

# Kizombalove

This document highlights our student learning objectives (SLO) per module for the entire academic curriculum. The SLO describes the final results at the end of each course, which allows the students to focus on progress and mastery during the entire training period. Our entire program encompasses 64h to 70h of intensive tailored training, made specifically for you.

## **Foundation course 11h (Red certificate)**

### **Musicality 3h**

The student understands the basic musical elements such as tempo, melody, rhythm, harmony. He also knows how to apply them in his learning process as he develops his musical ear. Furthermore, concepts such as bar/measure and 4/4 bar are familiar to him.

### **Technique 1h**

The student has the basic tools to execute the dancing steps effectively. He knows also how to execute the steps without forcing his/her dance partner. Furthermore, he knows also how to do his basic steps and move his hips appropriately. Other basic moves such as walking properly, foot positioning while dancing, combination left and right leg, transition closed holding – open holding, left hand implication... becomes his second nature.

### **Style 1h**

The student adopts the basic attitude/style as he moves on the dance floor. He knows how to execute the basic movements (with the right style) such as:

- The closed holding
- The open holding
- The left hand implication
- The right hand implication
- The dance flow
- The connection with the partner
- The head position
- The hip movement
- Body isolation (the pelvis/the hips/the material)
- The dance structure

## **Figures 4h**

The student knows the vital pillars on how to execute the moves according to the following elements:

- Technical applicability
- Harmony with the music
- The dance structure
- Elegance

## **Combination of figures 2h**

The student knows how to combine the moves effectively according to the following elements:

- Harmony
- The flow
- The dance structure

## **Intermediate course 11h (Blue certificate)**

### **Musicality 3h**

The student knows the basic differences between Kizomba and Semba music. He also knows the basic instruments used in Kizomba and Semba. Furthermore, he has trained ears and he is familiar with the “Kizombalove Golden Rules on how to be a good Kizomba/Semba dancer”.

### **Technique 1/2h**

The student has a deeper knowledge of the basic techniques seen in module I. He feels comfortable with it and moves with more confidence on the dance floor.

### **Style 1/2h**

The student has a deeper knowledge of the elements seen in module I. He feels comfortable with it and moves with more confidence on the dance floor and he has a beautiful dance style.

### **Figures 4h**

The student has a great knowledge of the figures he has learned and knows how to apply them properly in square dancing and in freestyle.

### **Combination of figures 1h**

The student knows how to combine the figures properly and smoothly. He understands the basic rules on how to combine the figures accordingly.

## **Semba 2h**

The student understands the basic structure on how to dance Semba according to the “N’dongala Improvisation table”. Furthermore, he knows and understands how to make his own basic “N’dongala improvisation table”.

## **Advanced course 12h (Orange certificate)**

### **Musicality 3h**

The student knows the difference between Kizomba and Semba music. He also recognises songs such as ghetto Zouk, Cabolove, Kompa, Tarraxinha...

### **Figures 4h**

The student can do complex figures and structures in square dancing and in freestyle.

### **Combination of figures 1h**

The student knows how to combine complex figures properly and smoothly. He also understands the vital rules on how to combine the figures accordingly. Furthermore, he also understands how to avoid a linear combination.

### **Improvisation 2h**

The student knows and understands how to make his own advanced “N’dongala improvisation table”. He is also able to improvise smoothly.

## **Semba 2h**

The student knows how to dance Semba properly. He is also able to apply the “N’dongala Improvisation table” to dance Semba with ease as he creates his own poem on the dance floor.

## **Teachers course 30h-36h (Green certificate)**

### **Musicality 2h**

The student knows all the differences between Kizomba and Semba music. He is also familiar with all the instruments used in Kizomba and Semba music. He has trained ears which allows him to recognise all the songs belonging to the Kizomba umbrella (the Kizombadas) properly. Furthermore, he can dance (improvise) on the “Kizombalove golden rules on how to be a good Kizomba/Semba dancer” with excellency.

### **Improvisation 2h**

The student knows and understands how to make his own advanced “N’dongala improvisation table”. Furthermore, he is also able to improvise smoothly and teach it to others properly.

## **Semba 2h**

The student knows how to dance Semba properly. He has enough tools and understanding of how to convert all the “Kizombalove dance structures” in his Semba dancing. He has an excellent knowledge of how to apply the “N’dongala Improvisation table” to dance and teach Semba properly.

### **Creativity 2h**

The student is very creative. He knows how to develop many “N’dongala improvisation tables”. Furthermore, he also knows how to develop new moves based on the “existing Kizombalove dance structures”. He is very innovative and versatile in his Kizomba and Semba dancing.

### **Theatrical expression 2h**

The student has the right attitude and the necessary skills. He has a positive mind-set whether he is on scene or simply in front of a group. The student performs without fear and he knows how to express several emotions as he performs.

### **Choreography 1h**

The student knows how to make several choreographies easily. He understands the main elements on how to make a basic and a complex choreography properly.

### **Personal Development 3h**

The student understands:

- His “environment” (epigenetics)
- How to fasten his “mental seatbelt”
- His body in its “holistic state”

### **Communication/Class Management 3h**

The student has the right attitude & skills on how to manage a class properly.

He communicates effectively as he teaches.

He understands the importance and the impact of body language.

He is familiar with intercultural differences.

### **Didactics/Methodics 2h**

The student knows how to apply the “4 pillars of the José N’dongala Kizombalove Methodology” as he enjoys, teaches and dance Kizomba/Semba properly and effectively, according to the Angolan values.

These 4 pillars are:

- 1) [9 dimensions of the “José N’dongala Kizombalove Methodology”](#)
- 2) [8 Key Rules of the “José N’dongala Kizombalove Methodology”](#)
- 3) [12 BASIC WAYS OF DOING THE “BREAK ON 3” ACCORDING TO THE “JOSE NDONGALA KIZOMBALOVE METHODOLOGY”](#)
- 4) [“KIZOMBALOVE GOLDEN RULES” ON HOW TO BE A GOOD KIZOMBA/SEMBA DANCER](#)

### **Kizomba/Semba & dance/music history 7h**

The student has a panoramic view of music and dance throughout several civilizations with focus on Kizomba and Semba. He understands the true meaning of Kizomba and Semba history. Furthermore, he has evidence-based information to teach his students properly.

### **Peer Teaching or Traineeship 4h-10h**

The student can teach effectively and he has master the “José N’dongala Kizombalove Methodology”. He knows how to teach during workshops, boot-camps, festivals and during a weekly class.

## **Professional Course: Semba practical course 4h- 16h**

### **Module I, 4h**

The student understands all the basic structure on how to dance Semba according to the “N’dongala Improvisation table”. Furthermore, he knows and understands how to make his own basic “N’dongala improvisation table”.

### **Module II, 6h**

The student knows how to dance Semba properly. He has an advanced level thanks to the complex structures he masters. He is also able to apply the “N’dongala Improvisation table” to dance Semba with easy as he creates his own advanced poem on the dance floor.

### **Module III, 6h**

The student knows how to dance and teach Semba properly. He has enough tools and understanding of how to convert all the “Kizombalove dance structures” in his Semba dancing. He has an excellent knowledge of how to apply the “N’dongala Improvisation table” to dance and teach Semba properly: he is a Semba specialist.

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***Thank you for trusting Kizombalove Academy™***