



Dance & Theatre Background

Today I would like to talk about a practitioner who has a big influence on contemporary dance and has helped make it what it is today. This is Martha Graham; she was an American modern dancer and choreographer. Her own style, the Graham technique, reshaped American dance and is still taught to this day, this can even be seen in the new ISTD Contemporary syllabus. The Graham technique's fundamental principles include contraction and release, opposition, shift of weight and spirals. Graham created 181 ballets including "Lamentation" (1930), "Clytemnestra" (1958) and "Adorations" (1975), as well as many works which have been reconstructed and reworked over the years. Many of which was created on The Martha Graham Dance Company, which is the oldest dance company in America, founded in 1926.

Channel STUDIO today

Half Up Half Down Hair Tutorial

Level One Modern: Part Two - "Never Give Up On The Good Times"

Level One Modern: Part Two - "Music Sounds Better With You"

Level One Modern: Part Two - "Free"

Press Up Tutorial

"Alexa,
play: Never Forget You
by *The Noisettes*" (please)

Healthy Thinking

On today's issue I will be talking about your **5-a-day**. This is a very important part of your diet to ensure that you are provided with the recommended amount of vitamin and minerals within the fruit and vegetables section of the Eatwell plate. Although 5 is the recommended daily amount, we should aim for more to keep ourselves healthy. Some people are commonly mistaken for what counts as your 5 a day, for example if you were to eat 5 apples this would only count as 1 of your 5 as although they are a good source of fibre, they contain fewer nutrients than other fruits and vegetables. Your 5 a day can also be made up of more than just fruit and veg, some fruit juices can provide one of your 5 a day as well as some beans and pulses.

Assemble:

To Assemble

Glissade:

To Glide

French Ballet Terms

Tongue Twisters

A tongue-twister is a phrase that is difficult to say properly. We have great fun with tongue twisters while warming up our speaking muscles in Musical Theatre classes. See how you get on with these.

"Gobbling gargoyles gobbled gobbling goblins"

"Many an anemone sees an enemy anemone"

"Double bubble gum bubbles double"

This Weeks Comp!

Do you know what an anagram is? How many different words can you make using the letters in our website address?

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Email your answers to: office@thestudiodorset.com