

TEACHER LEVEL 1 PROGRAM CHECKLIST

Welcome to Teacher Level 1 Program!

- Download a copy of the Teacher Level 1 Requirements Checklist & Application
AhlamAcademy.com > Certify > Enrollment / Forms / Fees
This document will help you track your progress through the requirements.
- Schedule and attend your first "Mentorship Meeting." In this meeting, your Mentor may assign personalized projects to be completed to help you meet your goals.
- Purchase your Rhythm Identification Course. When you are ready, take and pass your Rhythm Identification Exam.
- Purchase and read "Teaching Belly Dance I" Manual.
- Purchase and read, "Anatomy of the Moving Body, Second Edition: A Basic Course in Bones, Muscles, and Joints" by Theodore Dimon, Jr.
- Attend or take any required live workshops, classes or online courses.
 - 8 hours of Middle Eastern Rhythms for Belly Dancers or Zill Intensive classes
 - 1 History & Geography of Egyptian Oriental Dance course
 - 1 Dress for Success: Belly Dance Costuming course
- Perform eight solo or troupe performances. All performances must be in Oriental style with appropriate music and costuming.
- Request a copy of the "Skills Assessment Level 1 Practical Exam" to help you study. Be able to breakdown and explain all Level 1 technique, clearly and concisely. When you are prepared, schedule and complete the exam.
- Schedule and complete Part 2 of the "Skills Assessment Level 1 Demo Exam," by teaching a workshop with LIVE students!
- Take and pass the "Anatomy Pop Quiz" You must know the major muscle groups by common name and how they function.
- Submit your Mission Statement and other assigned personalized projects to your Mentor.
- When you complete all the requirements, fill out the Requirements Checklist completely, and submit with your Application for Teacher Level 1 Certification

Soon, you will have a beautiful AAMED Level 1 Teacher Certificate showing your hard work and dedication.