

anoukvandijk dc

Countertechnique Teachers Training Program (CTTT)

A. General Introduction

The Countertechnique™ Teachers Training program (CTTT) is a training program that in three certification stages leads up to teaching Anouk van Dijk's Countertechnique for dancers independently.

The CTTT program focuses on both the theoretical principles of the Countertechnique movement system and the practical training of Countertechnique classes. The learning program is centered around two-yearly CTTT intensives, and is supplemented with update weekends, following regular Countertechnique classes, monitored teaching practice, evaluative talks and written information in the regularly updated Countertechnique Workbook for Teachers and the Workbook for Dancers.

Entering the CTTT program requires a long term commitment from the aspiring Countertechnique teacher. All current Senior Level Countertechnique teachers have for many years been dancers with anoukvandijk dc, Anouk van Dijk's dance company, thereby having been exposed to and trained in Countertechnique for a great part of their career. Advancing to these levels will require dedicated study and practice over the course of years. Gradation of levels takes place according to proven achievement in all required aspects of the CTTT training program.

The teacher certification has three stages: every participant enters as **ASPIRANT**, having thereby acknowledged the ambition to participate in the CTTT program. Even though teaching Countertechnique is not allowed at this stage, to be formally accepted as Aspirant is required nonetheless to enter the CTTT program. The subsequent levels of **TEACHER** and **SENIOR TEACHER** each have the sub gradations from I to III, marking the progression within these two stages. The final stage, **MASTER TEACHER**, is not a level that can be attained, it can only be awarded.

B. The CTTT program

B.1. Content of the Program

The CTTT is a two week Intensive, where Anouk van Dijk and Master Teacher(s), in some cases assisted by Senior Teacher, are step by step transferring knowledge about the Countertechnique movement system as well teaching Countertechnique classes. For the Aspirants participating in the two-yearly CTTT two week intensive, the focus of the program is on learning and practicing how to teach a *basic* Countertechnique class. All the elements and exercises of the basic Countertechnique class (the *Skeleton*) are explained, analyzed and practiced extensively, after which all participants prepare and teach their own follow-up class, elaborating on the existing material. There will be a continuous discussion of all the topics involved, ranging from all the basic elements to musical phrasing of exercises and adequate use of terminology. Besides all the practical work, also daily theory classes will be taught (referring to the central concept of the Countertechnique *Toolbox*), as well as workshops 'practical tools' – both of which aim to research more in depth certain elements of the class, as well as underlying principles and motivations for making

choices in how to build a class. At the end of the first CTTT two week intensive the Aspirant participants should know and understand the general framework, exercises and development of a basic Countertechnique class (the *Skeleton*) and should also be ready to teach it independently. Besides all the work in the studio, participants will also need to write a paper on a subject that is chosen. If all levels are completed successfully, one will be granted the level Teacher.

For the Teachers participating in their second CTTT two week intensive, the focus of the program is on understanding, analyzing and discussing much deeper the theory of the underlying movement system, on increasing the different types of classes one can teach in different circumstances and the didactical skills to deal with larger groups and to help individual students by giving made-to-measure feedback and advice. An important focus of the program will also be the Teachers personal experiences in teaching. The workshop 'practical tools' will specifically help the participants to discuss, analyze and deal with the problems and situations that they encounter in their teaching practice. Besides the elements above, in general the Teacher participants will receive much more information of an advanced level, studying much more in depth elements such as popping, and double presence awareness and other elements that help deepen their understanding of the underlying theory. Practicing how to apply these elements themselves will also be an important part of the program. Besides all the work in the studio, participants will also need to write a paper on a subject that is chosen. If all levels are completed successfully, one will be granted the level Senior Teacher.

Besides the two-yearly two week intensives the CTTT program participants of Teacher and Senior Teacher levels will also attend two-yearly update weekends, where participants can share their teaching experiences and get feedback on issues they encounter and where they will also hear about theoretical and practical updates of the movement system and the class practice. Next to these weekends – that can also be attended by Skype, if travelling is impossible – there is always the possibility to get personal feedback by request from either Anouk van Dijk, Master Teachers or – for more day-to-day feedback - Senior Teachers.

The basic literature consists of the Countertechnique Teachers Workbook, the Countertechnique Dancers Workbook and the chapter Countertechnique in the publication Dance Techniques 2010 (incl. the video-material). All these publications should be studied extensively, as well as all new appearing documents and/or (dvd-)publications.

As an attachment to this document you'll find a more detailed Curriculum of the two week intensive program.

B.2. How do you get in, and how do you progress from level to level?

