

Hula Basics Beginners Class Syllabus  
Duration: Three Months

**Class Format:**

- Classes are either pay as you go or paid monthly.
- Each class will strictly focus on hula basics.
- Two program options available:
  - 1) Introduction to Hula and Transition into Halau: Suitable for those interested in joining a hula halau (group) eventually.
  - 2) Movement Fusion: Designed for individuals who want to engage in hula as a movement activity and prefer a pay-as-you-go option.

**Month 1: Introduction to Hula Fundamentals (5-7 Hula Steps)**

Class 1:

- Introduction to Hula and Basic Posture
- Understanding the Importance of Hand Gestures
- Basic Footwork: Hela, Kaholo, Uwehe

Class 2:

- Hip Movements: Ami and Ami Kuku
- Basic Arm Movements: 90 degree, 45 degree
- Combining Footwork, Hip Movements, and Arm Movements

Class 3:

- Basic Turns: Kawelu, Ki'i Wawae, Huli
- Introduction to Chants and Basic Hawaiian Language Pronunciation
- Choreography Basics: Combining Steps, Movements, and Chants

Class 4:

- Review of Previous Steps, Movements, and Implements
- Hand Gestures & Foot Work Combined
- Further Choreography

**Month 2: Building Hula Skills (5-6 Hula Steps)**

Class 5:

- Review of Previous Steps and Movements
- Introduction to Basic Chants (Mele Inoa)
- Advanced Footwork: Kalakaua and Lele Uwehe

Class 6:

- Intermediate Arm Movements: Mauna, Pua, Kai
- Incorporating Arm Movements with Footwork
- Introduction to Basic Hula Expressions (Ha'i)

Class 7:

- Introduction to Basic Hula Drills and Combinations
- Advanced Turns: Ho'opuka and Kaholo ao ao
- Review of Oli

Class 8:

- Incorporating all movements into Choreography
- Polishing and Refining Choreography Skills
- Review of Previous Steps, Movements, and Hand Movements
- Introduction to Hawaiian Chants and their Cultural Significance
- Practice Session for Polishing Choreography and Expression

**Month 3: Mastering Hula Basics (5-6 Hula Steps)**

Class 9:

- Review of Previous Steps, Movements, and Chants
- Introduction to Advanced Footwork: Iolani, Homalie, Ku'i
- Refining Expressions and Storytelling Through Hula

Class 10:

- Advanced Arm Movements: Ho'opuka and Ilalo/ Iluna
- Incorporating Advanced Arm Movements into Choreography
- Advanced Hula Drills and Combinations

Class 11:

- Introduction to Traditional Hula Implements: Puili and Ipu Wai
- Learning Basic Handling and Techniques for Traditional Implements

Class 12:

- Final Review and Practice of All Steps, Movements, Chants, and Implements
- Group Performance and Feedback Session
- Celebration and Graduation

