

Cover letter.

Dear LUTSF,

Destination: Banksa Bystrica, Slovakia.

Dates: 20 July 2013 – 28 July 2013

Time scale: 8 days

The purpose of my trip was to:

- \* Refresh my practice and knowledge of my dance style (Breakdance/bboying).
- \* Learn more about this Dance style from Pioneers of the dance.
- \* Share and receive knowledge of the Dance and Movements, from others attending the camp aswell as the teachers.
- \* Understand and take in different international views on the Dance's past, present and future.
- \* Take all the knowledge back to Wales, to pass on to my students to improve not just myself but the whole Breakdance scene of South Wales.

All the above aims were met and surpassed during well delivered and enjoyable Workshops.

There were numerous highlights and these include:

- \* Meeting the 4 Coaches of the Camp.
- \* Meeting and becoming friends with other Dancers attending the camp.
- \* Attending the Discussion panels and listening how Breakdance literally changed the lives of the Coaches for the better.
- \* Experiencing the camps Master class workshops.
- \* Going and entering Outbreak Europe.
- \* Site seeing in Banska, Slovakia.
- \* going swimming and having a bbq with hundreds of other dancers.
- \* got to go to the BboyStop HQ.

I would like to thank the trust for awarding my project with a travel busary, and giving me this oppotunity to learn and experience so much about my dance style, Thank you! I would also like to thank Vivien Gear as I understand my project was supported by the Vivien Gear bequest.

Thank You,

Thomas Davies

## Catch the Flavour Breakdance Summer Camp

### LUTSF Report

**Destination: Banksa Bystrica, Slovakia.**

**Dates: 20 July 2013 – 28 July 2013**

The purpose of my travel to Banksa Bystrica, Slovakia was to attend the Catch the Flava - Breakdance Summer Camp, which was taught by four pioneers of breakdance. The idea of the camp was to connect dancing, sport and culture activities. The 2013 Teachers were: ALIEN NESS (New York, USA), JESKILZ (Los Angeles, USA), MOY (Houston, USA) and FOCUS (Helsinki, FINLAND).

