



HOUSE OF JAZZ  
**WORKBOOK**  
TRAIN YOUR TRILOGY

# WELCOME

Welcome artist!

Thank you for your interest in the **House Of Jazz: Artist Development Program!**

To better understand our program and how we designed this workbook, please allow me to introduce myself.

*"Encouraging artists to open the mind, challenge the body, and inspire the soul."*

The **House Of Jazz: Artist Development Program** (HOJ ADP) is a post graduate transitional program designed to prepare dance artists for a career in the theatre jazz arts. It is an enlightened approach to dance education, changing the skyline of the entertainment arts by moving young artists into greatness.

We believe the strongest artists train their trilogy: mind, body, and soul. Therefore, our class structure is outlined to follow this foundation. Each day consists of 4.75 hours of training, commencing with 1.75 hours of study (mind), followed by 1.5 hours of movement (body), concluding the day with 1.5 hours of style or choreography (soul), totalling 95 hours over a four week period.

The HOJ ADP is a four week program, Monday to Friday, 10:15-15:00. During this time you learn how to master your creative mind, understand your typecast and place within this industry, strengthen your technical foundation, and gain the versatility in the history of jazz movement.

Our program consists of over twenty faculty members, each with an abundance of knowledge and experience ready to share within an intimate classroom setting. Dancers enjoy learning in a safe yet challenging environment, led by instructors that they can connect to on a professional level.

Your next opportunity to participate is 8th July - 2nd August 2024.

For registration requirements, please email [houseofjazzuk@hotmail.com](mailto:houseofjazzuk@hotmail.com).

Thank you,

*Christie Lee Manning*

**House Of Jazz Company**

#trainyourtrilogy

# WEEK ONE

## Jazzy History

During the first week of our program, we discuss the history of jazz and all the styles that fall under the jazz umbrella. Let's see how much jazz history you know!

1. What decade was jazz dance first created?      2. What country did jazz dance originate in?

\_\_\_\_\_

3. Who is the Grandfather of Jazz Dance?      4. Who is known as the Father of Jazz Dance?

\_\_\_\_\_

5. We cover 10 different styles of jazz on our program. How many can you name?

1. \_\_\_\_\_ 6. \_\_\_\_\_

2. \_\_\_\_\_ 7. \_\_\_\_\_

3. \_\_\_\_\_ 8. \_\_\_\_\_

4. \_\_\_\_\_ 9. \_\_\_\_\_

5. \_\_\_\_\_ 10. \_\_\_\_\_

(If you'd like to know if you answered correctly, send us your answers in an email and we'll get back to you!)

*“If you think you can do better, then do better.”*

Bob Fosse

# WEEK TWO

## Personal Development

During the second week of our program, we unpack your limited beliefs, unlearn old stories that you have been carrying around as your own, and uncover your unique forms of self sabotage. We unblock you from getting in your own way, put down the illusion that you are 'not good enough' and set you free to be your biggest, brightest, bravest, version of yourself. This week is your key to your own personal definition of success.

Let's begin with a clearing. Julia Cameron, author of *The Artist's Way*, calls this exercise Morning Pages. Here's how it works: We are going to give you the next three pages to write down whatever is on your mind. Understand that this is not a journal entry. Think of it more as written 'word vomit'. Write for three consecutive pages and abide by these three rules:

- 1) You must write at least three pages.
- 2) Try your best to not stop writing for the full three pages.
- 3) Never, under any circumstances, reread the pages!

By writing a a minimum of three pages, we beat the resistance challenging us to stop the exercise before we gain any real insight that this exercise has the potential to provide us. By not stopping during the exercise, we have the opportunity to write down whatever is on our minds without our egos jumping in to judge how we feel before we have the chance to acknowledge them. Finally, by not rereading the pages, we save ourselves from our ego taking our vulnerability and passing judgement on our thoughts and feelings.

This is a very powerful exercise to practice daily. It is best to practice this specific exercise in the morning.

