

Hula Dance



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PED 200

11/22/10

	<i>Instruction:</i>	<i>Management/Cues:</i>
1 min.	<p>Welcome and overview:</p> <p>-“Aloha” (Invitation motion with arms towards the students). Welcome and invite students to a Hawaiian atmosphere in a positive manner.</p> <p>-Take roll call</p> <p>-Talk about the history of the Hula and explain how dances are expressed with a story.</p>	Have them all circled up facing instructor
1 min.	<p>Introductory activity:</p> <p>Today we are going to do the breath stretch to warm up our bodies before we begin the Hula.</p>	Have students spread out and facing instructor to follow along to the breath stretch
2 mins.	<p>Fitness activity:</p> <p>“We are now going to get our hips moving with hula hoops. Everyone please get a hula hoop. When I say Go, I would like you to try and keep the hula hoop moving for as long as you can. We will continue this for two minutes to get our body warmed up and ready to start the hula dance.”</p>	-Make sure each student has a hula hoop and student are in their own personal space
Lesson focus:		
1 min.	<p>Review if needed:</p> <p>Side slide</p>	-Students will be in rows performing the side slide from right to left at least five times while facing the instructor.
1 mins.	<p>Anticipatory set:</p> <p>Discuss the Hula dance, where it is performed, meaning behind the dances (incorporate instructor’s meanings from own story within this discussion), and introduce story with explanation of both women and men interpretations to the motions.</p>	
2 mins.	<p>Information/demonstration and/or explanation:</p> <p>Demonstrate whole women and men’s Hula dance to instructor’s creation. Ask students what they saw and interpreted from the story performed. Explain the motions and meaning of story.</p> <p>Express that the dance moves start with feet—hips—arms/hands (bottom to top).</p> <p>Show the basic steps to the Hula beginning with the feet and then adding the arm motions.</p>	<p>Cue words and motions=</p> <p><u>Women:</u></p> <ul style="list-style-type: none"> -sun -waves -invitation -nurture/baby <p><u>Men:</u></p> <ul style="list-style-type: none"> -volcano -waves -swim -surf
3 mins.	<p>Whole Group Guided practice:</p> <p>Learn the basic steps. Start with feet then move up the body adding in hips and arms/hands. Add in the additional movements to both women’s and men’s dances. Piece both dances and have them flow together by linking the movements altogether. (See attachments of detailed breakdown and explanations)</p>	<p>Basic step:</p> <ul style="list-style-type: none"> -side step, toe, heel, rpt. <p>Cue words and motions contd.</p>

3 mins.	<p>Individual/Partner Practice:</p> <p>Students will shadow another student while practicing the women's dance. Students will practice this gender's dance and then proceed to practicing men's dance. Students will focus on one gender dance at a time. Students will link the two dances together while performing the dance as a whole with another student side by side.</p>	
3 mins.	<p>Drills/practice:</p> <p>After students have linked the dances together and have performed each gender's dance motions, students will break off into two separate groups where they will perform their specified gender roles. Students will practice moves without the music first and on the second practice round, the music will be added in.</p>	<p>Students are split into halves. Boys are on one side of the room while girls are on the opposing side. Boys and girls are facing each other in their own groups while in staggered row formation.</p>
8 mins.	<p>Applied activity:</p> <p>Students will come together as a class and form two separate circles. Girls will form a circle while the boys form a circle on the outside of the girl's circle. When the music begins, students will perform their gender specific dance. Girls will begin by performing movements towards the right; boys will begin performing their movements going to the left. The circles will be continuously moving and rotating until the completion of the song.</p>	<p>Students in two circles: girls in the middle circle while boys on the outer circle.</p> <p>Girls will be facing out; looking at the boys. Boys will be facing in; looking at the girls.</p> <p>Object is to have students uniformly perform their dance roles for each other while in circle formation rotating directions.</p>
	<p>Equipment management:</p> <ul style="list-style-type: none"> -Use music during drills/practice and applied activity -Turn off music at end of applied activity <p>-MUSIC: "He Mele No Lilo" from the Lilo and Stitch Album by Kamehameha Schools Children's Chorus & Mark Keali'i Ho'omalulu</p>	<p>When turning off music, have students circle up and come close together for lesson closure</p>
1 min.	<p>Lesson closure:</p> <p>Review-Remind-Recognize-Reinforce-Reward Congratulate the class on how well everyone was able to move their hips while adding in additional movements to the story. It was challenging learning both the women's and men's dances as a whole, however everyone was able to enjoy themselves and interact with everyone. Review importance of Hula dance and stories behind the motions. Reinforce cue words and motions learned. Have volunteer demonstrate the women's and men's dance separately while students review each move at a time.</p>	<p>Cue words and motions=</p> <p><u>Women:</u></p> <ul style="list-style-type: none"> -sun -waves -invitation -nurture/baby <p><u>Men:</u></p> <ul style="list-style-type: none"> -volcano -waves -swim -surf

