

# Workshop

## Training Tools & Guidelines

This is a list of the tools and reference materials you will need to prepare and train for the L1 workshops. The key is to avoid waiting until the last minute and start your training now. The Salimpour School and dance education process is one of the best in the world. Suhaila has put together the most solid way for dancers to train and become the best they can be. Please look over the following list of items, check them off and get your dance on! Woohoo!

**Required: Online Profile.** First and foremost: You will need this online profile to take the written test, to access your online classes, update membership, enter CECs, get notifications from the school and stay connected.

<https://www.salimpourschoolonline.com>

**Required: Liability waiver** will be sent to you via RightSignature. Make sure you sign this document prior to participating in the workshop.

**Required: Testing Registration Form** (only for testers)

Blue box in bottom right corner of the main website at this link <https://www.salimpourschool.com/certification/exams/>

**Weekly Online Classes** - Set up your profile now and start your practice now. You need more than once a week of local studio classes. When you create your profile you will receive 3 days for free to start. This is your most valuable resource for continued training.

<http://www.salimpourschoolonline.com/?refid=2>

**Weekly in studio classes.** This allows the instructor to monitor your progress and provide valuable feedback as the workshop approaches.

<http://www.rachelbellydance.com/classes.htm>

**Suhaila Level 1 Study Guide** - Download. You will need this for terminology, muscle and movement breakdown and timing. Study & memorize it.

<https://www.salimpourstore.com/collections/books-and-manuals>

**New Dance Oriental** - Finger cymbal breakdown and Jamila movement family documentation.

<https://www.salimpourstore.com/collections/books-and-manuals>

**Finger Cymbals** - <https://www.salimpourstore.com/collections/finger-cymbals/products/finger-cymbals>

**Finger Cymbal Manual** - Download. This provides a breakdown of the finger cymbal patterns for you as you start to listen to them with the Audio downloads.

<https://www.salimpourstore.com/collections/finger-cymbals/products/finger-cymbal-manual-1977-download>

**Cymbal Jams Audio** – Download. Practice and be proficient with L & R hand dominant; “3s & 7s Series” and “3s & 5s Series”.

<https://www.salimpourstore.com/collections/finger-cymbals>

**Resources** - Links

Here is where you will find links to: Reading Lists, Books, Jamila Articles, Music, Video, History, Culture and more!

<https://www.salimpourschool.com/resources/>

**Private Lessons/Skype.** This allows you to get direct and immediate feedback in a one-on-one setting working closely with someone who will guide you with specifics.

<http://www.salimpourschool.com/skype-lessons/>

**Training Plan** - Create your plan. Fill out the “Time Priority Assessment” and “Training Plan” documents found on the “Resources” page of the main website under “Documentation”. These will help you to logistically plan your training to realistically fit your daily schedule.

<http://www.salimpourschool.com/resources/> Submit them to [SalimpourCertification@gmail.com](mailto:SalimpourCertification@gmail.com)

**Testing Criteria** & Procedure detail including cymbal patterns, testing process, about the exam, pre and post test preparation

Suhaila Format - <https://www.salimpourschool.com/certification/suhaila-format/>

Jamila Format - <https://www.salimpourschool.com/certification/jamila-format/>

**Online Certification Course** - A great way to work through the Level 1 material on your own time to prepare for the in person workshops, refresh or do your certification online.

<https://www.salimpourstore.com/collections/workshops/products/online-certification-series>

### **Salimpour Choreography Collectives**

Once you are certified in L1 of either format you are eligible to join one of our fabulous Choreography Collectives in your area! Read more about our global Salimpour team. <https://www.salimpourschool.com/legacy/dance-companies/>

Please feel free to contact me with any questions. I look forward to hearing from you soon!

#### **Resources & Supplies Needed SL1:**

- The New Danse Orientale Manual (*finger cymbal breakdown*) (purchase download)
- SL1 Study Guide (purchase download)
- Finger cymbals (purchase)
- Cymbal Jams download (3s & 7s) and (3s & 5s) (purchase downloads)
- Level 1 Finger Cymbal patterns L & R dom: listed on the the main website under L1 Certification-Finger Cymbal patterns.

#### **JL1 Resources & Supplies Needed:**

- The New Danse Orientale Manual (*finger cymbal breakdown*) (purchase download)
- SL1 Study Guide (purchase download)
- Finger cymbals (purchase)
- Cymbal Jams download (3s & 7s) and (3s & 5s) (purchase downloads)
- Level 1 Finger Cymbal patterns L & R dom: listed on the the main website under L1 Certification-Finger Cymbal patterns.
- Jamila’s Article Book (suggested reading)