Ready, set, go!

*“Often it is tenacity, not talent, that rules the day.”*

Julia Cameron

# WEEK THREE

## Career Development

During the third week of our program, we find your place in this industry by mapping out a very specific trilogy: what your skills allow you to do, what the industry perceives you can do, and most importantly, what you actually want to do. By aligning these three important things, we are able to help you see your place in this industry, and where you will thrive as a professional performing artist. Let's see what you can align on your own!

### Exercise #1: Your Skills

List the six strongest skills you have that serve you in your career, i.e. dancing (list specific styles), singing, acting, gymnastics, or any other special skills.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### Exercise #2: Your Typecast

Ask four trusted friends, colleagues, family members, or educators what your typecast is. Ask them what roles they see you playing, what shows they see you in, what choreographers would enjoy working with you, etc. Ask them to be as specific as possible.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

*“If I were the last person on earth, would I still do it?”*

Steven Pressfield

# WEEK THREE

## Exercise #3: Your Dream Jobs

It's time to dream big! What roles do you want to play, shows you want to be in, or people you want to work with? Again, be as specific as possible.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Exercise #4: Line Up Your Trilogy

Look at your answers to the last three exercises, and see if you can line up your trilogy. Do you have the skills to support your typecasts? Do your typecasts match your dream jobs? Circle any similarities and write down any insights below!

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*“All the good dancers I have known are taught or trained.”*