Notes:

The basic Hula step looks simple, however students may have a hard time understanding that it is important to focus on the motion of the feet to reinforce the hip motion—link the two movements together to get the true “Hula look.” It will be challenging for the students to learn both men’s and women’s dances. Be sure all students have mastered each gender’s dance before progressing in activity and skill steps. The Hula dance is performed in a very moving and graceful motion by the women and a powerful and energetic motion by the men.

Hula Story Symbols

**Each box has a drawn in character on hard copy to help visualize dance moves*

Women:



Sun:



Waves:



Invitation:



Baby:

Men:



Volcano:



Waves:



Swim:



Surf:

As the beautiful Hawaiian sun rises, the white tips of the waves break upon the sparkling, clear ocean water. Women celebrate the rising of the sun and invite a brand new day through celebration of the Hula. Women show their care and innocence through elegant and graceful nurturing of their children and family. Men hold true to power and energetic force similar to the power of a volcanic eruption. Men demonstrate their efforts and respect by hunting and gathering for their family. They take feat upon the incoming waves to capture a good day's meal to bring back. A forceful swim against the grains of the ocean out to the deeper sections of the sea, allow the men to hunt and play. Men seek food all while enjoying the pleasures of surfing and gliding to fulfill appetites ashore. The days conclude with the setting of the powerfully colored sunset as the tips of the waves disappear and the activities of the day become quieter.

WOMEN



SUN: Arms open rounding up in circle formation (rising sun) and downward (setting sun) 2 up 2 down while moving left and right in side slide movement



WAVES: Arms side by side swaying up and down in wave motion to the right 4 total then to the left 4 total with the side slide



INVITATION: Arm starts across the body, motion begins to the side and arm slowly opens out and to the side for 4 total counts to the right and to the left (arm opens in direction moving towards for one total invitation each way) with side slide motion



BABY/NURTURE: Arms are in cradling position rocking back and forth as each 4 count is completed both to the right and left with the side slide

MEN



VOLCANO: Arms begin above head in cone formation, side slide with a pivot at each step together, 4 total counts to the right and left, explosion of volcano at the completion of this phase with the arms extending out and up along with the entire body exploding in an upward position (3 steps with 4th count explosion)



WAVES: In crouched position, one arm extended straight out to the side, other arm bent with elbow leading, begin movement to the side leading with the bent elbow arm, spin/pivot swirling the waves for a total of 4 counts and 2 spins completed each way



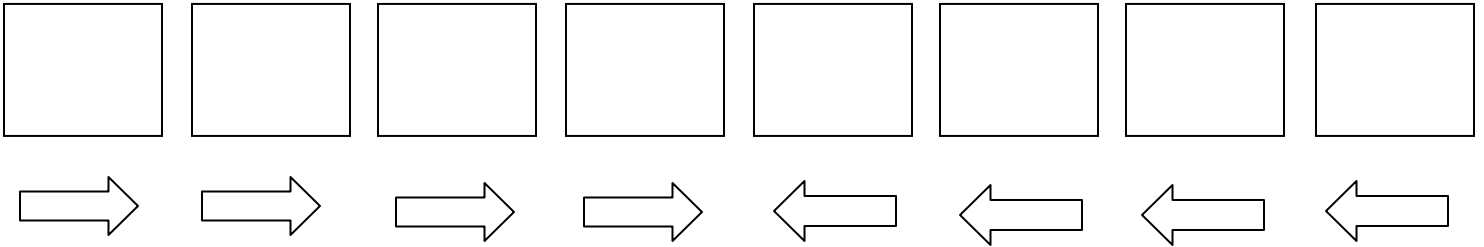
SWIM: Forward movement with arms in wave-like motion stepping and swimming forward with the same foot and arm, 4 total right and left counts, alternating arms (2 total swim motions from each arm within the 4 count), second 4 count will be performed swimming backward



