



Ola Hou i ka Hula

Kumu Hula Workshop

FOR COMMUNITY PROGRAMS

November 2019

Day 1--- (3 Hrs)

Supplies Needed

- Wrist-heart rate monitors
- Ola Hou bags as makana
- Workshop workbooks
- Water for participants (optional)

DEMONSTRATION/PARTICIPATION IN EXAMPLE OLA HOU CLASS (60 - 90 minutes)

Pass out HR monitors when they first sit in circle and give instructions on how to use them. Have them measure BP & HR at:

1. Circle
2. Peak dancing
3. Cool down

Demonstration/Example Class

Circle: Share

- Name
- Where you are from
- anything about hula background & health background 15 minutes

Walk-Sing Warm-up: 3 minutes

Stretches: 7 minutes

Footwork: 5 minutes

Continuous-Dancing 10-25 minutes

Walk-Sing Cool-down 5 minutes

TOTAL TIME 45-60 minutes

- *Distribute Workbooks after Example Class along with bag*

DISCUSSION (60 - 90 minutes)

A. Brief description & overview of finding of improvement in blood pressure (10 minutes)

1. Six Months Ola Hou I ka Hula
 - i. 3 hours heart health education
 - ii. 3 months, 1 hour hula class 2x week,
 - iii. 3 months, hula 1x week + goal setting & planning classes
2. 15 mmHg drop SBP, those with hypertension

B. Overview of Ola Hou & Ma ka Hana ka 'Ike Education (20 minutes)

1. assign homework READ all Heart Health Education

C. Key Elements of Ola Hou Hula Training 30 minutes

1. Circle (Hula + Heart Health background)
 - i. Introduction protocol –
 1. Share name
 2. Where you are from,
 3. Anything else about hula background & health background
 - ii. Get to know your students & building connections
 - iii. Creating a feeling of belonging to the class
 - iv. It is ceremony
2. Walking Singing
 - i. Slow start is important
 - ii. Learning words is helpful to learning & retaining hula
3. Stretches
 - i. Chair options
 - ii. Modification options
4. Footwork (No Hands to music or ipu)
 - i. Slow start is important
5. Song/Hula selection (What & Why)
 - i. IT IS IMPORTANT for sharing culture and message about healing & health
 - ii. Engaging dancers—consider about the place they live, message, imagery
 - iii. Think about tempo, regular verses
 - iv. For classes with experience dancers – select beginner songs that are less common hula (Hula Makee, Papalina Lahilahi....) able to find recorded music for practice helps the dancers
 - v. **Tool!** “*Audio speed changer*” App for adjusting tempo for recorded music
6. Continuous Dancing
 - i. Important – because we know:
 1. Regular physical activity improves blood pressure which reduces risk of stroke
 2. Dancing together increases feeling of connection & support
 - ii. Breathing – Why it is important
 - iii. Hydration – Why it is important
 - iv. Watching dancers for non-verbal cues & behavior
 - v. Keeping it interesting and continuous
7. Closing Circle & Pa'ina/Ho'ike

D. DAY 2 Assignments 10 minutes

1. Homework Assignment: Be ready teach 1 verse of hula of a practice class (Day 2)
 - i. Mana'o
 - ii. Bring 10 copy of words & music on phone or CD or ready to play on ukulele

E. Watch (or Re-watch) all background videos:

1. HELA Class overview: <http://www.youtube.com/watch?v=5wdjiCi1fv0>
2. HMI/Ola Hou warm-up stretches – sitting <https://vimeo.com/144828486>
3. HMI/Ola Hou warm-up stretches – standing <https://vimeo.com/144830718>

F. Practice the stretches in video or be ready to demonstrate your own stretching set

G. Read through Heart Health Education, and be ready with questions

Day 2 ---(3 hrs)

A. KUMU HULA PRACTICE LEADING OLA HOU CLASS 15 minutes

Volunteer lead walking-singing, & stretches.

Each Kumu, Kokua, and 'Alaka'i teach one verse of selected hula (90 minutes)

B. Ola Hou I ka Hula Overview 15 minutes

- a. Hula & Health – What we know
 - i. Improvements to physical, emotional, mental, and spiritual
 - ii. Energy expenditure – pick up basketball game (see background)
 - iii. Reduce high blood pressure
- b. Ola Hou program is among the best non-medication treatment for hypertension
- c. Individual Blood pressure goals (REFER to p.4, Heart Health Mod 1)

C. Development & Design of Ola Hou 15 minutes

- a. Leading cultural knowledge + leading scientific knowledge
- b. Six Months Ola Hou I ka Hula
 - i. 3 hours heart health education
 - ii. 3 months, 1 hour hula class 2x week,
 - iii. 3 months, hula 1x week + 30 minute goal setting & planning classes (*sometimes optional*)
- c. IMPORTANT GOAL: HAVE DANCERS BE ABLE AND WANT TO PRACTICE 2-3 DANCES INDEPENDENTLY BY THE END OF THE 6 MONTHS.

D. Ola Hou I ka Hula Discussion

Review 12 weeks of class: from circle to Ho'ike

Best Practices	20 minutes
Other Questions	10 minutes
Closing	<u>10 minutes</u> 40 minutes

BEST PRACTICES FOR HULA & HEALTH CLASSES

1. Establish “Aloha” as a class value and expectation
2. Do not dilute the cultural practice
3. Acknowledge that participants are there seeking both hula and health knowledge. Speak the language of hula, not disease. Haumana are there for both their health and their culture
4. Hula is the vehicle that we are using to teach our culture. Hula is also the vehicle to empower them and to reconnect to health

ADDITIONAL TRAINING

- ATTENDING OLA HOU I KA HULA HEART HEALTH EDUCATION CLASS – 3 hours
- Observation of Hālau Mōhala ‘Ilima Class

WORKSHOP REQUIREMENTS:

- 1) Have been a Kumu Hula more than 1 year
- 2) Taught hula to beginners (no hula experience) for at least 1 continuous year
- 3) Able to teach a beginner kahiko or ‘auana hula (bring taped music/chant)
- 4) Alaka’i hula may attend with permission from their Kumu Hula
- 5) WORKSHOP SIZE IS LIMITED TO 6 KUMU HULA

INFORMATION MATERIALS SENT TO KUMU PRIOR TO WORKSHOP:

In preparation for Day 1:

1. Watch all background videos:
 - a. HELA Class overview: <http://www.youtube.com/watch?v=5wdjiCi1fv0>
 - b. HMI/Ola Hou warm-up stretches – sitting <https://vimeo.com/144828486>
 - c. HMI/Ola Hou warm-up stretches – standing <https://vimeo.com/144830718>
2. Read
 - a. KaHOLO Fact Sheet,
 - b. Hula for Heart Health: Using Traditional Dance to Lower Blood Pressure
<https://www.nimhd.nih.gov/news-events/features/clinical-health-services/hula.html>
 - c. (Optional) Kaholokula article: Cultural dance program improves hypertension management for Native Hawaiians and Pacific Islanders.
3. Identify 2-4 beginner hula that you are ready to teach. Day 1 will include discussion regarding song selection, choreography, and teaching strategies and style. You will be asked to teach a hula you selected for an Ola Hou class in Day 2 of the workshop.