Fred Astaire

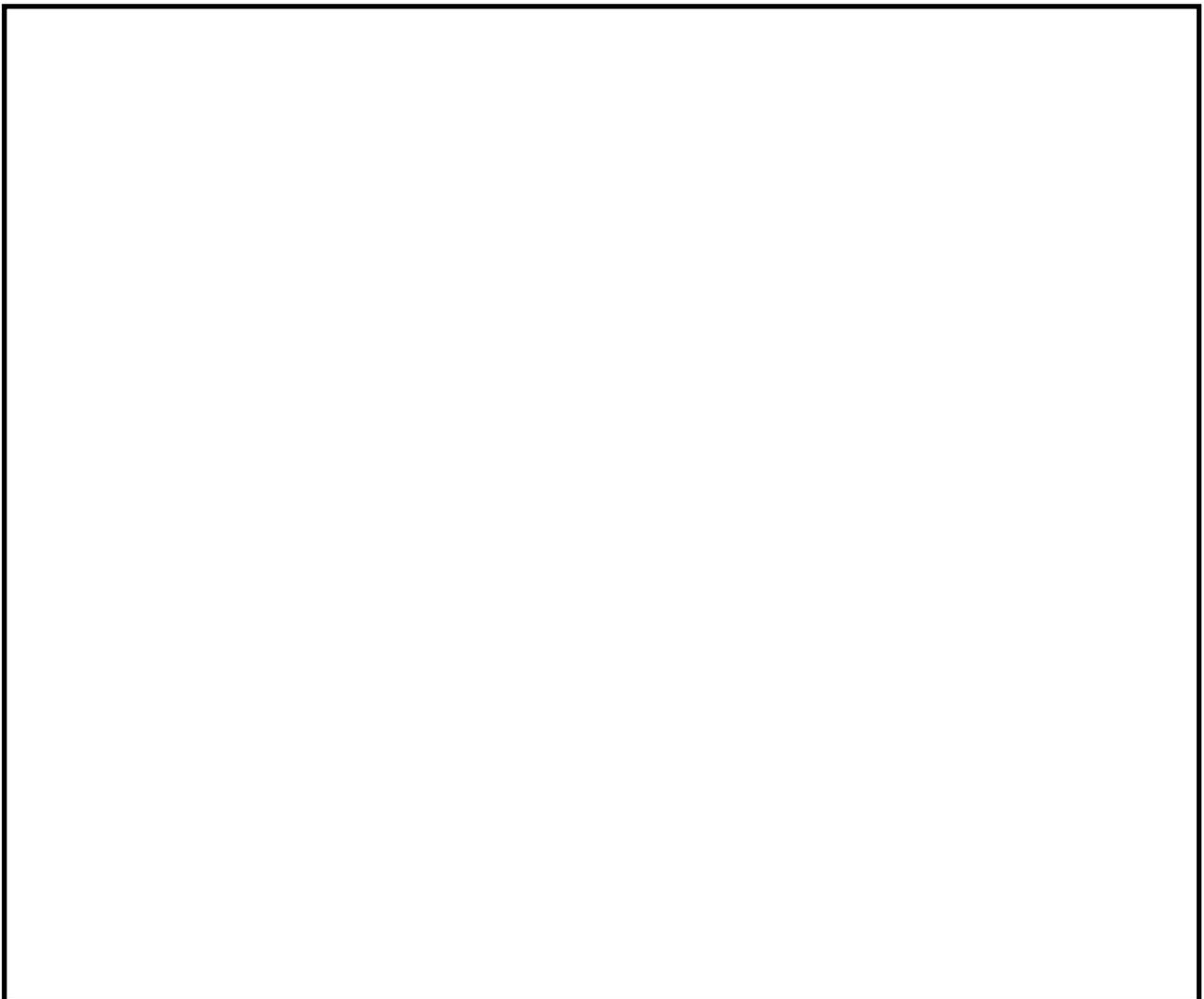
# WEEK FOUR

## Artist Development

During the fourth week of our program, we recover your connection and relationship with creativity, and unfold how this greatly affects your sense of fulfilment and your ability to achieve in this industry. We also unpack the secrets to sharing your creativity, who you should share it with, and how to get it from an idea to a full length show. This is the week we discover your most powerful tool, and it's not anything you'd ever expect!

### **Exercise #1: Happy Place**

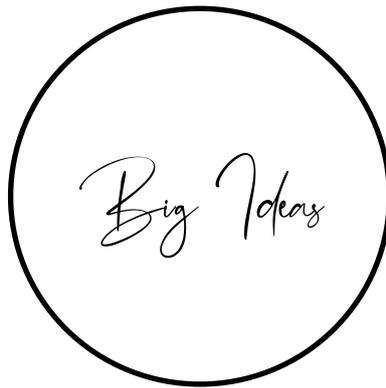
Draw a picture of your happy place in the box below. Happy sketching!

A large, empty rectangular box with a black border, intended for the student to draw their happy place.

# WEEK FOUR

## Exercise #2: Big Ideas

Use this page to write down any idea you have ever had, whether you had planned to see it through or not. At the same time, brainstorm new ideas! Stretch that creative muscle and see what you can come up with.



