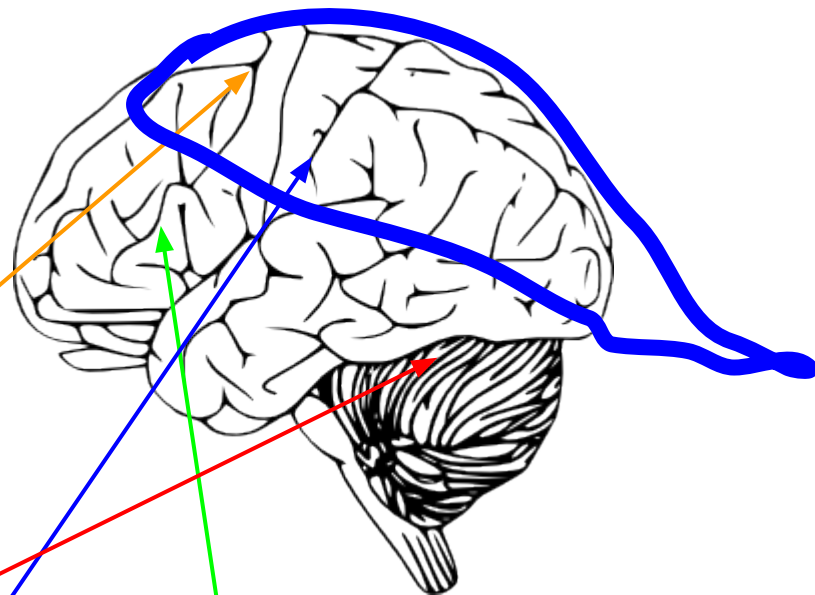


The **Tango** Brain

& The 4 Branches of Tango Awareness

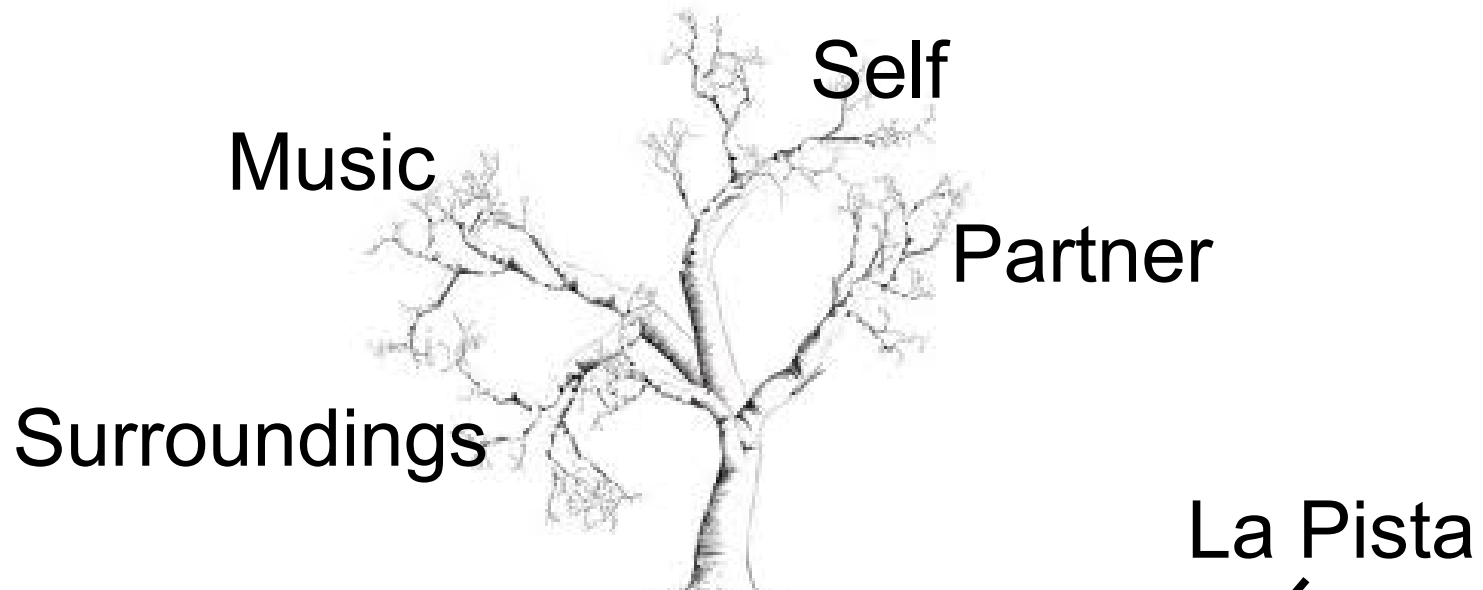
by Homer Ladas & Sabine Ibnes, v.2, TTC, MN, May 2012