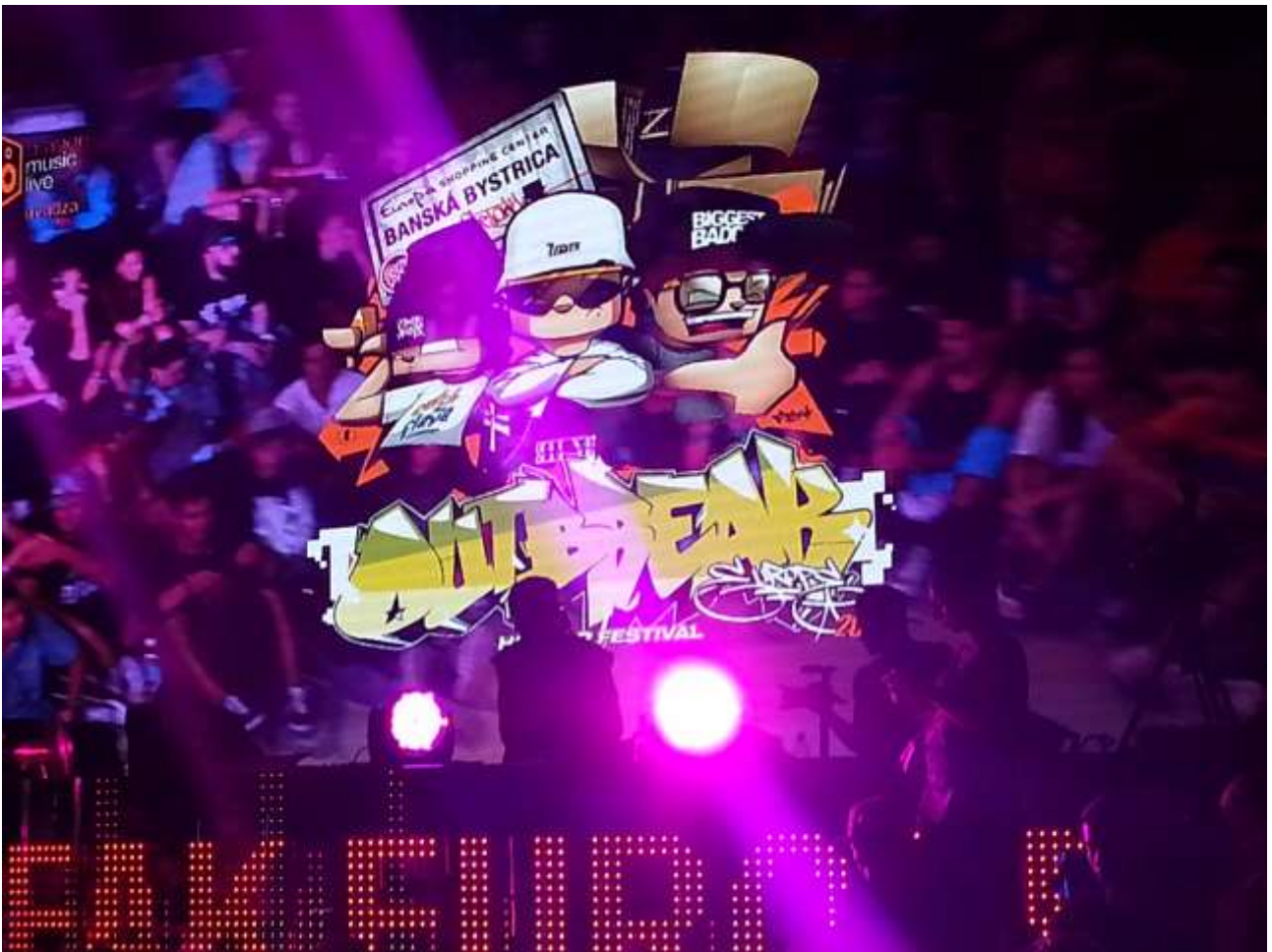


Photo from the Outbreak Europe final.

## Background to the Project.

I have been Breakdancing for 9 years now and Teaching for about 2-3. I teach weekly sessions in Cardiff, South Wales, to a wide variety of ages and abilities, from children as young as 6 years old to adults aged 35+, from beginners to advanced.

I usually deliver my classes with a structured teaching style, starting with a cardio warm up, followed by basic head to toe stretching, go over "basics" and "fundamental" movements, followed by a demonstration and breakdown of a new skill or movement, drill and explain that movement until it is understood, finishing with a Breakdancing Cypher (a one in one out freestyle circle) and a cool down.

My delivery style is very fitness based (as is needed for this style of dance), and for my students my style becomes repetitive, so I decided I would like to for my students and self, gain knowledge on different teaching styles and exercises, as well as new movements to bring back to Wales and pass on all the knowledge I have learnt. I found out about the Catch the Flava Camp on the BboySpot Website (the BboySpot is a well known international breakdancing discussion forum and equipment store) and saw the International Pioneers (some of which I have always looked up to since starting this dance) and thought "I NEED TO GO!".



Me in Banska Bystrica, this is the advertising for the Hiphop week outside the main shopping centre.

### **My aims in attending the Catch the Flava Camp:**

- \* Refresh my practice and knowledge of my dance style (Breakdance/bboying).
- \* Learn more about this Dance style from Pioneers of the dance.
- \* Share and receive knowledge of the Dance and Movements, from others attending the camp as well as the teachers.
- \* Understand and take in different international views on the Dance's past, present and future.
- \* Take all the knowledge back to Wales, to pass on to my students to improve not just myself but the whole Breakdance scene of South Wales.



Me and Coach Focus and Sophie Sofly at Catch the Flava Camp.

## **Schedule:**

Saturday 20th July:

3am - 1am           Travelled from Cardiff to Bristol Airport,  
From Bristol Airport to Amsterdam Airport,  
Amsterdam Airport to Vienna Airport.