*“Create whatever causes a revolution in your heart.”*

Elizabeth Gilbert

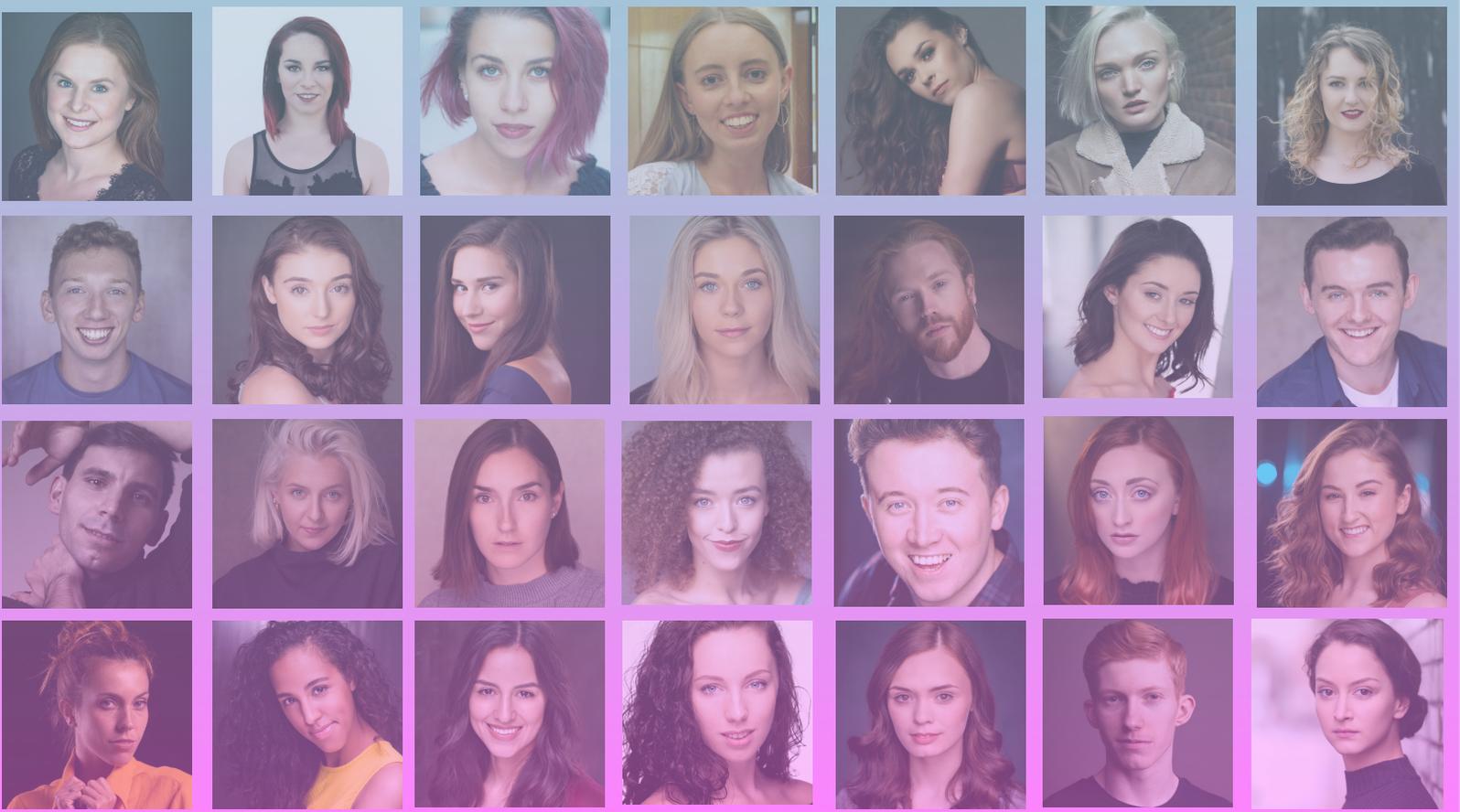


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# HOUSE OF JAZZ MEMBERSHIP

TRAINING WOLVES, NOT SHEEP.

Congratulations on investing time in you!

We hope you enjoyed this workbook. This is a small introduction into some of the work that we do, just to get you started on your journey investing in you. Our program leaders are always working to create more opportunities for jazz artists worldwide. If you're interested in more opportunities like this, have a look at our HOJ Membership!

## **INTERNATIONAL MEMBERS | £10.99/month**

8 x 2-Hour Dance Masterclasses (via zoom)  
Exclusive Access to Masterclass Archive  
16 Hours of Professional Training

## **LOCAL MEMBERS | £24.99/month**

8 x 2-Hour Dance Masterclasses (in person)  
Exclusive Access to Masterclass Archive  
16 Hours of Professional Training

## **WEEKLY MASTERCLASS SCHEDULE**

Wednesdays 17:00 - 19:00 @ The Manor  
Thursdays 18:30 - 20:30 @ Dance Attic

## **WELCOME TO THE FAMILY!**

Make sure to visit [www.houseofjazzcompany.com](http://www.houseofjazzcompany.com)  
to gain access to our Member's Only Page!

# THIS IS HOW WE DO IT