PTBC/Brain Dance 1-4

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: Date:\_\_\_\_\_\_\_\_\_ Date of Absence: \_\_\_\_\_\_\_\_\_\_

PART 1—Learn the patterns:

Breath: The action of inhale and exhale. Key to fluidity of movement

Tactile: Touch

Core-Distal: develops support from the internal core of the body, minimizing dependence on external muscles. Coordinates each limb to the center core.

Head-Tail: concentrates on the use of your spine builds a sense of the individual self-connected through the body’s internal vertical.

If you need more details on a pattern or different examples, be resourceful. There is a lot of information on the internet that includes videos on youtube.

PART 2--For each of the following patterns, write THREE examples of movement. The movement can be dance movement or everyday movement!

BREATH TACTILE

CORE-DISTAL HEAD-TAIL