



Ola Hou i ka Hula

Kumu Hula Workshop

FOR COMMUNITY PROGRAMS
November 2019

Day 1--- (3 Hrs)

Supplies Needed
<ul style="list-style-type: none">• 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	<u>5 minutes</u>
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
 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, Hearth 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.