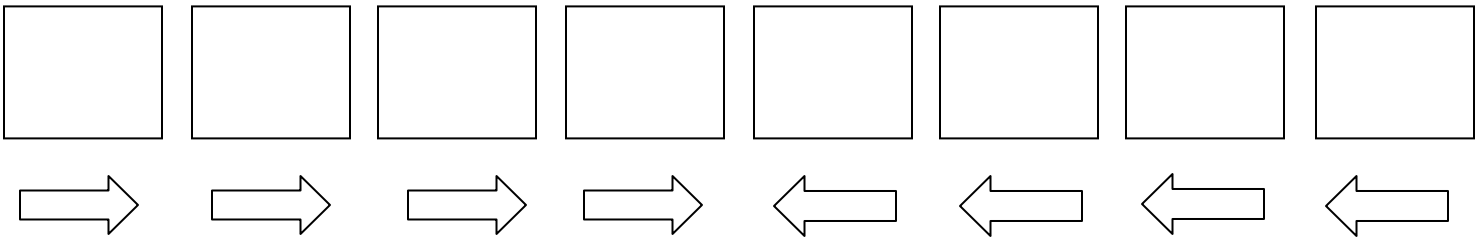
SURF: Turn and jump on board sideways, remain in one spot, arms extended out at sides, spin hips downward for 3 counts then ½ turn on 4th count, spin hips upward for 3 counts then spin ½ turn again on 4th count, spin hips downward for 3 counts and spin one complete full turn

Women's Steps:

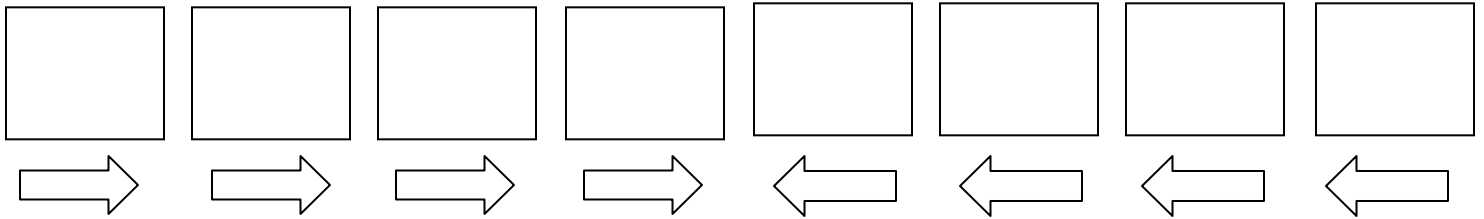
Sun (Arms move upward and downward)



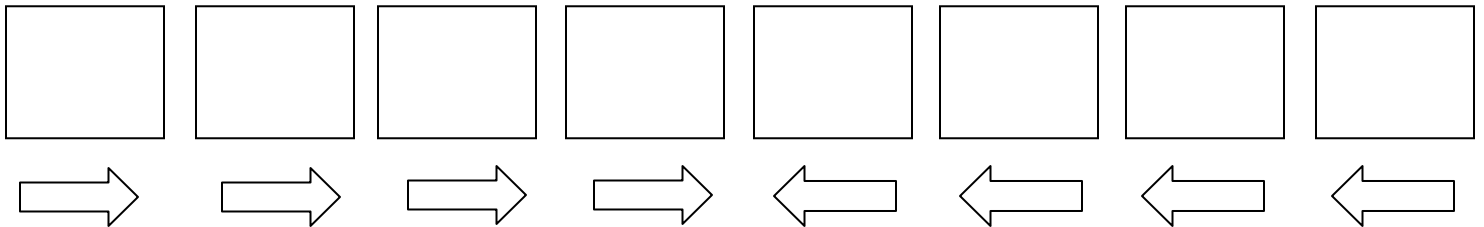
Waves (Arms to the side you are stepping towards, wavelike motion)



Invitation (One arm opens to side you are stepping)

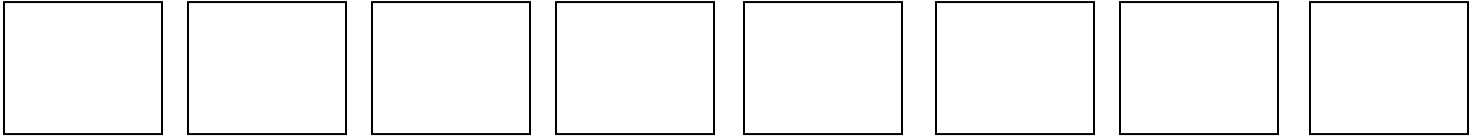


Baby (Arms cradled as though you are holding a baby)

