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保良局  
PO LEUNG KUK



## Hong Kong Po Leung Kuk Lotus Instructor Training

June 4 - June 6 2014

VivAsia went global in the month of June! Our business team arrived in Hong Kong to conduct our very first 20 personnel intensive 3-day training sessions. We were received by boundless enthusiasm and great warmth.



The trainees were all PLK employees from the 12 different senior centers. They had different levels of dance experience, they were of different age groups, but they were all great performers! They pleasantly surprised us by their ability to effortlessly present a program in front of an audience. Their skills to engage and grab attention from the participants were very impressive. They were given a very challenging test on the third day and the results were more than satisfactory. They had to come up with a new dance routine, cue and teach a class using a song that's no less than 3 minutes. This is not easy even for veteran instructors! The variety of songs they chose, the funny and yet safety-conscious cueing methods they employed were all commendable. Their energy and passion were contagious, their diligence and support of their peers exemplary. Thank you for making the training most engaging and fulfilling for us. 🌸





# China Luen Thai GJM Dance Instructor Training

June 9 - June 10 2014

As part of their CSR (Corporate Social Responsibility) program, Luen Thai is offering a health dance program to their employees in their Panyu GJM garment factory. This benefit is for all employees including office and factory workers.



GJM offers its employees a number of health programs, such as breast exam classes, cholesterol testing and many others. VivAsia is deeply honored to be an addition to GJM wellness programs.

To the nine volunteers that donated their time to make this program possible: your effort is appreciated by your company, your colleagues, and by us in VivAsia. We applaud your dedication. Thank you Maria for your fervor and your support of the program. Without your advocacy, this wouldn't have happened. Andrea, thanks for tirelessly serving as a liaison and taking such good care of us. Thank you 童蕊 for joining this effort. You are a big inspiration and such a natural dancer. Thank you Connie for helping Maria with all the logistics. Thank you Maggie and Suky for showing us the importance of eating right and exercising. Your lunch boxes were amazing. Thank you 娟 for showing us how to incorporate belly dancing into VivAsia. Thank you Wing and 美玲 for your youthful energy and your support of each other. Last but not least, we want to thank you Anne for making this possible. ❀



## Training notes and remarks

As both group of overseas organizations are beginning to launch their programs, we want to take this opportunity to provide a training summary for your reference. We believe these review topics are crucial to the success of any group fitness classes.

### Training summary

1. Program inspiration from Asian cultures
2. Roles and responsibilities of being an effective VivAsia instructor
3. Use of different communication skills
4. Dance/Lotus class format:
  - Warm up (5-10 mins)
  - Cardiorespiratory portion (35-45 mins)
  - Cool down (3-5 mins)
  - Core strength (5-7 mins)
  - Final stretch (3-5 mins)
5. Routines breakdown
6. Skill review: Cueing methodology – verbal and visual for movement, safety, techniques and motivation
7. Understand song and music structure: verse, chorus and bridge
8. Program modifications
9. Building VivAsia instructor community and increasing creativity and fitness community (what does this mean?).

### Practice Focus

Verbal and visual cueing for movement. Remember to say transition and movement cues before the change should happen. Try to talk with the music and say the change 4-8 beats before the first beat of the next movement. Directional cueing can be given with arm and hand gestures such as moving right and left. When facing the participants, remember that their right is your left (and vice versa) and that moving forward and backward is also the opposite for you when facing them.

## 培訓筆記及備註

由於兩組海外機構都開始推出健舞計劃，我們希望藉此機會，提供給大家一個培訓總結作為參考。我們相信，這些審查主題會幫助您成功地領導任何團體健身課程。

### 訓練總結

1. VivAsia 的課程是受到亞洲文化的薰陶
2. 做為一個稱職的教練
3. 有效的運用不同的溝通方式授課
4. 復習舞蹈 / 蓮花班的格式:
  - 熱身 (5-10 分鐘)
  - 心肺活量 (35-45 分鐘)
  - 平息過程 (3-5 分鐘)
  - 增加腹肌和耐力 (5-7 分鐘)
  - 最後結束前的舒緩 (3-5分鐘)
5. 動作結構分解
6. 教練技巧：提示方法：包括移動口語和視覺提示，安全、技巧和激勵提示
7. 瞭解音樂結構：詩節、合聲、和連接
8. 課程項目的修改
9. 建立團體及增加創意

### 練習焦點

移動時的視覺和口語指示。在移動之前，由一個動作轉到下一個動作的四拍前要及時給予提示。方向轉變提示可運用手臂或手指做為左右方向提示。此外，當教練面對學生時，要注意自己的方向及移動是與學生的相反。

## Body Mechanics

Stretches at the end of the class should include the major muscle groups that were worked during the cardiorespiratory portion. There are many stretches that target each muscle group. Safety for your audience should be kept in mind when selecting the appropriate stretches. One option for the quadriceps is to stand on one leg and hold onto something solid, if needed. Bend a knee, bring the heel toward your buttock and reach for the ankle with your hand. Hold the stretch for 20 – 30 seconds, release and repeat on other leg. Be careful not to strain the knee.

### 1) Standing Quads Stretch

**Starting Position:** Stand on one foot, holding the back of a chair to balance. With your free hand, hold the ankle of the stretching leg behind you.



**Action:** Pull your heel towards your bottom until you feel a strong stretch in the front of your thigh. Hold for 30 secs.

**Repetition:** Repeat 3 times, 2x daily, or before and after exercise

**Note:** Keep your upper body up straight – don't lean forwards or it reduces the stretch

**Progression:** To stretch further, carry out the exercise as described but also push the pelvis forwards and take the knee backwards

## Remarks

In addition to motivating your participants, keeping yourself motivated is important. Strategies include working with a buddy and/or small group, setting realistic timelines, and mini-rewards such as going to see a movie or buying new shoes.

## 身體力學

結束前舒緩包括心肺活量時用的各組主要肌肉。其中包括不同部位的舒緩。在舒緩時一定以參加者的安全為主去運用合適的舒緩動作。其中是選擇股四頭肌時，單腳站立和如需要可扶用其他硬物。膝蓋彎曲、把腳跟提起向臀部，然後再用手伸展到腳跟處，維持20-30秒、放鬆後，重複另一支腳。注意避免扭傷膝蓋。

## 備忘錄

除了鼓勵學生外，教練本身也需要擁有高度的自發能力。可運用一些方法包括找同伴或組小團隊共同練習，設定可達到的目標，甚至給予自己些獎勵比喻去欣賞一場電影，或買一雙新鞋等以做為個人鼓勵。