To enter the Aspirant level no formal requirements are necessary, except for having been a professional dancer for at least five years, having attended a substantial number of Countertechnique classes or taken part in one or more workshops by Anouk van Dijk and/or other teachers of the Master Level. During these classes and workshops they should have displayed a thorough physical and analytical understanding of the principles of the Countertechnique and have shown to have the skills to convincingly apply these principles in movement. Further criteria that are used to determine the final eligibility for the CTTT program, are didactic skills, use and

understanding of the English language and the personal motivation in joining the program, which includes the time one can and wants to spend on studying, practicing and developing.

To be admitted to the basic level, Teacher, in addition to the conditions for the Aspirant level, one has to have attended successfully at least one CTTT two week intensive program. At the end of the intensive for each student individually it is determined whether access to the level Teacher is granted, and if so, which gradation within that level (I, II or III) is granted. As a rule, to become a Teacher any Aspirant should at least:

- be able to build and further develop the exercises for a Countertechnique class (the Skeleton);
- have sufficient knowledge of the Countertechnique Toolbox and how to use it;
- be able to sufficiently apply the principles of the Countertechnique in his/her own dancing, training and performing;
- work according to the approach as described in the Countertechnique Workbook for Teachers.

Each certified Teacher is required to study intensively all written information, including all updates on this information in the year following the intensive. Teachers from the basic level Teacher should follow as much as possible all classes and workshops by Senior or Master Teachers. Teachers from the level Teacher are asked to regularly demonstrate their progress in understanding and applying the knowledge of Countertechnique, both in dancing and teaching, by participating in classes and by regularly teaching 'demonstration classes' and writing short papers on certain aspects of the Countertechnique.

To enter the level Senior Teacher, in addition to the conditions for the Aspirant and Teacher level, one has to have attended successfully at least two CTTT two week intensives within a six year period and one should have taught in the two years before the second CTTT a minimum of 40 classes. At the end of the second intensive for each student individually it is determined whether access to the Senior Level is granted, and if so, which gradation within that level (I, II or III) is granted. Each Senior Teacher is required to study intensively all written information, including all updates on this information in the year following the intensive. Senior Level teachers should follow as much as possible all classes and workshops by other Senior or Master Level teachers. Senior Level teachers are asked to regularly demonstrate their progress in understanding and applying the knowledge of Countertechnique, both in dancing and teaching, by participating in classes and by regularly teaching 'demonstration classes' and writing short papers on certain aspects of the Countertechnique. Senior Level teachers are required to provide Aspirants and Teachers with personal feedback, whenever they participate in their classes or workshops. Senior Level teachers should attend at least one CTTT intensive every six years in order to keep their level or progress to the level of Master Teacher.

The Master Level cannot be acquired, it can only be awarded by Anouk van Dijk. Master Level teachers in principle always keep their level.

C. Teaching in practice

The Countertechnique is a complex and multifaceted movement system, which has taken many years to develop and which has proven to require several years of training to enable students to teach independently at the level of Senior Teacher or Master Teacher. Setting up a Countertechnique Teachers Training program for people from outside the company is a big new step. Whereas until now all teachers have been operating mostly as dancers within Anouk van Dijk's company, the CTTT program will produce new generations of teachers that cannot be mentored quite as easily and as regularly as this first generation of teachers / dancers. To guard both the quality of the Countertechnique teaching as well as the investments of the current and future Countertechnique teachers, we want to be very careful in determining what teachers can do with the Countertechnique, and at which stage. We've therefore developed some ground rules, which specify how the different level teachers can operate and what are the requirements and restrictions in their teaching practice. These rules deal on the one hand with *what* teachers of different levels can/should teach and on the other hand with *how* teachers of different levels can/should advertise themselves. This first paragraph deals with what every teacher can/should teach at what level, the next paragraph addresses the issue how a teacher can advertise him/herself.

C.1. What can you teach at what level?

Teaching starts at the level Teacher. So, only after having been accepted as Aspirant and after having successfully completed the first CTTT, and therefore acquiring the level Teacher, teaching of Countertechnique starts.

Teachers of the basic level Teacher can teach a basic Countertechnique class. Teachers are encouraged to explore in their teaching the development of their individual qualities, but at the same time are expected to always operate within the confines of the Countertechnique Workbook for Teachers, applying all available principles of the *Toolbox* and always using the *Skeleton* model for the build-up of the class structure.