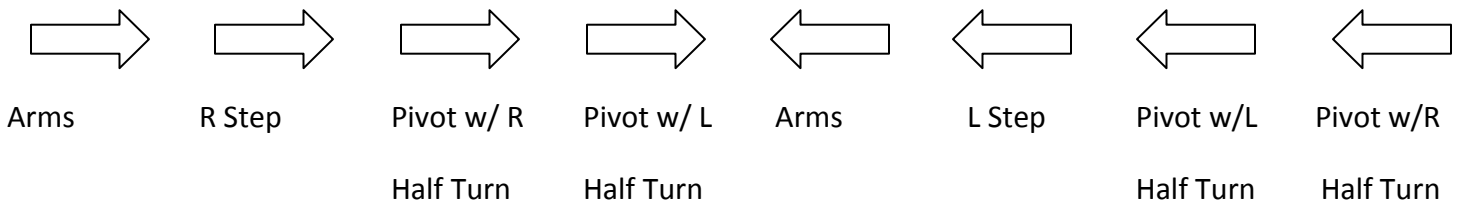
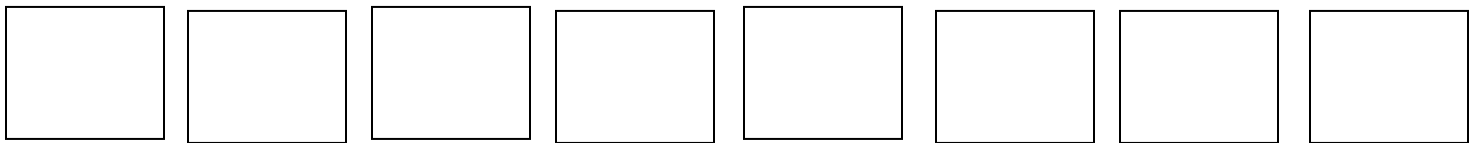


Men's Steps:

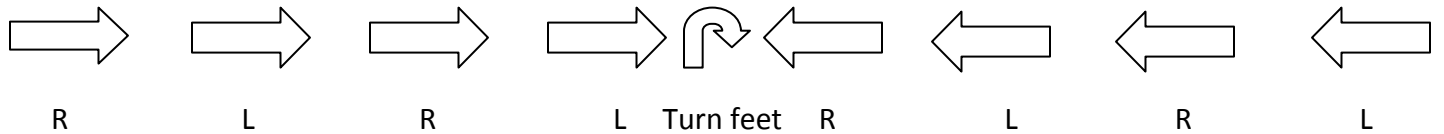
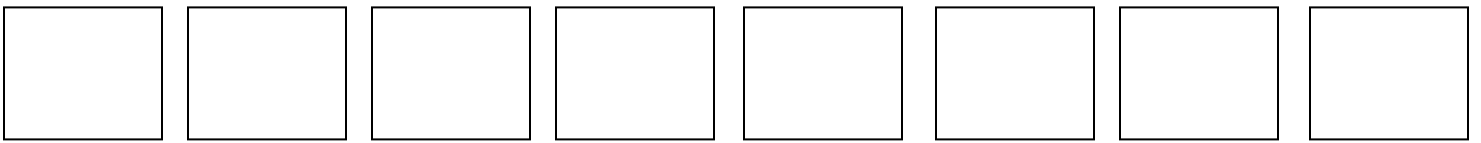
Volcano: (Arms up in cone position, pivot at each step together, explosion at end)



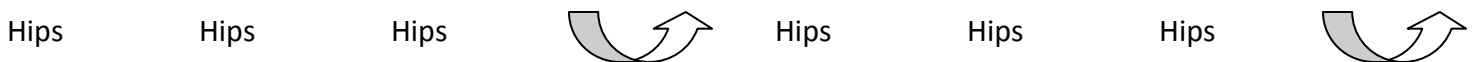
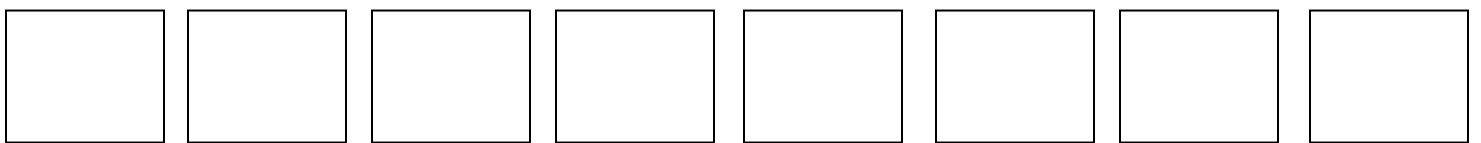
Waves: (Arms in direction body is moving, one bent inward, other out)



