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Forest Dance Academy Affiliations



ACROBATIC ARTS

Acrobatic Dancing Certification for Dance Teachers
Creating the World's Most Trusted Acro Programs

ACROBATIC ARTS



Training and Certification Course Overview

Created by a successful studio owner with decades of experience, Acrobatic Arts runs training and certification courses for dance teachers in the art of AcroDance. The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling. Developed with input from professionals and experts in ballet, modern dance, jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, pilates, physiotherapy, hand balancing and more, you will not find a more comprehensive program. Simple thoughtful progressions take the beginner preschool level dancer from log rolls and somersaults to the advanced dancer tumbling effortlessly across the stage!

ABOUT ACROBATIC DANCE | Acrobatic Dance, or acro as it is commonly referred to by dancers and dance professionals, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Often defined by unique choreography, acro dancers seamlessly blend musicality, emotional expression, line and extension with acrobatic movements in a dance context. Acro's roots are in traditional Chinese dance, later appearing as a favored style on the Vaudeville stage. More recently, acro gained popularity with the widespread success of the contemporary circus productions of Cirque du Soleil. Mainstream media including dance television programs like 'So You Think You Can Dance', 'America's Best Dance Crew' and 'Dance Moms' have further fuelled its demand in amateur competitive dance and studio settings. Acro is an especially challenging style for dancers to master as training in both dance and acrobatic elements is required. Acro technique includes balancing, limbering, tumbling and partnering, based on flexibility, contortion and strength.

OUR MISSION | To set the standard of excellence in education among dance instructors in order to promote technique and progression in Acrobatic Dance

THE PREMISE | We believe that proficient dance educators can be taught how to teach acro dance. Great dance teachers already understand the artistic requirements and extension that dance demands, and can learn the progressions necessary to teach their students the skills fundamental to acro dance

THE DEMAND | The increased popularity of mainstream media, including Cirque du Soleil and Dance Television has created a huge demand for acro dance teachers in studio settings. This has caused some studio owners to hire unqualified instructors or gymnastics coaches (who don't understand the art of acro, or how to perform the skills on a hard stage) to fill the void.

THE ACROBATIC ARTS SOLUTION | The Acrobatic Arts program provides easy progressions for dance teachers to follow, taking the guesswork out of offering acro dance by providing step by step instructions for every level. Acrobatic Arts starts at the very beginning, we teach instructors everything they need to know about proper placement and technique so their students will have the building blocks to progress safely and quickly from one level to the next. Acrobatic Arts Teacher Training and Certification courses provide extensive, hands-on training in spotting and progression so teachers leave feeling knowledgeable, confident and inspired to teach acro dance. Studios who continue with Acrobatic Arts Exams for their students will have continuous support, with adjudicator meetings offering feedback and suggestions to improve the studio's acro program annually.

THE BENEFITS | Dancers who train through Acrobatic Arts have balanced development, are stronger, more flexible and fearless. Studios that implement this program will see dancers with more skills, who have fewer accidents, and are less likely to develop chronic injuries.

ABOUT THE FOUNDER | As the founder and CEO of Acrobatic Arts Inc, Mandy manages the staff and delivery of all training programs, and the Acrobatic Arts syllabus in over 6500 dance studios in USA, Canada, UK, Australia, South Africa and over 25 other countries. She heads the Acrobatic Arts examination program, and trains and certifies adjudicators to administer exams in studios around the world. Over 350,000 dancers participate in Acrobatic Arts classes on a weekly basis! Mandy created the Acrobatic Arts training and certification program, and the Acrobatic Arts Curriculum, seeking advice and recommendations from industry experts in physiotherapy, artistic and rhythmic gymnastics, biomechanics, pilates, inversion, anatomy of movement, ballet, contortion, circus arts, and more to create the most comprehensive, researched program possible. Mandy also created the Acrobatic Arts App, My Acro App, the Acro Adjudicator App, and the AcroDance Preschool App. A lifelong learner, Mandy has attended and achieved certification in countless courses, including contortion, hand balancing, inclusive learning, tap, jazz, gymnastics, and safe coaching, to name a few. Mandy currently sits on the advisory board for YPAD, and assists with the mission of *keeping kids safe in dance* through this organization. Mandy has taught thousands of dance teachers, and provided expert classes at Dance Teacher Summit (NYC), Dance Teacher Web Live (Las Vegas), Dance Teacher Summit (LA), Toronto Dance Teacher Expo, Calgary Dance Teacher Expo, Move It Dance Convention (London), Can You Dance Super Convention (Liverpool), Victorian Dance Festival (Melbourne), and CLI Studios (LA). Highly sought for clinics and workshops across North America, Europe and Australia, Mandy is known for bringing passion, technique and in-depth practical knowledge to engaging classes.

Professional Curriculum for Acrobatic Dance
**Acrobatic
Arts**



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