What's Under Homer's Hat???



(Self, Partner, Music, Surroundings)

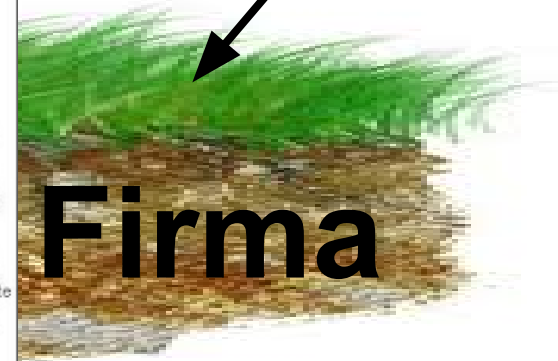
The **Metaphorical** Tango Tree



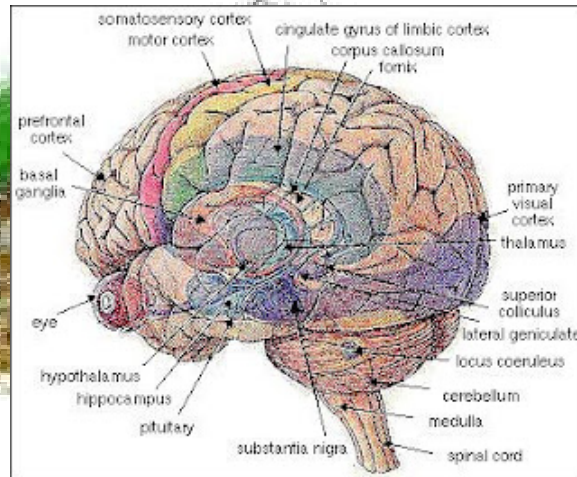
La Pista



Tierra



Firma



Brain as Roots

The 12 **Scientific** 'Brain Rules' (by John Medina)

1. **EXERCISE** Exercise boosts brain power.
2. **SURVIVAL** The human brain evolved, too.
3. **WIRING** Every brain is wired differently.
4. **ATTENTION** We don't pay attention to boring things.
5. **SHORT-TERM MEMORY** Repeat to remember.
6. **LONG-TERM MEMORY** Remember to repeat.
7. **SLEEP** Sleep well, think well.
8. **STRESS** Stressed brains don't learn the same way.
9. **SENSORY INTEGRATION** Stimulate more of the senses.
10. **VISION** Vision trumps all other senses.
11. **GENDER** Male and female brains are different.
12. **EXPLORATION** We are powerful and natural explorers.

Sabine's Brain-Body Puzzles (~15 min.)

An introduction to Brain Plasticity & Wiring

HAND GAMES:

1. Solo
2. Partnered

Brain Rules:
Wiring (#3)
Attention (#4)



On Learning Tango:

Blind Man's Cane Analogy

On Teaching Tango:

Stress (#8): Stressed brains don't learn the same way.

Richard Power's Teaching Tips: Keep them in their comfort zone.

Homer & Cristina: But push them to their limits!