Sunday 21st July:

10am - 6pm         Travelled from Vienna Airport to Bratislava,  
From Bratislava to Banska Bystrica.

6pm - 8 pm         Arriving time, Hotel accommodation

4pm - 8pm         Dinner

8.30pm - 10.30pm   Opening Event, Introduction to Catch the Flava Camp, Panel Discussion, Open  
floor (jam)

Monday 22nd July:

8am - 10am         Breakfast

10.30am - 11.45am   Focus Class (Group 1)

11.45am - 1pm       Focus Class (Group 2 - ME)

1.15pm - 2.30pm     Alien Ness Class (Group 1)

2.30pm - 3.45pm     Alien Ness Class (Group 2 - ME)

4pm - 5pm          Dinner

5.30pm - 6.45pm     Jeskilz Class (Group 1)

6.45pm - 8.00pm     Jeskilz Class (Group 2 - ME)

8.30pm - 10.30pm   Panel Discussion

Tuesday 23rd July:

8am - 9.30am        Breakfast

10am - 11.15am     Moy Class (Group 2 - ME)

11.15am - 12.30pm   Moy Class (Group 1)

12.45pm - 2pm       Alien Ness Class (Group 2 - ME)

2pm - 3.15pm        Alien Ness Class (Group 1)

3.30pm - 4.45pm     Swimming pool

5pm - 6pm           Dinner

6.15pm - 7.30pm     Focus Class (Group 2 - ME)

7.30pm - 8.45pm     Focus Class (Group 1)

9pm - 10.30pm       Panel Discussion

Wednesday 24th July:

8am - 10am Breakfast  
10.30am - 11.45am Jeskilz Class (Group 1)  
11.45am - 1pm Jeskilz Class (Group 2 - ME)  
1.15pm - 2.30pm Moy Class (Group 1)  
2.30pm - 3.45pm Moy Class (Group 2 - ME)  
4pm - 5pm Dinner  
5.15pm - 6.30pm Alien Ness Class (Group 1)  
6.30pm - 7.45pm Alien Ness Class (Group 2 - ME)  
8.00pm - 4am Hasta La Muerte 5th Anniversary Jam/Party

Thursday 25th July:

8am - 9.30am Breakfast  
10am - 11.15am Moy Class (Group 2 - ME)  
11.15am - 12.30pm Moy Class (Group 1)  
12.45pm - 2pm Focus Class (Group 2 - ME)  
2pm - 3.15pm Focus Class (Group 1)  
4pm - 8pm BBQ at BboySpot + Panel Discussion  
8.30pm - 2am Cypher Adikts Europe, Ending of Catch the Flava Camp

Friday 26th July:

OutBreak Europe Day 1

12.30pm - 9pm Qualifiers for Footwork Battle, Bgirl Battle and 2 on 2 Battle.

Saturday 27th July:

OutBreak Europe Day 2

12.30pm - 9pm Semi Final and Final For Footwork Battle, Bgirl battle, and 2 on 2 Battle.

Sunday 28th July:

4am - 3am Travelled from Banska Bystrica to Bratislava,  
Travelled from Bratislava to Vienna  
Travelled from Vienna to Vienna Airport,  
Travelled from Vienna Airport to Amsterdam Airport,  
Travelled from Amsterdam Airport to Bristol Airport,  
Travelled from Bristol to Cardiff.



## **What I Learnt:**

### **BASICS:**

All the coaches focused on "Basics" of the Dance (Basic Toprock, Drops and Footwork). They explained the importance of the basics and how improving your basics will intern improve the advanced movements of your Dance. They demonstrated, ran drills and skill breakdowns of a lot of basic movements and showed and explained how they can cross over into advanced techniques.

### **Originality:**

Alien Ness and Jeskilz focused on Originality, what it is to be Original and how to train yourself to be original, in all aspects of the Dance. They both used different training techniques and ideas to explain and demonstrate how to be original. one of the easier techniques to explain was to take a already known step from a basic movement and change that one step as many different ways as possible; changing angles, changing directions, changing speeds, changing body shapes etc.. and from that explained that if you can change one step an infinite amount of times, you can change every step an infinite amount of times, creating and endless amount of possibilities.

