

How the *Ideokinesis* can collaborate in learning of basic coordination of belly dance for adult beginners

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Abstract

The main characteristics of belly dance are precise and winding movements, making the individual who practices it feel the need to have a good body proprioception and motor coordination. In order to facilitate the learning of these movements, this research proposes to evaluate if basic exercises of belly dance, developed based on the *Ideokinesis* methodology (in which visual and tactile-kinesthetic images are used for a better understanding of the movements) can assist in learning when it comes to adult beginners. The application of these exercises was held in the belly dance extension project at the Physical Education Institute at UNICAMP (State University of Campinas), with 50 individuals. This research is a part of a broader line of research that has been developed by the Research Group on Philosophy and Aesthetics Movement (GPFEM) of Unicamp, named: "aesthetic proprioception and kinesthetic in the movement arts."

Key words: dance, Ideokinesis, body conscience.

Introduction

With the large growth of belly dance, the search for means to facilitate the learning of this dance has been increasing. Therefore, we seek to identify the efficiency of *Ideokinesis* methodologies applied in the basic belly dance coordination.

Ideokinesis can be translated as "the image or thought being a facilitator for the movement" so, the "mind's eye" can change the forces of movement (WILLIAMS, 2011)¹, re-educating neuromuscular patterns for a better alignment and mechanical balance.

Thus, our research aims to evaluate, through practical interventions, the influence of exercises elaborated with the use of *Ideokinesis* methods in the belly dance learning for adult beginners.

Results and Discussion

10 exercises were applied to 50 beginner adult students of extension project of belly dance in the Physical Education Institute at UNICAMP. For each exercise, the researcher and the students answered the question: "how do you rate the learning of belly dance movements after the intervention using the *Ideokinesis* methodology today?" the answers given were: "it facilitates very much", "it facilitates a little", "it doesn't have influence", "it difficults a little", "it difficults very much".

A total of 500 responses were taken, 306 of these responses were correspond to the option "it facilitates very much" (61.2%), 127 to "it facilitates a little" (25.4%), 50 to "it doesn't have influence" (10%), 12 to "it difficults a little" (2.4%) and 5 corresponded to the option "it difficults very much" (1%).

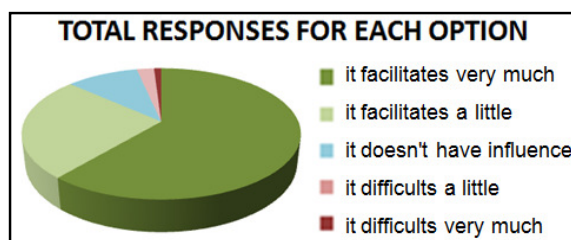


Image 1. Graphic: total responses for each option.

Conclusions

Based on the evaluations of the researcher and the results, in general, the exercises facilitated the learning of basic coordination of belly dance, showing that the methods of *Ideokinesis* can be very useful for this purpose, providing a good potential for positive influence on the execution of the basic dance moves. The research was also important to address issues related to *Ideokinesis* and belly dance, once there are not so many specific scientific publications for this subject.

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