



## West African percussion and dance: workshops / presentations / performances

### Benefits of West African drumming / dancing:

Our special engaging method of teaching drumming and dancing to West African percussive music has proven to:

- Develop team work
- Improve concentration and focus
- Develop listening skills
- Improve memorization
- Develop multitasking capabilities
- Facilitate left and right hand coordination and independence.
- Explore a new form of non verbal communication
- Stimulate creativity
- Develop confidence in unknown/new activities
- experience new cultures and traditions

### Students drumming workshops:

The workshops have multiple components:

- An introductory video about drumming in West Africa and the meaning of drumming in these cultures and traditions (For workshop series only)
- A warm-up exercise composed of clapping and walking exercises to introduce students to the notion of percussive rhythms.
- The drumming workshop being composed of progressive exercises to lead all students to the goal of playing a full orchestra rhythm by the end of the session.
- Simple music patterns given as homework in between each session (Online library of sound files and music notation).
- This series of drumming workshops are intended for beginners and are customized according to each grade level.
- Preferred audience: Grade 5 to grade12 students.

The following is a list of the main items we will need to discuss in order to organize a drum workshop series in your school:

- Grade level audience and number of students to be enrolled (16 recommended)
- Number of sessions / duration / time / schedule (Typically 1 to 4 sessions of one Hour in total)
- Chairs requirement
- Drum storage space (For workshop series only)
- Visible name tag for Grade 5
- Video / DVD player (For workshop series only)
- Projector (For workshop series only)
- **All drums are provided by the workshop organizer.**

At the end of these workshops, all “grade 5 and up” students will know a full orchestra rhythm which can be performed in front of an audience, if required. Students will be very familiar with the main percussive musical instruments from West Africa.

**We can also organize special staff team building drumming workshops**

### Live percussion-dance workshops:

The workshops have multiple components:

- A warm-up exercise in music to introduce students to the notion of percussive rhythms.
- The dance workshop being composed of progressive exercises to lead all students to the goal of dancing a full choreography for a specific rhythm by the end of the sessions.
- This series of dance workshops are intended for beginners and are customized according to each grade level.
- Preferred audience: Grade1 to grade 5 students.
- **Equipment: Students need to be wearing sneakers and sport clothes**

The following is a list of some of the items we will need to discuss in order to organize a dance workshop series in your school:

- Grade level audience and number of students to be enrolled (About 30 students maximum recommended)
- Number of sessions / duration / day and time (Typically from 1 to 4 sessions of one Hour)
- Visible name tags

At the end of these workshops, all “grade 1 to 5” students will know a full dance choreography for a specific West African rhythm which can be performed in front of an audience, if required. Students will be familiar with the relationship “music / dance” from West Africa.

### **West African history through traditional musical instruments presentations:**

Presentations will be customized to your needs, and can include:

- A projected presentation about the multiple instruments including: Composition, manufacturing process, pictures, sound files, origins, history. (A sample of some of the instruments will also be brought to the school for students to try and a basic demonstration will be done on some of them)
- A projected presentation about the Guinean percussion orchestra. (Some students will be taken from the audience to briefly demonstrate a basic Guinean orchestra - Target audience: music students)
- Interactive live percussion story telling presentation (Smaller groups recommended –Target audience: Kindergarten).

### **Drumming performances:**

We have Authentic West African percussion performance in full traditional outfits, including some audience participation in the form of a dance workshop. (Performances are 20-30 minutes long, or more).

- Workshops and presentations are usually organized by Alpha, who has successfully worked with many schools.
- Alpha passed a course jointly proposed by the Ontario Arts council and York university:  
(Artistic education certificate - Artist working in the Ontarian schools)
- We are on the TDSB official “External presenter’s list” (A.S.P.I.R.E)
- Our Members passed 1<sup>st</sup> Aid course
- We have OESC Clearance (Police record check through Ontario Education Services Corporation), which allows us to work in any schools in Ontario.
- Language: Alpha is fluent in both English and French

***You are just one step away from an event that will change your students forever!  
If you have an interest for one of these amazing educational activities, request a quotation using our  
online inquiry form below (English and French version available):***

[http://www.alpharhythmroots.com/Drummingbooking.html#anchor\\_145](http://www.alpharhythmroots.com/Drummingbooking.html#anchor_145)  
[http://www.alpharhythmroots.com/Drummingbooking-FRA.html#anchor\\_145](http://www.alpharhythmroots.com/Drummingbooking-FRA.html#anchor_145)

For further information about Alpha’s activities, and to read our Bio and customer testimonials, please follow this link:  
(English and French version available):

<http://www.alpharhythmroots.com/AboutUs.html>  
<http://www.alpharhythmroots.com/AboutUs-fra.html>  
(Workshops and performance videos included)



Tel: 416-473-0759  
Toll free: 1-866-496-7864  
www.alpharhythmroots.com  
[info@alpharhythmroots.com](mailto:info@alpharhythmroots.com)