Discredits old adage Sabine & Homer once used:

"If you can walk, you can tango." Not so!

Homer & Cristina's EEG Tango - Trial Run

St Mary's College, CA
Psych Prof. Hiroko Nakano's:
'Tango Brain Wave Study'

Note: Cristina on average had twice the amplitude & frequency response compared to Homer. May be due to equipment calibration?

Conclusions...still pending!

BUT...



Brain Rules & Brain Plasticity

Brain Rules (by John Medina):

Wiring (#3): Every brain is wired differently (plasticity).

Gender (#11): Male and female brains are different.

Brain Plasticity:

"The Brain That Changes Itself" by Norman Doidge

- **Use it or lose it!**
- **Neurons that fire together wire together!**

The Partner

(& Brain Plasticity)

In Tango (Homer's Assumptions):

- Tango brains that **fire** (or dance) together **wire** together
- **Use** it (and strengthen the connection), or **lose** it

Assumes 'correct' use

(i.e. learning, practice, & application)

- **Multiple** partners means **multiple** connections...

Level Two: Sabine's **Hand Games** + **Tango Walking**

(~10 min)

On **Learning (& Teaching)** Tango

(Integrating the four tango branches of awareness)

- All "**Brain Rules**" rules apply!!!

~ **10,000** hour rule to mastery (proper tango brain wiring)

Example (Partnered Walking, ~10 hours/wk, ~5K hours/yr):

Mastery - 2 years to 10 years or more...

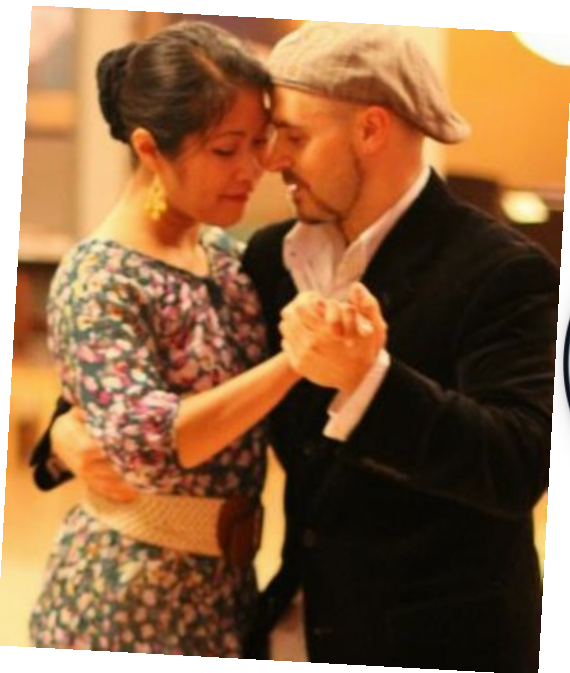
depending on 'correctness factor' & 'other' life activities?!

Homer & Cristina's 'Teacher Training' Brochure:

http://theorganictangoschool.org/Teaching_Resources

Your **Philosophical** Brain on Tango

The Dancer's Brain vs. The Student's Brain



Homer's **Brain Growth** Formula:

The dancer's brain is always changing and learning!

On the path to mastery we realize we are forever students of ourselves, our partners, the music, and our surroundings...

The Tango Brain: Activities

1. Alternate Tango Universe (Duration 15 minutes)
aka The 10th Tango Dimension
 - Find** a tango partner
 - a. **Dance** CW L.O.D. (2 songs)
 - b. **Dance** Normal CCW L.O.D. w/ Anti-Embrace (2 songs)
2. Homer's Hat Draw & Talk (Duration 40 minutes)
aka Tango Brain Rule Discussion
 - Divide** into small groups (3 to 6 members)
 - Pick** team leader (for hat draw, note taking, & presenting)
 - Select** 1 Brain Rule (by 'hat draw' lottery)
 - Discuss** learning/teaching implications in tango (10 minutes)
 - Present** findings to entire group with Q&A (25 minutes)