### **Fitness:**

Moy and Focus talked about the importance of Fitness in the Dance. Teaching a variety of fitness training methods and how each of them cross over into Dance, for example Focus talked about how before he used to do kick boxing and some of the techniques to get speed in movements crossed over into getting speed in his dance (many footwork), he taught a simple kickboxing kick and then how it crossed over into a footwork sweep, using the hip to get the speed to swing your leg. and another in Moys class he taught how a Fitness Circuit class could be changed by using dance moves as the "exercise" and how it will improve stamina in your Dance, he ran a 30 second workout 10 seconds rest, 30 second workout 10 seconds rest, Eight Times changing each Work out as a different dance movement.



Me and Coach Alien Ness at Outbreak Europe.

#### Advanced Technique:

Moy taught how teamwork improves your advanced techniques, showing and running a few "games" that use a lot of encouragement to help your advance techniques. The best example of this has to be, splitting the class into 3 groups of 10, each group doing a different technique depending on their ability, in each group it ran one person at a time doing the technique, each time it got back to the start the technique had to be done + 1 ( first rotation the technique was done once, the second twice, third three times etc) whilst everyone else in the group encouraged the person doing the technique.

#### Advanced Technique 2:

Focus taught a class purely on Advanced Footwork and Power techniques, explaining its not what you do its how you do it, the advanced footwork was movements he'd invented himself, he also explained how he came up with the ideas of them, and example of this was taking a basic "back sweep" drop and making it a continuous movement, he called "the continuous back sweep", he also showed us a few variations of this same movement and how to make new variations yourself. His Advanced Power technique wasn't based on any single power moves, it was a technique that could be used for any or any variations of power moves, he taught the importance of the entrance to power, good and bad feet positioning, where and when to swing to get power in the move and how any move could be done from this entrance (I've always used this entrance before but never with his timing and feet positioning and the difference between before and now is dramatical).





Me, Coach Moy and Sophie Sofly at Catch the Flava Camp.

#### Styles within a Style:

Alien Ness explained that everyone can learn any movement but a main difference between an Advanced level dancer and an Intermediate Dancer was how each of them did the same movement, that you can do change a movement or technique by doing it in the style of... and choosing something that reflects you, your personality, something you enjoy or something you can relate too, he demonstrated a few examples of this, one being he used to like spiderman comic books as a child so he would do a knee drop in what he believed to be the style of spiderman. he then got everyone in the class to do the same knee drop movement and change it into the style of.. what ever they choose, got them to perform their versions of the knee drop to everyone else to show how this technique can create so much variety in the same move as well as show another style within the style of dance we all share.

#### Knowledge:

The Panel Discussions at the Camp gave me so much Knowledge on Hip hop culture as well as the Dance. The most valuable thing I have learnt is how this dance has so many inspirations from other Dance styles, Cultures and Martial Arts. They also talked about the Future of the Dance and how to Preserve the Dance for what it is. There was a talk about how each Tutor started the Dance and how its changed their lives which would be extremely inspirational to any Dancer and I would suggest people research this.



Me and Coach Jeskilz at Catch the Flava Camp.

**My Outcomes:**

**Networks:**

From the Catch the Flava Camp I created so many new networks with other dancers that share my passion for Breakdance from Europe as well as the rest of the world, aswell as gained new friends that I will definitely keep in contact with.

**Teaching styles:**

This was my biggest aim coming into this Project and I have now Witnessed and Learnt so many new teaching styles, techniques and training methods, that I will definitely go on to use and teach to my students in South Wales, the Benifits of this Camp will be so amazing for Myself and the whole Breakdance scene in Wales and UK.

Attending Catch the Flava Camp enabled me to reflect on myself as a Dancer, aswell as a Dance Tutor and increased my Knowledge in Hiphop and the Dance. I am very excited about my Future in Dance and have lots of plans to improve myself, my sessions and most of all my Scene.

Thomas Davies, 08 August 2013.