Teachers of the level Senior Teacher will be teaching a much further developed Countertechnique class, being able to transfer at the same time more in-depth knowledge, share personal experience and as a mentor/teacher look for individual solutions for students. By the time one reaches the level Senior Teacher, it will be more clear which didactic skills one possesses and which personal physical and mental abilities one can make good use of, and by that give a strong personal touch to the classes. However, also teachers of the level Senior Teacher are required to always operate within the confines of the Countertechnique Workbook for Teachers, applying all available principles of the *Toolbox* and always using the *Skeleton* model for the build-up of the class structure. Next to the Countertechnique classes, Senior Teachers can also start teaching the Practical Tools Workshop and, if desired, other workshops that address one or more Countertechnique principles or uses but utilize a more specifically use of individual qualities of the Senior Teacher.

Master Teachers have a great personal freedom in teaching Countertechnique and/or developing other formats of workshop addressing the Countertechnique, but at the same time are required to always operate within the confines of the Countertechnique

Workbook for Teachers, applying all available principles of the *Toolbox* and always using the *Skeleton* model for the build-up of the class structure.

For teachers of all levels goes that either omitting crucial elements and principles of the Countertechnique, as specified in the Countertechnique Workbook for Teachers, the Toolbox and the Skeleton, or including in their classes other outside elements that conflict with these principles, renders one ineligible for teaching Countertechnique.

C.2. How can you advertise yourself?

CTTT participants start teaching Countertechnique at the level Teacher. The (substantial) difference in teaching level between Teachers, Senior and Master Teachers should be acknowledged however, also in the way teachers of different levels are advertised. Rather than giving space to different interpretations of any guidelines, we therefore prefer to provide a clear formulation.

An *Aspirant* is not a Countertechnique Teacher. Even though an Aspirant Teacher might have attended many Countertechnique classes and/or have already a lot of teaching experience before entering the CTTT program, at the Aspirant level no public advertising of the Countertechnique in any form is allowed, including general references in class descriptions such as 'influenced by...', 'having followed classes with..' or mentioning the Aspirant level status. The Aspirant level only acknowledges the eligibility of an applicant to enter the CTTT program at a certain moment, but does not entitle to either teach or refer to the Countertechnique in any form.

A Countertechnique *Teacher* includes in any description of his teaching that "he/she is a teacher of Anouk van Dijk's Countertechnique. In his/her class the basic principles of the Countertechnique are addressed.". All other references to the Countertechnique in any kind of class description should first be put up for revising with the company.

A Countertechnique *Senior Teacher* has much more freedom in choosing the description of his/her classes, since these classes will show also a stronger personal approach to teaching Countertechnique. We do ask however that in any description of her/his teaching is included that "he/she is a Senior Teacher of Anouk van Dijk's Countertechnique.".

A Countertechnique *Master Teacher* is free in choosing a description of his/her Countertechnique classes. We do ask however that in any description of his teaching is included that "he/she is a Master Teacher of Anouk van Dijk's Countertechnique."

On the Countertechnique website we will advertise and promote all certified Countertechnique teachers. Only certified Countertechnique teachers appear on our website (or other publications) and are actively being promoted by our company as 'teachers to be booked'.

C.3. Where can you teach?

Though our company will assist in finding teaching opportunities, we promote Countertechnique teachers having and/or developing their own teaching practices. We therefore basically allow everyone to teach everywhere. The only exception is a short list of internationally valued (educational) institutions, where we want

Countertechnique to be introduced by either Anouk van Dijk or a Master Teacher. For Anouk van Dijk's 'home countries', currently Australia and The Netherlands, we ask that you consult with us before making acquisitions or accepting teaching opportunities.

For those teachers for whom CTTT is an introduction into teaching, we can share our experience about what are the best places to start teaching and advise you on how to start a teaching practice.

All Teachers are obligated to register all their teaching activities on our website, with a minimum of two months in advance. This way it is clear where students can follow classes. We ask that you supply afterwards a quarterly overview of all classes taught. We ask also that you either inform us directly or participate in our Teachers Forum about development plans or acquisitions regarding your teaching practice, so we can make sure educational institutions are not being approached by different Countertechnique teachers at the same time.

D. Admission, fees and general conditions

D.1. Admission

The CTTT program is open to professional dancers with at least five years of professional working experience. Previous to entering the program they should have attended a substantial number of Countertechnique classes and/or taken part in one or more workshops by Anouk van Dijk and/or other teachers of the Master Level. During these classes and workshops they should have displayed a thorough physical and analytical understanding of the principles of the Countertechnique and have shown to have the skills to convincingly apply these principles in movement. Having taken regular Alexander technique classes is also considered an advantage, since studying Alexander technique will help understanding and applying some of the Countertechnique principles. Further criteria that are used to determine the final eligibility for the CTTT program, as well as for the advancement through the different teacher levels, are didactic skills, use and understanding of the English language and the personal motivation in joining the program, which includes the time one can and wants to spend on studying, practicing and developing.

