

BREAK-DANCE AS AN INNOVATION IN SPENDING LEISURE TIME AND SOLUTION FOR THE LACK OF ACTIVITY AMONG CHILDREN

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Abstract:

Nowadays children spend less and less time in active way. The problem becomes more and more popular every year. Break-dance is a new form of dance including gymnastics, creativity and fun. It helps to develop a motor skills as stamina, strength, flexibility, speed etc. Despite physical aspects break-dance also develops creativity, make people more open-minded, mentally stronger and is a great opportunity to travel around the world and get to know new cultures.

The general aim of the material research is to make children and older conscious about the new way of spending leisure time which is break-dance and to show physical and psychical advantages from doing it.

INTRODUCTION

Physical activity contributes to both improve the objective physical health, as well as self-esteem, it improves physical well-being, increases vigor and vitality, and finally — affects the mental sphere, bringing clear benefits, especially in the realm of emotions, in the form of improved mood, reduced anxiety and depression [9].

Nowadays problem is the lack of physical activity among children and youth. It results from children laziness, boredom, lack of motivation, lack of time etc. Children are tired from school duties and look for new alternatives to spend their free time. The best solution for them would be an activity they have never done before. Break-dance is a kind of innovative sport for everyone. I am also personally involved in it for 8 years old and I would like to show you its positive influence on others life. It helps you to keep fit, be active, more creative and meet people all around the world. All those needs may be fulfilled by break-dance. The aim of article is to encourage children to be active in a new way of physical activity – break-dance. It shows advantages and disadvantages of break-dance as innovative way of spending leisure time. Nowadays children do not want to spend time in active way at all. That is why it is our role to encourage them to be active. It is a mixture of dance, gymnastics, acrobatics, kind of social life and health rivalry. All of those elements have a positive impact on children health and physical. From sport point of view, B-boying, breaking, also called break dancing, is a kind of [street dance](#). Those who created bboying were African American and Puerto Rican youths from New York City. It is said that break-dance appeared in the early 1980s [12]. Media helped to popularize this kind of dance around the world. Break-dance was mostly popular in: Canada, Japan, United Kingdom, Germany, Russia, France and South Korea. The music to which b-boying is danced ranges from [hip-hop](#), [funk music](#) to [break beats](#). Today, every kind of music is allowed, as soon as is played with a tempo and patten proper to this dance [14]. Dancers who do break-dance are called: b-boy or b-girl. It means break-boy or break-girl (boy or girl dancing break-dance. The name break-dancer is commercial one, pioneers and practitioners use term b-boy and b-girl. Africa Bambaata, “the Godfather of hip-hop” said these words during one of the first parties when saw the dancers [11]. There are

four primary elements that form b-boying. They include top rock, down rock, power moves, and freezes. Top rock generally refers to any steps performed from a standing position. It is usually the beginning of a dance and shows dancer's style. Top rock has a variety of steps which can each be varied according to the dancer's expression (i.e. aggressive, calm, excited). A great deal of freedom is allowed in the definition of top rock: as long as the dancer maintains cleanliness, form, and the b-boy attitude, theoretically anything can be top rock. Top rock can draw upon many other dance styles such as [popping](#), [locking](#), [tap dance](#), [Lindy hop](#), or [house dance](#). Transitions from top rock to get down on the floor and power moves are called "drops". Top rock develops creativity, improves memory, coordination and sense of rhythm [2]. Footwork it is any movement done on the floor where hands and feet support the dancer. Footwork more complex variations include knees. Footwork develops speed, stamina, strength and coordination. Power moves are acrobatic moves and they require a lot of skills: speed, endurance, momentum, strength and control of the body. Dancer supports his upper part of the body and the lower part of the body is responsible for circular momentum. Some examples of power moves are: [windmill](#), flare, [swipe](#), back spin, head spin etc. Most of them are inspired by gymnastics and martial arts movements. The best example is [Thomas Flair](#) movement taken from gymnastics, and its break-dance term is [flare](#). Power moves improves a lot of physical aspects. They improve strength, balance, stamina, coordination, flexibility and make that your moves look amazing [1]. Freezes are "frozen" poses that during which dancer freeze himself in the air using upper body strength. The most characteristic pose is [pike](#). Dancers use freezes to emphasis strong beats in the music or they end dancer's set. [Freezes](#) can be linked, they look like going from one freeze to another to hit the beats of the music. It proves great sense of music and physical strength. Benefits from doing freezes is that they improve balance, make you stronger, make you more conscious of your body, improve your flexibility [5].

