approach to the way the training is provided. Remember that we don't charge for the exam up front as we know that not everyone wants to take it straightaway so you will add that on when you're ready but all of this is laid out in the pack. Our results speak for themselves in terms of the quality of training offered.

Q. Will I be able to teach in schools with this qualification?

A. This qualification will NOT give you QTS (qualified teacher status to teach curriculum in state schools) but with this certificate and a CRB (which can be arranged through the IDTA scheme once you are qualified) you will be able to work in schools running after school clubs, lunchtime / breakfast clubs, activity days, workshops, show choreography and other non-curriculum activities. You will also be able to run your own private activities - classes, private lessons etc - or set up your own dance school if you wish.

Q. Why Freestyle? Is it just an easy option?

In a word - no! Freestyle suits this type of learning because of the creative element to the dance. You can devise your own choreography and there is far less set work to learn than with ballet or tap or even ballroom etc. Because of it's 'open' nature it also suits dancers of many backgrounds - our Associate trainees have included people from backgrounds as diverse as Bollywood, contemporary, ballet, Afro-Brazilian, dance fitness and ballroom dancing. However the syllabus should not be seen as an 'easy option' as it will cover musicality, safety, anatomy, class structure, syllabus work, exercises and the art of choreography. These are useful principles for dancers of all techniques.

Q. What are the benefits of an IDTA qualification?

A. It is internationally recognised and the association is one of the largest in the world. Members have many benefits such as free seminars, publications and discounted rates to other events and products. Once qualified you will be able to train candidates for IDTA awards and hold medal tests and you will be eligible to apply for your liability insurance and CRB through their member schemes.

Q. Surely you can't train anyone to be a dance teacher in such a short space of time?

A. Of course we can't train just anyone. On application we will discuss your dance background and ensure that this course is right for you. We will expect that you have a dance background and a serious commitment to teaching. In the intensive sessions we will guide you through all you need to study for the exam but you will need to put in the time outside of these sessions to prepare routines, revise and compile a portfolio. You can then return to take your exam when you are ready - and how quickly you do that will be up to you - how confident you are and how much time you can put in to prepare. In recent courses we have added some follow up private tuition and a mock exam in order to help build confidence, check progress and ask for help with the independent study, which we believe is beneficial.



Candidates in the dance studio at Bishopsgate Institute

How To Book

A separate application form will have been sent to you along with this document. You can apply electronically or by post. **To apply electronically**, please email the completed form back and pay by one of the online options stated on the form. **To apply by post** please send a hard copy of the completed form along with a cheque to the address stated on the form. Cheques should be made payable to Emma's Academy of Dance & Drama.

The full course payment must be paid up front in order to guarantee a place on the course. The final date that payments can be accepted for a London course is ten days before each course starts (at the very latest) but it is advisable to book as soon as possible as places are limited and are likely to all be filled. Previous groups have been sold out, with many participants booking straightaway.

We are offering an early booking discount – book and pay in full by 23rd May and pay the 2013 rate for 2014 courses! You may also hold your place by paying 50% now and the remaining half by the deadline but you will not be eligible for the discount. We cannot hold a place until at least part-payment has been made and the places are non transferrable.

For London dates, payment deadlines and details are as follows:

12th and 13th July: Full price of £340.00 must be settled by no later than Wednesday 2nd July 2014.

13th and 14th September: Full price of £340.00 must be settled by no later than Wednesday 3rd September 2014.

Alternatively you can pay half when you book (£170.00) to hold your place and pay the balance by the above date.

OR take advantage of the early booking discount and pay only £295.00 but this must be paid **in full** by Friday 24rd May 2014.

Finally...

Undecided? Visit www.teachingdance.co.uk and read the page titled ***Testimonials – Our Alumni*** to see details of just some of the professional dance teachers we have trained and guided in the past. Do also 'like' our Facebook page www.facebook.com/dancetraineducation

In 2011, Ruth Kestenbaum attended one of our courses and passed with Honours, attaining 97%. She was nominated by her examiner for the prestigious John Dilworth scholarship, which she went on to win, and was presented with by the IDTA President at the annual congress in 2012. Another candidate last year passed with 98% overall and all candidates in our last five exam sessions attained 90% or higher, with every candidate that has come through this process all attaining 80% or higher.

This will be an important investment of time and money for you, and you will want to get it right. If you have any queries at all then please email the address below and Emma will personally reply to advise you on your options. *Please note that Emma is still a working teacher herself and so is not at her desk around the clock but she will endeavour to get back to you as soon as possible.*

Once booked, you will be sent a confirmation email to acknowledge payment and hold your place on the course. Nearer the course start time you will be sent a further email which outlines suggestions on what to wear, bring and prepare. If you have any questions in the meantime please contact us at emma@ukdancenetwork.co.uk