Anyone that is interested in attending the CTTT program and feels is qualified to take part in it, can send a letter of interest. However, selection of the CTTT participants takes place on the basis of invitation only. The CTTT program admits a maximum of five new participants per edition.

D.2. Fees

Entering the Aspirant level requires no payment; following company class is free, but only after having been allowed to enter the CTTT program.

For participation in the CTTT two week intensive program a fee is required of participants of the levels Aspirant and Teacher. The fee for attending the CTTT in 2012 is 1.500 euro's. The fee for attending the second CTTT, in 2014 or 2016, either as Teacher or a second CTTT as Aspirant, is also 1.500 euro. The fees for second timers in 2014 and 2016 can be adapted, but only marginally (max. 5% per year) to

compensate for inflation. For new Aspirants starting in 2014, 2016 or later, new prices will be determined, never lower however than the current 2012 prices.

All written information published by the company is provided free of charge, except possible postage costs. If any (commercially) published books or essays are part of the curriculum, they might have to be bought by the participants themselves.

Senior Level teachers are not required to pay a fee to attend the CTTT two week intensive program, but in return for participating without charge might be asked to assist as teachers during the CTTT.

Although participants in the CTTT are expected to develop a professional teaching practice for themselves, teaching Countertechnique at Anouk van Dijk's company is considered practice, not commissioned work. Therefore both Teachers, Senior Teachers and Master Teachers might be asked to teach company classes. Unless otherwise employed already by the company, Senior Teachers and Master Teachers will receive a modest financial reimbursement when asked to teach two or more days in a row. CTTT participants of the level Teacher receive no fee for teaching company classes.

D.3. General conditions

1. The content and form of the movement system Countertechnique, including its basic principles and applications in dance and teaching, including the CTTT program itself, are the intellectual property of Anouk van Dijk and will remain so. Even though the development of elements of the Countertechnique have benefited from the participation by, use of and discussion with third persons, the authors rights of the system as a whole and of the individual elements and principles as well as the training and exercises undividedly belong to Anouk van Dijk. Unauthorized use of the principles and applications of the system in all its details in any kind of form, including publication, under any kind of name is not allowed.
2. Every teacher is allowed only to teach or refer to Countertechnique as an individual teacher. One is not allowed to teach or refer to Countertechnique as any kind of business other than an individual one, which means for instance one cannot exploit a company selling Countertechnique classes in any kind of form, or have a Countertechnique school or institute, nor is any teacher allowed to teach others than CTTT program participants to teach Countertechnique in any form, nor can one exploit the Countertechnique through publications and/or public appearances in any kind of form including website, speeches, books, articles, interviews and so on.
3. The admission to and progression through the different stages of the CTTT program is done by Anouk van Dijk. Even though discussion with Master and Senior Level teachers does play an important part in the gradation decisions only Anouk van Dijk herself is entitled to make any decision on a (aspiring) teachers gradation.
4. The CTTT program is aimed to lead up to participants teaching Anouk van Dijk's Countertechnique for dancers independently. Progression through the different stages is conditional; one has to achieve progression in levels and in order to keep the acquired level one has to fulfill the specified conditions. Participants that do not fulfill these conditions, will not be able to progress to the next level, and could eventually be downgraded or excluded from the program.
5. Participation in the CTTT two week intensive is aimed at advancing the participants to the Teacher (and later, Senior) Teachers level. However, participating in the intensive does not entitle the participant to automatic access to these levels: access

can also be denied, entitling an Aspirant participant only to a document stating that 'an intensive two-week post-academic teaching course has been followed at anoukvandijk dc' and requiring a Teacher to participate in another CTTT two week intensive, or another specified program, in order to qualify for Senior Level teacher.

6. Participants at levels Teacher and Senior Teacher are allowed and encouraged to teach as much as possible. Since however the Countertechnique as a movement system is relatively new and has not yet been introduced at all main (educational) institutions, certain restrictions apply as to where individual Teachers and Senior Teachers can teach – this so at certain internationally valued (educational) institutions the Countertechnique is introduced by either Anouk van Dijk herself or a Master Teacher.

7. The company aims for centrally promoting the Countertechnique, both to students and educational institutions. For that reason it's both functional and necessary to know where classes are taught and which acquisitions and development of teaching practices are planned by individual teachers. Teachers are required to cooperate in any system for coordinating and promoting the Countertechnique on a central level, using either a Teachers Forum, central website or any other future means that will be developed to this extent.

8. The general outline of the program as described in this document will form the basis of the CTTT program also in the future. Since however we want to be flexible in learning from our experiences while developing the program, changes in the program and/or this adjoining document might occur. Any changes will be effective after publication on our website and/or after direct communication to any participant.