Strong and Weak Energy Degrees

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

Here are the definitions of strong and weak as it relates to movement.

*Strong: Being able to withstand force.*

*Weak: Low muscle tension or pliable.*

Watch the two videos on YouTube and answer the following questions:

[Video Number 1](https://www.youtube.com/watch?v=Kq2GgIMM060) https://www.youtube.com/watch?v=Kq2GgIMM060

[Video Number 2](https://www.youtube.com/watch?v=N8__iRsxG_A) https://www.youtube.com/watch?v=N8\_\_iRsxG\_A

1. Which video demonstrates weak movement and which video demonstrates strong movement?
2. When a dancer is moving in a strong energy degree, is there a sense of control in their body?
3. What about when a dancer is moving in a weak energy degree? How much control do you need to have to dance weak?
4. Does strong movement have to be fast? Why or why not?

**Complete the following work out and answer the questions below:**

Set a timer for 1 minute, do as many plies in 1st position as you can in the minute. How many plies did you do?

Set a timer for 1 minute, try to do only 1 grand plie in the full 1 minute. Were you successful? How does doing multiple reps of movement feel strong? How does doing only 1 rep of movement in a long time feel strong?

**Short Essay**

How do you like to move? Are you better at strong movement or weak movement? Why? Is one just more comfortable than the other, or do you have more training in one degree rather than the other one? (3-5 Sentences)