

Halau O Kahealani

Hula dancing has many benefits for adults as well as children. Hula is one of the best ways to learn about the Hawaiian culture, language, customs and protocol. In Hawaii and abroad, students learn hula at a very young age. Many schools in California offer something different to their students (performance, competition, cultural sharing, etc.) Finding a hula school in your area that is right for you will take some time and research.

Halau O Kahealani is culture and learning based. Students are not required to perform however small performances are available for students that are interested in experiencing “the stage”. Please read below for a description of our keiki classes.

Kaikamahine A (Age 6-8)

Children learn all basic hands and feet movements according to *Ike Kumu basics* (handout). They will learn ancient, contemporary and noho hulas. In addition they will be slowly introduced to dancing with hula implements (short kala’au, pu’ili). This class will help prepare the student to move forward in skill and understanding required in the next level (Kaikamahine B).

Kaikamahine B (Age 9-12)

Students will be tested on Hawaiian vocabulary and need to know the *Ike Kumu* basics. They will learn dances which require more complex movement and coordination. Hula implements used in this age group will be ipu, ‘uli’uli, pu’ili and ‘ili’ili. This class will help prepare the student to move forward in skill and understanding required in the next level hula (teen hula class).

Teen Hula (Ages 13-17)

At this level, students will have mastered the foundation skills for both ancient and modern styles of hula. Because teens learn at a rapid pace they will be learning on average one hula per month. Ancient hulas will include ‘Ai Kahiko (hulas written in the 20th and 21st centuries that follow the stylistic protocols of the ancient hula kahiko) and lineage kahiko. At times this class will be strenuous both physically and mentally. Please be sure to bring water and a towel to class.

Students in this class will be required to perform at festivals, recitals and cultural sharing programs as requested.

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Hula Aerobics (All Ages)

Daily exercise such as walking, swimming or bicycling is all aerobic activities that affect your heart, lungs and blood flow. Regular aerobic exercise can help you to live a longer and healthier life. During *Hula Aerobics*, you will repeatedly move large muscles in your arms, legs and hips allowing you to breathe deeply, maximizing the oxygen in your blood. Your body will release endorphins reducing stress and improving sleep. Regardless of your age, weight or athletic ability, *Hula Aerobics* will help you reach your fitness goals.

Hula for Beginners (All Ages)

This 30 minute class is focused on the repetition of basic hula steps to provide the beginning student with a greater understanding of Hawaiian dance. Students are introduced to hula through basic hand and foot movements helping them to develop coordination and rhythm. Slowly basic dance steps are arranged into hulas. This class will prepare the beginner student for the next level of hula which would be the Recreational Hula class.

Recreational Hula (All Ages, All Levels)

Recreational exercise provides cardiovascular and psychological benefits such as, reducing stress, improving self-esteem, and meeting new people. Recreational Hula is a low impact, relaxing form of exercise that gets your body in motion to improve circulation and oxygen to your muscles. The value and benefits of Recreational Hula is best seen over a long period of time. Regular attendance over a prolonged period of time will result in an enhanced quality of life, more energy, and the social benefits of meeting like-minded people who share common interests.

Advanced Hula (Performing Group)

At this level, adult students will have mastered the foundation skills for both ancient and modern styles of hula. The advanced class is responsible for learning ALL dances taught in the halau and be able to perform it professionally on stage.

Students in this class will be required to perform at festivals, recitals and cultural sharing programs as requested.