

THE AILEY SCHOOL

OFFICIAL SCHOOL OF ALVIN AILEY® AMERICAN DANCE THEATER

THE 2010 LESTER HORTON PEDAGOGY WORKSHOP

TAUGHT BY ANA MARIE FORSTYHE THIS JULY AT THE AILEY STUDIOS

New York-- As part of its mission to make dance accessible to young people and adults through dance training and innovative community outreach and arts-in-education programs, The Ailey School is proud to announce the 2010 Lester Horton Pedagogy Workshops taking place in two sessions this July (**Session 1 Introductory: July 12-16** and **Session 2** Intermediate/Advanced: July 19-23**). Ana Marie Forsythe, Chair of The Ailey School's Horton department and Co-director of the Ailey/Fordham B.F.A. program will share her expertise with teachers seeking immersion in the Horton technique in these unique five-day summer intensives.

Since 2006, The Ailey School has offered this exclusive workshop to give teachers around the world an opportunity to review the Horton vocabulary, learn or review Horton studies and understand the range and depth of this uniquely American modern dance technique, which was influential on Alvin Ailey's choreography. "I speak about how to build a class to enable students to progress technically and artistically, what a Horton warm-up consists of and how to combine Horton progressions to inform students about transitions, projection and musicality," says Forsythe.

Daily Workshop Schedule July 12-16 & July 19-23:

10:30am- 1:20pm Workshop participants will either take or observe two Horton classes daily. Immediately after the classes end, participants will have a short lunch break followed by the discussion segment.

2:00-4:30pm Discussion segment

SESSION 1 Discussion Topics:

- The warm-up
- Beginning Horton studies
- Teaching methods
- Making corrections
- Trouble areas
- Counts and shapes
- Anatomy lectures taught by **Rebecca Dietzel**, a leading authority on anatomy for dancers
- Question and answer session

SESSION 2 Discussion Topics:

- Advance Horton studies
- Deep floor vocabulary
- Dimensional Tonus
- Falls including lateral side twist falls
- Anatomy lectures taught by **Rebecca Dietzel**, a leading authority on anatomy for dancers
- Question and answer session

Both sessions will include advanced Ailey School student demonstrators, Horton Technique video presentations and guest speakers, including former Horton company members. A certificate of completion is available to all attendees.

**Session 2 is for teachers who have completed the Session 1 pedagogy workshop with Ana Marie Forsythe and have a minimum of three years experience teaching the Horton technique. Participants attending Session 1 may enroll immediately in Session 2.

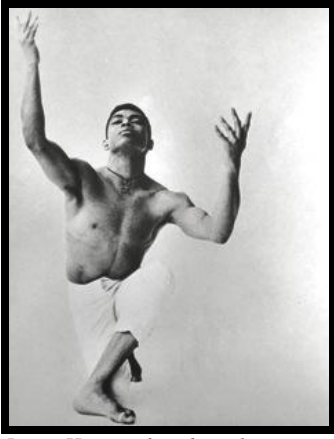
Workshop Fees (Early registration through July 2, 2010)

Session 1: Introductory	\$750.00
Session 2: Intermediate/Advanced	\$750.00
Both Sessions	\$1350.00

Relevant materials available at The Ailey Boutique: *The Dance Technique of Lester Horton* (co-authored by Ana Marie Forsythe) 1992 Princeton Book Company; Horton Technique DVDs (Warm-Up, Adv. Beginner, Intermediate, Advanced); Horton Percussion CDs

Register for this year's workshop online at www.theaileyschool.edu or email jgaddy@alvinailey.org

ADDITIONAL INFORMATION ON LESTER HORTON & THE HORTON TECHNIQUE



Lester Horton Photo by Rolan Maxon

Lester Horton (1906-1953) was born in Indiana, but moved to California in 1929 where he did the majority of his work as a dance innovator, choreographer and director. He danced with Michio Ito's company where he learned to use props and to develop a sense of theater for his dances. He opened his own school in 1946 on Melrose Avenue in Hollywood and trained countless dance artists like Alvin Ailey, Carmen de Lavallade, Bella Lewitsky, Joyce Trisler and James Truitte. In 1948 he established the first facility on the West Coast devoted exclusively to dance. The modern dance technique he created, known today as the Horton technique, continues to train dancers throughout the world.

Ana Marie Forsythe

Chairperson of The Horton Department at The Ailey School

Co-Director of the Ailey/Fordham B.F.A. Program in Dance

Ms. Forsythe began her professional career at the age of 14 performing with Garden State Ballet and with the Joyce Trisler Modern Dance Company. She was also a leading dancer with the Sophie Maslow Dance Company. She is an expert in the Lester Horton technique and has co-authored the only book documenting this important American modern dance technique. She is also the Artistic Director of three videos which continue the documentation of the Horton technique. She has taught national and internationally and has been Co-Director of the Ailey/Fordham BFA Program since 2002.



Ana Marie Forsythe teaching The Horton Technique. Photo by Sara Keough

THE HORTON TECHNIQUE

Horton is a major codified modern dance technique known to fortify, stretch, and strengthen the human body. A technique created by Mr. Ailey's mentor Lester Horton in the 1930's and 1940's. A modern dance pioneer, Horton's goal was to create a dance technique that was anatomically corrective and utilized the widest possible range of motion, with an emphasis on large, full movements done to musical phrases of varying lengths and dynamics.

Horton was trying to create a dance technique based entirely upon corrective exercises, created with a knowledge of human anatomy; a technique which will correct physical faults and prepare a dancer for any type of dancing s/he may wish to follow, a technique having all the basic movements which govern the actions of the body, combined with a knowledge of the origin of movement and a sense of artistic design.



Ana Marie Forsythe

The technique is codified into a series of studies, designed to cover an enormous diversity of movement, some for strengthening and stretching and others "move through space on all possible levels – on the floor, standing, and in the air, enabling the dancer to become spectacularly proficient and gives this technique a rich, dramatic quality (1) "

The basic warm up is taught: flat backs, primitive squat, descent and ascent, lateral stretches, release swings, leg swings and deep lunges. The shapes that will be used throughout the training in Horton technique are emphasized: the T positions, stag position, cross lunge and coccyx balance. The Horton technique was designed with studies to stretch and strengthen different areas of the body. Many of the beginning level studies which are taught focus on the Achilles tendon, the abdominal muscles, and movements that lengthen the spine and the hamstring muscles. Simple combinations of movements that include turns and jumps are taught to introduce musicality and dynamics to the beginning dancer's vocabulary. Performance qualities are emphasized at the very beginning of the dancer's training.

(1) *The Dance Technique of Lester Horton*, Majorie B. Perces, Ana Marie Forsythe, Cheryl Bell, ©1992 Princeton Book Company

THE AILEY SCHOOL

Guided by the belief that dance instruction should be made available to everyone, Alvin Ailey founded The Ailey School in 1969. Under the direction of Denise Jefferson since 1984, The Ailey School trains over 3500 students annually in the full-time Professional Division and Junior Division Programs for aspiring dance students. The mission of The Ailey School is to make dance accessible to young people and adults through dance training and innovative community outreach and arts-in-education programs. Under the direction of Sylvia Waters, Alvin Ailey American Dance Theater's second company, Ailey II, serves as a bridge between The Ailey School and the professional dance world. Alvin Ailey American Dance Theater (AAADT) is recognized by U.S. Congressional resolution as a vital American "Cultural Ambassador to the World," was founded in 1958 and has performed for more than 21 million people in 71 countries and on 6 continents. For more information visit www.alvinailey.org