The biggest and the most popular world championships are: Battle of the Year, The Notorious IBE, [Chelles Battle Pro](#), Floor Wars, Red Bull BC One, SDK etc. IBE (International Break-dance Event) does not look like a traditional competition. There is no judges nor stages. The competition takes place in large ciphers—circular dance spaces surrounded by dancers—where the winners are chosen by audience approval. Another example of championship is [Chelles Battle Pro](#) – where we have two competitions. One is for solo b-boys and b-girls who are 12 years old or younger. Another competition is for eight b-boy crews. Some of them have to qualify at their country's local tournament. Others are invited straight to the finale [13]. For example Floor Wars – is a competition between three versus three dancers. There is eight the best international crews, called the Great 8 and they are automatically invited to take part in the final. The other eight crews qualify for the final through regional tournaments [15]. The last controversial one is [Red Bull BC One](#). This competition brings together the top 16 b-boys from around the world [16]. Championships as well as smaller competitions have become more and popular. Results of my survey show that from 1970 the amount of championships still grows.

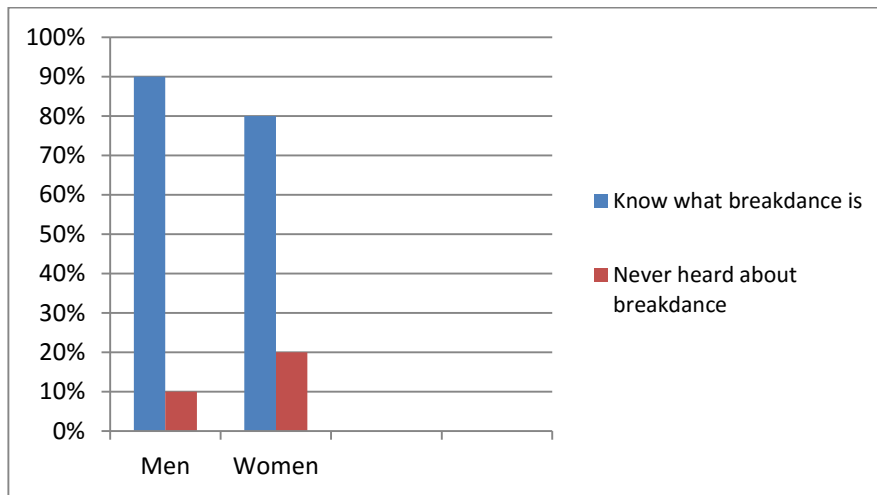
Due to championships children:

- Have opportunity to travel,
- Know more and more different cultures,
- Become more confident and humble,
- Become more open-minded,
- Become more brave,
- Get to know what health rivalry is.

