

ILLUSTRATED LECTURE CONFERENCE  
“ DANCE AND INTELLECTUAL DISABILITY”  
DANCE DOWN. Company Elias Lafuente

Integrated for dancers with Intellectual Disabilities. Syndrome Down

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Teacher and Choreographer. He studied Classical Dance and Dramatic Arts at the Conservatory of Valencia. Degree in Biomechanics and Applied Anatomy for Dance from the University of Alcalá de Henares. He has done choreography with students of all features (especially Down syndrome). Choreographer zarzuela, Musicals, etc ... For 15 years he has run his own dance center and Techniques Body, grouping many professionals in these areas. Ex-President of the Spanish Association of Dance Medicine, Member of CID (Conseil International de la Danse: UNESCO Paris.) Member of the Spanish Federation of Art and Disabilities. Member of the Platform "Despegando Capacities" Aena. Plena Inclusion Madrid.

OBJECTIVE:

Getting through the dance, the integration of people with intellectual disabilities, promoting their personal development and overcoming power of offering quality entertainment, both in the repertoire of Classical Ballet and Spanish Dance and Musical Theatre.

ASSOCIATION:

Dance Down is covered by the Association to be created from the idea that raises its founding families of the dancers attending their classes and thus decide to organize this entity. It is a non-profit organization. Dance Down The Association protects and makes the project:

1 Managing and enabling the existence of Elias Lafuente Dance Company, comprised of dancers with intellectual disabilities. Providing 2nd at its headquarters, the place for dance classes and rehearsals of the company and

the quarry. Currently welcomes dancers of all ages organized into different groups and levels. Dance Down The Association is registered in the National Register of Associations. Group 1 / Section 1 / National No. 588864 Member of the National Federation of Art & Disabilities Member of the platform "TAKING OFF CAPACITY" (AENA) Member of PROJECT FILS (TRAINING AND LABOUR AND SOCIAL INTEGRATION)

#### METHODOLOGY AND DEVELOPMENT:

The purpose of the dance program the student must generate its own personality, its location in the group and then in society. It basically consists of a systematic program of physical fitness, exercise and activity designed to instill a love and respect for this universal art. Often the program is individualized to meet the specific needs of each student. Must start very soon, from five years to go acquiring and processing the different and many facets of this discipline. Being able to participate in a team that will provide artistic goals and aspirations, and demonstrate their worth to society in a scenario, it is highly positive from any point of view. The relationship with others, memory, rhythm, coordination, body control, attention, desire for improvement, physical changes providing more balance, stability and flexibility, among other benefits. The fact of performing Dance makes among other things that the above points will improve considerably.

#### DANCE CLASSES:

Dance and well thought-out codes help considerably to reorganize the entire nervous system, providing order execution. Learning the different forms of dance, especially classical dance, causes the receiver to process this information mentally and memorize the different biomechanical changes in conjunction with the musical meter and its eventual implementation. That is why in the acquisition of knowledge of this art does not have to work too hard, but on the basis of concentration and repetition, as well as consistency to achieve the expected results. The teaching of dance works from muscle elongation and from the sense of balance, postural axis and center of gravity. DANCE (Classical, Spanish and Music)

The aim and purpose of dance programs offered to people with Down Syndrome, is to maintain continuity in learning the overall development of the person concerned providing the necessary tools for its proper implementation, and from motor development, plasticity and aspects cognitive and emotional indicate low fees and foundations of Academic Dance proper execution from the first course and so you promote and inculcate future inclusion in programs of

