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At the American Tango Institute, we believe that teaching tango is a serious pursuit that can have a positive or negative impact on the student, depending on the teaching experience, principles and pedagogy of the institution and instructors.

Our teaching principles and methodology are based on the belief that working with body/mind development in dance requires an orderly system that will lead students through the learning process and to a better understanding of their body/mind connection. We consider tango a vehicle through which you can learn to connect with the music, connect your mind with your body to move with grace and clarity and connect with your dance partner. In this way you will be able to interpret the music and express yourself, both inwardly and to the person with whom you're dancing, leading to joy and the freedom to move with confidence and emotion on the dance floor.

We teach tango students to dance, rather than to imitate steps and sequences. We do not teach mechanical repetition of steps, but teach how to control the body, balance and projection in order to connect with a partner and share a conversation. We emphasize the importance of improvisation and musical interpretation. Once you have mastered the basics of tango embrace, walking, changing direction and projection you will be able to go where ever your spirit takes you.

ATI teaches you how to move and dance, lead and follow, propose and accept. You tango!

Determining Your Level of Dance:

Some dancers consider themselves intermediate after one month of classes, others will venture into an intermediate class only when they consider they've mastered the basic techniques of tango, which could take many months. Also, dancers learn at different paces, depending upon their coordination, experience dancing other dances, number of hours of classes and practice per week, etc.

Our classes are composed of students with varying skill levels, who work together to advance their dancing. The following is an outline of our instruction standards that we suggest you consider when registering for a tango class. Bear in mind that to get the most out of the classes students should be comfortable with the movements and concepts covered in previous classes.

Beginner's Tango 101

Intro to Tango classes are ideal for the curious novice with no tango experience and for those who have had limited tango experience.

- Introduction to history and culture of Argentine tango
- Emphasis on fundamental elements and basic concepts of tango
- 3 Basic Elements: Musicality, balance and direction, connection
- Value of proper walking and footstep technique
- Understanding the axis, control of one's axis and its dynamics
- Perfect tango posture
- The Embrace -3 points of connection in the open embrace
- Disassociation of upper and lower body
- Elemental change of weight and change of direction
- Improvisation and the importance in tango
- Basic Pattern-Count of eight: Salida, codification and de-codification of the "cross", resolution
- Rock step, its applications and variations

Beginner's Tango 102

Tango 102 class is for those moving on from Tango 101, those with limited tango experience and for experienced dancers who would like to reinforce their basic tango techniques. We will review the basic concepts learned in Tango 101 and begin focusing on technique to improve your movements and introduce new elements.

- Review and reinforcement of basic concepts
- Techniques to hone basic skills
- Focus on technique to improve walking and balance
- Progress to walking in parallel & cross systems
- Dynamics and variations of the count of eight movements
- Strengthening musicality in the eight count with variations in rhythm
- Introduction to new elements of the embrace
- Build up technique for changes of direction
- Begin creating movement combinations
- Introduction to dance floor navigation
- Familiarization with Tango terms, milonga codes and etiquette
- Introduction to the "ochos" concept (figure eights) and simple applications
- Introduction to milonga rhythms – milonga lisa

Intermediate Tango 201

It is imperative that students taking the Intermediate classes already have good basic skills, such as control of your axis, proper walking and good musicality. Intermediate 201 goes into greater detail to strengthen the basics and fundamentals.

- Review walking, posture, embrace, connection, disassociation, changes of weight and direction
- Connection-reading body language and learning sensitivity to one's partner
- Perfect walking in both parallel and cross systems
- Reinforcement of disassociation of upper and lower body
- Introduction & development of basic turns
- Command of ochos and variation of turns
- Paradass and applications
- Musicality and musical interpretation
- Introduction to rhythm variations, syncopation, (milonga, vals and tango)
- Understanding the difference between Milonguero and Salon Tango Style

Intermediate Tango 202

Intermediate 202 expands on 201, introducing more complex movements using the combinations learned in earlier classes. It is imperative when taking the Intermediate class that you already have good basic skills, such as control of your axis, pivotal ochos and a smooth cross.

- Improvement of ochos and turns in combination with other movements
- Embrace combinations; open and close embrace
- Development of giro based movements
- More musicality-refining expressiveness and gracefulness in the dance
- Ocho milonguero and its variations
- Boleos, styles and variations
- Introduction to Barridas (sweeps)
- Introduction to sacadas (displacements) and ganchos
- Rhythmic variations in milonga and vals
- Further intricate combinations and syncopated rhythms
- Navigating with Milonguero and Salon Tango Style

Advanced Tango 301

Intended for those who have **mastered** a variety of walks, ochos and turns and are prepared to explore techniques for more complex combinations.

- Continuing with sacadas for leaders and followers
- Examining ganchos
- Boleo combinations
- Introduction to simple volcadas and colgadas
- More complex sequences and moves in tango
- More dynamic changes of direction within tango and vals
- Command of syncopated rhythms, such as vals and milonga (traspie)
- Introduction to Planeos
- Embellishments

Advanced Tango 302

Exclusively for dancers who have extensive dance experience, have mastered fundamental and advanced moves, and are ready to take their dancing to a higher level. Classes will include more intricate moves for social dancing, as well as moves for non-complex performance.

- Complex combinations of colgadas and volcadas
- Creating noteworthy moves from turns
- Enrosques
- Saltadas
- Sentadas

Avant Garde Class

Experiment with avant garde movements in tango and develop your improvisational technique. Learn innovative movements that combine tango with movements from other dance genres. Strengthen your musicality and push the boundaries of tango to find other genres of music that can be adapted to rhythms and movements of Argentine Tango. Class will introduce Tango Nuevo, a freer style of tango that uses non-traditional salon movements danced to electronic tango and traditional compositions.

NOTE:

Students must have completed Advanced level classes to attend the Avant Garde Class.

Students must work with a partner in this class.

- Complex rhythmic combinations
- Complex sequences