



Hula Studio

September 9, 2018

Hi Families,

I am excited that your child is enrolled in hula for this fall! Class begins tomorrow, and I will come to after care to collect the students for class.

Since hula is a cultural dance form we will also be learning about the Hawaiian culture and will learn a few words in the Hawaiian language. The students will dance barefoot, and I will be providing a half lavalava (known in other areas as a sarong or pareo) for them to wear while in class. For practice their regular school clothes will be fine underneath the lavalava.

I will be keeping the beat on the ipu (a traditional gourd) while they begin to learn the steps. The kaholo is the basic step hula uses, where one foot steps to the side, then the other foot follows (repeating for a total of four beats) first to the left and then to the right. They will also be learning kao, which is a hip sway from side to side, ami, a circle of the hips, and a hela step in which the foot is placed out in front at a 45 degree angle and then the other foot typically does the same on the other side of the body.

We will begin by learning and practicing the feet, arm, hip, and finger motions. We will not begin to learn choreography until the students begin feeling comfortable with the basic movements. The length of the class time is designed so that students can pay attention and practice, but not become overly tired or distracted.

If your child would like to practice the moves to Hawaiian music at home a few good artists to play are Isreal Ka'makawiwo'ole, The Brothers Cazimero, Makaha Sons, and Na Leo Pilimehana .

Please let me know if you have any questions as the semester progresses.

Warmly,
Ms. Crystal