Swim: (Right, Pivot turn both feet at once, turning towards R, L, rpt backwards)



Surf: (Move hips in circular motion, arms out)



History

The Hula dance is associated with Hawaii and luaus and while everyone knows what the hula is very few people are actually knowledgeable of its origin, not even the Hawaiians. According to Hawaiian history there is no information available as to who performed the first hula dance or why, however it is a common agreement that the original hula dance was performed by a god or goddess, making the dance sacred to Hawaiians. And this dance is sacred to men and women in Hawaii because the hula was danced by both sexes despite some information stating only men danced the hula. This information is incorrect and actually men and women both were involved in the sacred hula dance.

There are many types of Polynesian dances; however the hula is one of a kind and completely different than other dances in this area of the world. The origination of the hula was used for rituals and ceremonies, however this changed over time and eventually the hula was a dance used strictly for entertainment.

When dancing the hula individuals truly must become one with the dance and the actions, objects, or images they are imitating in their hula dance. The hula is a very meaningful dance and every movement of the body represents something. In addition to this, the hands are very important in the hula dance as well. When the individual is dancing the hula they may be imitating a palm tree, war, plants, and even animals. Because of this when the individual is dancing they are transforming themselves mentally into the object they are portraying through dance. Basically, the hula dancer is telling a story through the movements of the body and hands and as a result it is very important to watch. Chants also accompany the hula dance and while they used to be the most important part of the dance to portray what was happening they are no longer so and the movements are most important. You will notice the difference if you see a portrayal of old style hula dancing compared to new style hula dancing. While both are still hula dancing and fun to watch, the first is more ritualistic and the second more entertaining.

The hula dancers wear a costume in order to perform the hula dance. This consists of leis made of flowers around the neck or even the shoulders. A grass skirt is also used and is made of tapa and known as a pau. The dancers also wear anklets made of whale bone or even dog teeth. The whole ensemble makes up the vision of the hula dancer the whole world is aware of.

In the past, when hula was danced as a religious ritual rather than simply for entertainment the rules regarding the hula dance were very strict and individuals involved in hula dancing school were required to follow them while they were learning how to dance. Generally, students were required to follow all rules and behave properly while obeying their hula teacher in all requests. Some of the rules stated that hula students could not cut their fingernails or even their hair. Other rules stated hula students could not engage in sex nor could they eat certain foods that were forbidden. As a result, the life of the hula dancer in hula school was very strict, yet all of the rules were for a purpose that believed the students would learn to dance the hula better if they did not engage in the forbidden activities.

Today there are two types of hula, hula kahiko and hula auana. Hula hahiko is the old style that was described above and generally includes percussion, chanting, and the traditional costumes. Hula kahiko is traditional and ritualistic and the chanting tells the story more than the dance moves. However, for the more entertaining hula auana there is music, guitars, entertaining costumes to enhance the dance, ukuleles and even songs. This type of hula uses body movements and the hands to really tell the story because it is easier for tourists to understand.

While the hula dance has been around for thousands of years and always been popular it almost disappeared in the 1800s when missionaries arrived in Hawaii. The missionaries believed that hula dancing was devilish and against God and tried to convince the dancers of their wrongdoing by dancing the hula. However, King Kalakaua did not want the traditional dance of the islands to disappear simply because the missionaries did not understand what the hula was all about in the first place so he took action.

As a result, King Kalakaua developed his own group of hula dancers and encouraged them to learn the hula dance, the old style hula, and fortunately the hula did not disappear and still remains a very important dance of the islands and even today there are hundreds of hula schools on all the Hawaiian islands that teach the hula dance, old style, to the students. Even today many of the hula schools have strict rules like the old hula schools implemented.

There are even hula schools and groups that teach old style hula dancing to people on the mainland so while hula remains an important part of Hawaiian culture the culture is spreading and many people show an interest in learning how to hula dance.

When you visit Hawaii, no matter what island you visit, you will certainly see plenty of hula dancing from old style to the newer and more entertaining hula and regardless which one you like the most you should definitely attend festivals or dances that exhibit both styles so you can see the performing arts of the island and learn about the culture, history and the people of Hawaii. You never know, you may learn a few hula moves yourself.

Resource:

<http://ezinearticles.com/?History-of-the-Hawaiian-Hula-Dance&id=140126>

