

BREAK ANATOMY „URBAN DANCE BUSINESS“ 2014



FRIDAY (30.05.14)

Urban Health Symposium (Vita Club Süd - Salzburg/Austria)

Facebook: Break Anatomy Health Forum

www.breakanatomy.com

Presentation "Urban Health: Prevention" & Discussion with Experts

Host: Sophie Manuela Lindner (Physiotherapist & B-Girl)

(www.sophielindner.com/blog)

-> **Dance Medicine Education** – TaMed (Germany)

www.tamed.de

The injured B-Boy:

Key factors:

Reasons for injuries:

- **Unsufficient fitness:** coordination, flexibility, power

- **Unstructured training:**

- most B-Boys practice only in one direction/side (muscular dysbalances)

- Warm-Up: - lack of knowledge

- pride

- autodidactic training (the body changes)

➔ For most young dancers: The concept of "health" is too abstract.

In order to reach them, it helps to show how they can improve their performance, how to use their body more economically.

That way, young dancers can develop a body consciousness first.

When they are older and have experienced injuries, the concept "health" becomes more of an issue.

Warm-Up:

➔ Should be specific to what the dancer wants to practise

Breaking:

- compared to other disciplines, B-Boys have competitions over the whole year
- in other sports, athletes have competition seasons. The athletes are able to rest and structure their practice for performance peaks.
- ➔ But: You have a choice! You can decide what events/shows you do! You can organise yourself!
- ➔ many high impact movements:
 - > vary your training (give your body the chance to rest and adapt) within a practice session / within a week!
- ➔ 70% of injuries result from practising too much!
- ➔ When injured: know how to treat your body. Rest!

Goals:

- ➔ A warm-up guideline for B-boys/B-Girls (parallels to Gymnastics/Martial arts)
- ➔ Guideline: How to structure a Breaking practice session
- ➔ A functional analysis of the muscles and joints which B-boys most commonly use
- ➔ Discuss and develop exercises: initiate studies!
- ➔ Congress: 2016 – German Sport University Cologne

“Urban Health Yoga - Yoga for Dancers” : Discussion
with Sezai Coban (Health Educator and B-Boy)

www.sezaicoban.com

5 Principles:

- Breathing
- Mobilisation
- Balance & Coordination
- Flexibility
- Calm Down

Goals:

- ➔ To teach dancers how to breathe: **Development of body consciousness, access to this energy resource!**
- ➔ To give them the ability to differentiate healthy stretch pain from stressful strain. Dancers should know what their present level is and to set themselves realistic goals: **Awareness.**
- ➔ Dancers should learn to give themselves time to work on their abilities in a comfortable way: **Reduction of physical stress.**
- ➔ A collection of complementing exercises that help dancers to improve their body abilities, leaving out the competition: **Reduction of mental stress.**