

BREAKING FOUNDATIONS

12-Month Curriculum | Kids & Adults

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PROGRAM CONCEPT

A structured introduction to breaking that combines authentic hip-hop foundations with musicality, coordination, mobility, strength, safe movement progressions, and individual expression. Two groups follow the same five-element system, with teaching methods and physical challenges adapted to age and ability.

PROGRAM FORMAT

GROUP	RECOMMENDED FORMAT	LEARNING PRIORITY
Kids Breaking	Ages approximately 6-12; 1 x 60-minute class/week	Confidence, rhythm, coordination, discipline and teamwork
Adult Breaking	Teen & adult beginners (13+); 1 x 60-minute class/week	Technique, mobility, fitness, musicality and personal style

THE FIVE CORE ELEMENTS

ELEMENT	WHAT STUDENTS LEARN
1 Top Rock	Standing dance vocabulary, groove, timing and musicality
2 Go Downs	Controlled, safe transitions from standing to the floor
3 Footwork	Floor steps, weight transfer, patterns and coordination
4 Freezes	Balance, shapes, holds and body control
5 Power Moves	Conditioning, rotational mechanics and level-appropriate progressions

Progression is individual, not compulsory: advanced skills are introduced only when students demonstrate the required strength, control and readiness.

ANNUAL LEARNING ROADMAP

Each month focuses on one primary goal while all five elements remain part of regular practice. Example movements may be adjusted to the class level.

MONTHS 1-6 | FOUNDATIONS & CONTROL

MONTH / THEME	SHARED TECHNICAL CURRICULUM	KIDS GROUP	ADULT GROUP
01 Rhythm & readiness	Movement screening; posture and warm-up habits; basic bounce, step and rhythm; safe floor entry.	Games, counts, freeze statues.	Groove, foundational mobility and weight transfer.
02 Top Rock	Indian Step, cross steps and side steps; 8-count phrasing; basic go-down introduction.	Short step patterns with call-and-response.	Clean rhythm changes and two 8-count phrases.
03 Go Downs	Squat-based transitions, controlled hand placement, floor entry and standing recovery.	Low-level, playful transitions.	Transitions with balance and alignment.
04 Footwork I	Six-step preparation, basic CCs, body-support positions and direction changes.	Simplified 3- and 6-step patterns.	Six-step, CC technique, endurance.
05 Freezes I	Freeze principles: contact points, shoulder/wrist preparation, baby-freeze options, holds.	Balance shapes and short safe holds.	Stable freeze entry and exit.
06 First combination	Connect Top Rock → Go Down → Footwork → Freeze; short musical phrases.	10-20-second guided routine.	20-30-second basic solo sequence.

MIDYEAR CHECKPOINT | Students demonstrate a safe basic sequence and identify the five elements of breaking.

ANNUAL LEARNING ROADMAP

MONTHS 7-12 | COMBINATIONS & EXPRESSION

MONTH / THEME	SHARED TECHNICAL CURRICULUM	KIDS GROUP	ADULT GROUP
07 Footwork II	Six-step variations, CC combinations, level changes and directional patterns.	Simple variations with memory games.	Flow between patterns and cleaner transitions.
08 Freezes II	Freeze variations, entries/exits, core stability and safe conditioning.	Creative freeze shapes and control.	Longer controlled holds and freeze combinations.
09 Power foundations	Hollow/arch body work; shoulder and hip mobility; rotation drills; backspin prep.	Safe spinning and strength games.	Backspin progressions and rotational control.
10 Musicality & style	Accents, pauses, contrast and freestyle prompts; combine all five elements.	Responding to music and taking turns.	Personal rhythm choices and transitions.
11 Personal routine	Build and refine a solo; practice entrances, endings and movement quality.	Short individual/group combination.	30-45-second personal sequence.
12 Showcase & review	Review foundational vocabulary, safe movement habits and progress; informal showcase.	Supportive group sharing.	Individual solo and personal goals review.

YEAR-END OUTCOME | Students can connect basic Top Rock, Go Downs, Footwork and Freezes to music; show appropriate Power Move preparation; and express an individual style.

HOW EACH CLASS WORKS

Consistent structure makes the program easy to schedule, teach and evaluate.

SECTION	MINUTES	ACTIVITIES
Warm-up & conditioning	10	Pulse raise, joint mobility, wrists/shoulders, core and foundational strength
Top Rock	10	Rhythm training, step vocabulary and musical phrases
Go Downs	5	Safe transitions from standing to floor
Footwork	15	Floor vocabulary, patterns and coordination
Freezes	10	Technique, balance, entries and controlled exits
Power foundations	5	Progressive conditioning and rotation mechanics
Freestyle & cooldown	5	Guided creativity, reflection and recovery
TOTAL	60	One class per group each week

DELIVERY & SAFETY

Beginner-friendly: Students work at their own level; variations are offered for mobility, confidence and experience.

Age-appropriate: Kids use shorter instructions, structured play and frequent positive feedback. Adults receive clearer technical detail and scalable physical challenges.

Skill readiness: No student is required to attempt headspins, windmills or other high-risk skills. Power Move work begins with conditioning and supervised basics, progressing only when safe and appropriate.

Space: Clear, non-slip practice area with enough room for separated floor work; recommended small groups, with final capacity set by studio floor space and supervision.

SIMPLE PROGRESS REVIEW

MILESTONE	EVIDENCE OF PROGRESS
Month 3	Recognizes rhythm; completes a basic Top Rock and safe Go Down
Month 6	Connects Top Rock, Go Down, Footwork and a basic Freeze
Month 9	Demonstrates variations, stronger control and rotational preparation
Month 12	Performs a short, personally styled breaking sequence

PROPOSAL

Launch two weekly groups - Kids Breaking and Adult Breaking - using one clear year-long system. Begin with a trial term and review enrollment and student progress before adding sessions. Scheduling, pricing, age brackets and class capacity are to be agreed with the studio.