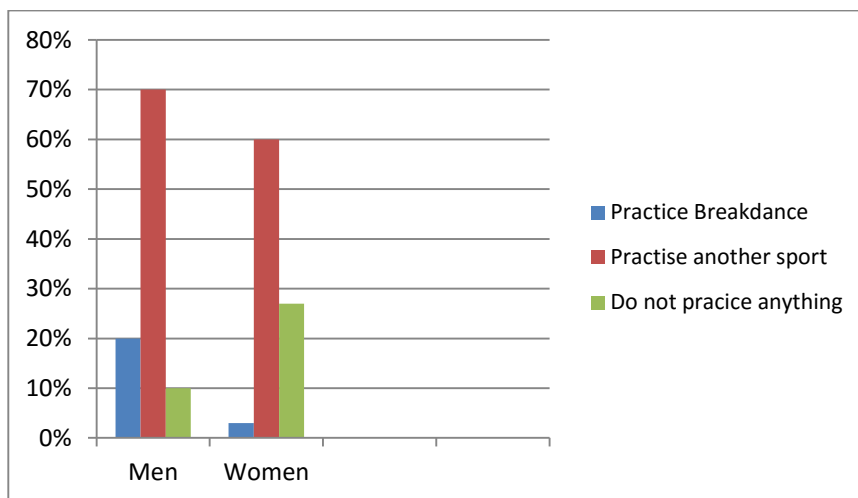
DISCUSSION

Nowadays less and less children spend time doing physical activity. Instead of that they prefer sitting in front of PC screen, playing computer games or checking what is going on at Facebook. Children do not realize how important physical activity is. Everything is connected with parents influence. Children look up at their parents and repeat their habits. What is more they look also at their friends habits and more and more often they meet to play games or using internet. It all happened because children are bored and look for new experiences. Through active spending of leisure human seeks to confirm own efficiency and strength [10]. That is why Break-dance is the new way of spending free time by children. It is an innovative kind of sport including both physical activity, fun and creativity. Break-dance is a kind of dance with acrobatics, tricks and demands great amount of strength. Originally break-dance was danced by boys – that’s it is called manlike dance. It is because to do all that movements like Head spin, Head standing, Hand standing, Windmill etc. strong body is demanded. However a short time after women joined boys. The only thing differing boys and girls is style.

According to own material research data there are respondents, who heard about break - dance or not and if they are interested in innovative way of spending free time.



Graph 1. Level of knowledge in break-dance
Source: own study



Graph 2. Participation in active lifestyle
Source: own study

The results show that most of respondents have heard about break-dance. Only 10% of them do not know what this dance is about. Another study was done among children and students practicing break-dance and those who do not practice in any sport. All respondents reside in Rzeszow. 100 people were tested according to their sex and education. 55 of them were women and 45 of them were men. They were 14 to 21 years old.

It presents that break-dance is still not so popular in Rzeszow. Nevertheless, most children spend time in active way. It also proves that break-dance is more popular among boys than girls. Break-dance is strictly connected to Hip Hop culture. Bboying or dance creates one of the four parts of Hip Hop culture. The other three are graffiti, singing and DJ-ing. Author would like to show also positive aspects of Hip Hop culture and its influence on young people. The history of break-dance begins in the 1970's. Break-dance is a dynamic dance style that is a major element of the hip-hop culture. Break dancing developed in the South Bronx of New York City during the late 20th century [14]. James Brown created dance moves on television to his song "Get on the Good Foot." Break dancing was born in response to it. People started trying to copy Brown's moves in their houses then together at parties. DJ Kool Herc (Clive Campbell) helped to develop break-dance. The first break dancing moves consisted mainly of fancy footwork and body freezes. Tricks such as head spinning were rare at the beginning. Dancers started adding smoother steps and body movements, forming a real dance style. Break dancing soon gained popularity in disco and dance clubs.

The break beat was a music to which bboys danced originally. It provided a rhythmic base that allowed dancers to display their improvisational skills during the duration of the break. After this the first battles appeared—dance competitions between two dancers or dance crews. They were judged by their creativity, skill, and musicality. These battles took place in cyphers—circles of people surrounding the dancers [3]. When break-dance has developed, dancers started paying more attention to footwork and stylized leg movements. A little bit later dancers started adding spectacular moves such as hand gliding, back spinning, wind milling, and head spinning: moves on the ground from which we recognize break-dance today. Break-dance became popular around the world during the 1980's and 1990's. Break dancers started taking part in movies and theater productions. Today, break dancing and hip-hop classes are taught in dance studios around the country [6].

Graph 3. Amount of break-dance schools

1970	1990	2000	2015
One in a country	About 5-6 in a country	More than 10 in the country	About one or more in a country

Source: Own study

Thanks to higher number of dance schools children are able to take classes in their own town/city. Some villages have also dance schools, so children don't have to travel to another towns/cities. What is more they can spend time in an active way with their friends/peers.

Conclusions

The results show that bboying becomes more and more popular and that more and more dance schools appear which gives children opportunity to take part in break-dance classes in their home town. It indicates that more and more children are interested in break-dance. The original songs that popularized bboying were influenced by the jazz, soul, funk, electro, and disco. The most common feature of b-boy music exists in musical breaks, or compilations formed from samples taken from different songs which are then looped and chained together by the DJ. The tempo generally ranges between 110 and 135 beats per minute with shuffled sixteenth and quarter beats in the percussive pattern. History credits DJ Kool Herc for the invention of this concept later termed the break beat. Men are the dominant figures in breaking similarly to graffiti, [MC-ing](#) and [DJ-ing](#). However, it must be said that

women, who dance break-dance or do any hip-hop art do not exist. Female dancers, such as Bonita or Daisy Castro (also known as Baby Love of Rock Steady Crew) are the best around the world and women have begun to play a larger role in the breaking scene. Both b-boys and b-girls practice the art together and are judged on their skill and personal expression rather than their gender. Nowadays there is more and more girls involved. The only problem is that promoters are not putting on enough female-only battles." Growing interest is being shown in changing the traditional image of [females in hip-hop culture](#) to a more positive, empowered role in the modern hip-hop scene.

