



Fierce FUNk[®]

SESSION HANDOUT

Pepper Von

Zumba Education Specialist, USA

Presenter

Pepper Von

Schedule

- 10 Minutes – Pre-Class Hype and Welcome
- 20 Minutes – Funk Education
- 10 Minutes – Workout Warm-up
- 60 Minutes – Choreography Breakdown and Group Performance
- 10 Minutes – Workout Cool-Down
- 10 Minutes – Wrap-Up – Q & A

Session Objectives

➤ **This experience could change your life**

“Where dance, fitness, fun, power, passion, performance, energy and the philosophy of LOVE are expressed every day, not only in the streets or on the dance floor, but in every heart around the world.”

➤ **What is Fierce FUNK[®]?**

FIERCE FUNK[®] is not just a flavor of music or movement style.

FIERCE FUNK[®] is a live, moving energy that raises our consciousness (awareness), and provides a method (system) through which WE can meet our need and desire to be physically, mentally, and emotionally healthy and happy.

➤ **Fierce FUNK[®] Vision**

Our Vision is to unite the world one dance step at a time by bringing an atmosphere of motivation, non-judgment, inspiration, health and happiness through movement to music.

**Our promise is to Embrace, Educate,
Entertain, and Enhance.**

➤ **Benefits of Fierce FUNk[®]**

Physical Benefits

- Increases energy
- Improves coordination
- Increases aerobic capacity
- Increases muscle endurance
- Burns fat more efficiently
- Increases range of motion (ROM)

Emotional Benefits

- Decreases stress
- Eliminates boredom, burn-out, and stagnation
- Allows more freedom of expression (i.e., personality, style, flavor)
- Encourages personal growth
- Increases feelings of euphoria
- Brings about a sense of well-being

Mental Benefits

- Increases memory retention
- Improve proprioceptive facilitation
- Produces quicker firing neurons
- It enhances movement confidence
- It improves neuromuscular communication
- It improves music consciousness

➤ **To Dance Without Fear**

- Fix It (resolve)
- Use the fear buster method LISS (Let It Stay Simple). It's plain and simple: Do not complicate the movement by over thinking the process.

➤ **To Move With Fun & Flavor**

- Personal Style

➤ **Beyond The Physical**

- **History of Funk**
 - Funk Dance
 - Popping
 - Locking

- **Musicality: Skills & Drills**

- **The 3 Fierce FUNK[®] Commandments**
 1. Safety first
 2. Play harder than you work.
 3. Support and motivate each

Choreo Notes and Recommended Music

Available at www.fiercefunk.com