artistic activities that provide people with Down syndrome, good health in all aspects and a better quality of life, minimizing both physical and cognitive and social problems. The teaching of dance in all its branches, has as its primary basis of learning the codes and steps of classical dance, also called Academic Ballet. Ballet and classical dance is the specific name given to a specific dance form and technique. Ballet is considered one of the Performing Arts. The technique of this dance is a major challenge, as it requires concentration to master the whole body, adding further training in flexibility, coordination and musical rhythm. Typically, although not mandatory, is that it learns from an early age, to internalize and automate movements and technical steps. For heating a slipper fabric (or leather) with starting or full sole, very soft and easily adaptable is used. When experience, physical condition and strength of the dancer and require, the training begins with the tips of ballet. Clothing should be comfortable to edit and see the movements of the body, arms and legs. The Classical Ballet or Dance is a specific form of dance, as their movements are taught through methods and techniques "keys". Unlike other dances, ballet, each step is structurally reinforced. It is sometimes thought that classical dance is limited to arms and legs, but any movement is executed, involved invariably hands, arms, trunk, head, feet, knees; finally the whole body to its tiniest parts in a combination of muscular and mental dynamics. To initiate studies of classical dance, taking as examples enshrined dancers, one can say that the ideal age is from five. Since it is the age at which child will be learning to recognize the pace and the space in which it moves. One of the elements used in this dance is "bar" that is a long thin piece of wood or metal used as a support in the early years of the class. The positions of the legs were coded Beuchamps and there are five basic positions: 1st position. Both feet in a straight line, joined by the heels. 2nd place: Feet on the same straight line, but separated by about 30 inches 3rd place: Feet together united by their middle front of each other. 4th position: feet apart in a vertical line forward about 25 inches apart. 5th place: foot binding in reverse; looking out both heels and toes joining one with the heel of the other. According Noverre, Blasis, Johansen and Grandmaster Cechetti one of the great rules of Dance for the perpetrator with proper discipline and continuity is to find freedom where the body acts as everyday as walking, sitting, jumping, and even talk take another dimension and give the subject a way to help him be for full development. Being a dancer is bound every day and throughout working life, a difficult training and carefully regulated. The rules to which the newcomer as well as the most advanced artist have nothing arbitrary subjected. Are applying to the human body from the physical laws relating to balance and movement. Please sample the five basic positions and its variants, these are aimed at the "spin" out of the legs, essential condition to ensure better poise and ease muscle movements in space. On this basis, the importance is evident in the development of people with Down syndrome, conduct arts, such as dance that allow better biomechanics

development and subsequent quality of life and social integration activities. Dance activity, is aimed at children, teenagers and adults. Development in different kinds of Dance bases learned from the most basic through the most perfect execution in the advanced groups. Are studied and tested the various proposals choreography. The choreographies are based on codes of academic dance, Spanish Dance and Musical Comedy. sessions ranging from one and a half a week to three or more in advanced courses. Continuous rating of the objectives and content both common and individual was also performed, estimating from the first lesson the participant and evaluating their ability biomechanics applied to the Dance. The different sections that the development of a class is set work with rigor and applying the appropriate methodology for optimal result. Fundamentals and Contents of teaching dance

- mainly technical, artistic and musical character, because learning itself requires Dance channel movement, ie encourages customization through the steps and variations proposed and duly carried.
- Develop specific content in order to improve postural awareness for later execution on stage.
- Work the body's relationship with the environment through the Spanish classical music and musical. By using different written expressly for the execution of the choreography proposals (Bar Music Center, Adagios, Allegros) sheet music.
- Develop each student's artistic ability, valuing his skills from day one.
- Promotes teamwork and then running in the representations.
- For people with Down Syndrome Dance and all its study helps better verbalization as it gives the word rhythm, musical meter facilitating communication.

#### DEVELOPMENT:

In Dance classes are conducted activities:

- Rating: By a specific unified and consensual assessment with a physiotherapy service to be held at the beginning of the course in order to establish specific objectives and possible further treatment techniques.
- Monitoring and control: will be used regularly to inform the development of the participants in each of the classes, monthly monitoring and depending on the results of the report and stated objectives individually. Sections are evaluated: Biomechanics Development Musical Development Body Perception Musical Perception Teamwork Discipline

General classes of over 18 dancers. Major company. In the development of the class exercises are performed the following: Bar-Classical: Exercises: plies, tendus, degages, rond de jambe, développés, sautes. -Cross: Exercises: adages, allegro, tours, step two, pirouettes. Choreography Review: Classical Ballet: Tchaikovsky White Ballets (Swan Lake, Nutcracker, among others. Spanish Dance: Flamenco, Spanish Classical, castanets, regional dances, zarzuela, Sevillanas, among

others. Musical: Beauty and the Beast, West Side Story, The Sound of tears among others. Class quarry dancers 11-16 years Medium Company. In the development of the class performed the following exercises: Bar-Classical: Exercises: plies, tendus, degages, rond de jambe, développés, sautes. -Cross: Exercises: adages, allegro. Choreography Review: Classical Ballet: Tchaikovsky Ballets White (Nutcracker, among others). Spanish Dance: Introduction to Spanish dance: Sevillanas, among others. Musical: Beauty and the Beast, smiles and tears among others. Class quarry dancers 6-10 years Introduction to Dance. Small company. In the development of the class exercises are performed the following: Bar-Classical: Exercises: plies, tendus. -Cross: Exercises: adages, allegro, tours. Choreography Review: Classical Ballet: Toy Symphony, waltzes, minuets, etc. .. Spanish Dance: Basic Steps. Musical: Different variations of children's musicals.

Thanks.

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