According to Z. Dąbrowski children doing sport want to belong to any informal group. It then helps children to socialize and finding own place in the society [4]. Author is of the opinion that it is crucial for every human to take part in this group that is the best for him and that allows his to develop his individual values. It is easy to find a group of people interested in the same thing and who lead the similar lifestyle and ideas. Z. Dąbrowski adds that belonging to the team we become more and more resistant to the pain and suffer. We spend lot of time in a company that is why it is important to choose proper partners, acting according to the rules and customs appearing in a group, dealing with people, diplomacy and organizations abilities [4]. That is why break-dance is the best way to choose as it not only connects children in one place but forces them to work together.

There are many more benefits resulting from taking part in break-dance classes. First of it is spending leisure time in active way with other children, out of the internet. Practicing dance, like other discipline, teach children being organized, disciplined, responsible, creative, helps to keep fit, to be better stretched and stronger. Dancing break-dance develops also children mentality, creativity and psyche. By practicing they fight also with their own weaknesses. They become more and more brave by doing tricks that they never imagined they can do. They are mentally stronger – it is proved that in later life many break dancers do not give up quickly. It happens due to regular trainings and overcoming own weaknesses. Break-dance develops also creativity as children have to create own movements in a later stage of practicing. At the beginning they get foundations like in every kind of sport. Then they are encouraged to create own movements to build own style. At the end break-dance is the best way to find yourself. It helps to find own personality. All break-dance competitors and artists have their own style of dancing. That's why this kind of dance is so amazing and so beneficial for children. Nowadays, there are so few classes that help children to understand what they like to do and who they want to be. Break-dance gives opportunity to know personality. Moreover, Bboying distracts children from many addictions like alcoholism, drugs, computer games etc. Children try those things, because they need new experience and are lack of passion. It is proved that children and adults who practice any kind of sport regularly do not drink as much as those who live without any passion or hobby. Physical recreation has become a permanent element of the physical culture structure [8]. Another part of break-dance life are workshops. They take place mostly when the most famous dancers come to Poland. Another way is travelling to other countries only to take part in workshops. During workshops they get knowledge from the most popular dancers. They teach new steps, methods of trainings, how to improve own stamina, strength and tactics how to win during championships. They come from all parts of the world. Another thing is that many instructors organize free time for children, who practice dance. It is time not only during the classes, but also during the summer, in the winter break etc. Dance instructors organize dance camps lasting a week or longer. If they are organized in the summer, they take place by the sea or by the lake, so children despite dance classes have also opportunity to practice swimming. Sometimes there are organized foreign language classes, other sports classes and so on. The aim of camps is to teach children responsibility, working in a team, independence and to experience new places, to meet new people and to share the same passion – dance. Instructors

prepare children also to dance competitions, showcases, organized dance events etc. The aim of those events is to give children opportunity to spend free time in a creative and active way, sharing ideas and knowledge with other children. Another feature of break-dance is healthy rivalry. Break-dance, as it was mentioned before, began on the street. Children showed their movements to surprise others, to be better than the others. Break-dance is a new way of non-contact fight between children. It is the best way to be free from aggression. Children have opportunity to compete against each other. In early stage of life children have the need to compete and bboying may compensate it. Another thing that all children need is to express itself. Break-dance is the best way to express itself. Every dancer has its own personality and style of dance. In break-dance everyone put own personality into dance. Somebody can be calm, fast, slow, aggressive, optimistic, unpredictable. He or she may have a good style, good technique or tricks. Everyone is different and break-dance focus mostly on difference. It is the most creative dance. Nowadays, there are more and more dance schools in Poland, not only in cities but also in villages. What is more, in the past one could find only one championship during the year in Poland. At present, there are competitions almost every week or couple times a month. Belonging to hip hop culture brings not only physical development, but also mental. Children become more open-minded, creative, independent, open to new cultures, they have opportunity to travel a lot and have feeling of belonging to something important. Everyone can belong to hip-hop culture. If one has only enough passion and commitment to dance, he will be accepted by the rest of the people creating this culture. Development, activity, engagement and self improvement should be of particular attention among young generation [7].

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