



COLOURED BANDS

Students are guided through each band by their instructor so that they can fully understand the meaning and philosophy behind each band colour. Below is a short extract of these.



WHITE BAND

DEDICATION

To begin, you'll learn the importance of 100% dedication and commitment. You will also begin learning the Student Creed.



BLUE BAND

PATIENCE

You'll learn that having patience is key when training, so that we can walk strong before we can run!



RED BAND

INTEGRITY

Here you'll learn how important it is to be honest and trustworthy to others.



YELLOW BAND

EACH ONE TEACH ONE

You'll begin to develop your leadership skills via helping and guiding others within, and outside of, classes. You're working towards becoming a role model for others in the community!



DARK GREY BAND

DISCIPLINE

The importance of time management: making sure you have time to practise and dedicating yourself to your goals.



ORANGE & BLACK BAND

BELIEVE

Believe you can and you will!



GREEN BAND

CONCENTRATION

You'll be learning more about focus and concentration, and how these are important tools in helping you achieve your goals.



AQUA BAND

PERSEVERANCE

This is when you'll learn the principles of a Black Band, including courtesy and perseverance and why they are important to your journey.



PURPLE BAND

RESPECT

You'll learn how vital it is to not only respect others, but to also understand the significance of self-respect.



DARK BLUE BAND

CREATIVITY

To think outside the box and use what we know to create new movement and shapes.



ORANGE BAND

HEALTHY

Keeping up your healthy lifestyle and making sure we maintain these habits throughout everyday life.



BLACK BAND

BLACK BAND EXCELLENCE

Once you reach this level you must concentrate on perfecting the techniques, skills and routines learnt so far. This means putting 100% of your energy and focus into every class and practice session.



BAND PHILOSOPHY



WHITE BAND DEDICATION

Start practising the quality of being dedicated by committing yourself to 100% attendance in class to achieve your White Commitment Band! Learn to focus on the dance class for the entire hour and you will see results!



BLUE BAND PATIENCE

Timing is key. Make yourself wait. Stop doing things that aren't important. Be mindful of the things making you impatient. Relax and take deep breaths.



RED BAND INTEGRITY

Are you the best version of yourself? Be honest and keep your promises. Be compassionate and show empathy towards others. Create a personal mission statement.



YELLOW BAND 7 STEPS TO BECOMING A ROLE MODEL

1. Demonstrate leadership.
2. Don't be afraid to be who you are.
3. Communicate.
4. Show respect.
5. Always be a student.
6. Show willingness to admit mistakes.
7. Go the extra mile.



DARK GREY BAND SELF-DISCIPLINE IS THE KEY TO SUCCESS

Keep up good habits and eliminate bad ones; this will give you the strength and stamina to withstand difficulties.



ORANGE & BLACK BAND BELIEVE

- Look after **yourself**.
- Make **yourself** think positively.
- Stay in control of **yourself**.
- Always be at **your** best.
- Energise **yourself**.
- Enjoy **your** life.
- Believe in **yourself**.

BLACK BAND

Encompasses all the above, as well as proving dedication, perseverance, hard work and skill; it represents the beginning journey of a Black Band MF Dance practitioner. You can freestyle, perform and demonstrate various styles of Street Dance.



GREEN BAND 5 WAYS TO IMPROVE YOUR CONCENTRATION

1. Meditate
2. Make Lists
3. Exercise
4. Declutter
5. Take a Break



AQUA BAND PERSEVERANCE

Take each stepping stone at a time. Slow and steady often wins the race!



PURPLE BAND FOLLOW THE ONE GOLDEN RULE OF RESPECT

Treat others as you wish to be treated.



DARK BLUE BAND CREATIVITY

Build your creativity by applying your knowledge and discipline to a way of thinking that will develop new ideas. Pay attention to detail and always challenge yourself.



ORANGE BAND 5 WAYS TO A HEALTHIER LIFESTYLE

1. Get active.
2. Choose water.
3. Eat more fruit and veg.
4. Switch off the screen.
5. Rest.

