



KAMAKANI KOMOHANA CLASSES & REGISTRATION

POLYNESIAN DANCE AND MUSIC INSTRUCTION THAT NURTURES
CONFIDENCE, STRENGTH AND CULTURAL EDUCATION – FOR THOSE
YEARNING FOR LOVE, SPIRITUALITY AND A DEEPER CONNECTION
TO OUR WORLD.

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OVERVIEW:

Dance Teacher and Founder: Jene'a de Castro
Music Teacher and Founder: Gregg de Castro

Purpose: To teach customized music and dance providing knowledge of Hawai'i, Tahiti, Aotearoa and Samoa that allow students to connect with other cultures while finding your personal roots.

Training from Kamakani Komohana gives you everything from **culture, language, and traditions to professional dance training**, helping you find not only physical strength, but heart-based self confidence and empowerment.

Goal: To dance in the 2023 **Professional Show** in full costume in a Lu'au atmosphere, with the spirit of the islands, as well as to dance in different **community performances throughout the year.**

Schedules: (Times attached)

Ages: 4 yrs to Adult – I want to encourage all ages (girls, boys, moms and dads included.)

Attire: Pareu a must for Tahitian. Mandatory Colored Pareu for Tiered Level Track -\$20.00

Pa'u uniform for Hawaiian hula - \$45.00.

Kamakani Dance Shorts available for sale

Kamakani T-Shirt available for sale

Basic Class Supplies:

1. Water to hydrate
2. Binder with 10 Dividers for each Island
3. Pen, pencil, lined paper.
4. Hawaiian Dictionary - Mary Kawena Pukui, Samuel Elbert
5. Hawaiian Dictionary - <https://hilo.hawaii.edu/wehe/>
6. Tahitian Dictionary - Sven Wahlroos, Ph.D
7. Hawaiian Mythology - Martha Beckwith
8. Unwritten Literature of Hawai'i: The Sacred Songs of Hula - Nathaniel Bright Emerson
9. Māori and Samoan Dictionaries required for Māori/Samoan classes

Kamakani Komohana will provide songs, information you will need to put in your binder.



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There are **TWO TRACKS** to choose from upon registration of classes:

Open Level Track – Mid-Level Commitment; Month-to-Month Enrollment; For those who CANNOT commit to weekly classes & homework; performance opportunities limited

Tiered Level Track *RECOMMENDED* – High-Level Commitment; Registration for classes is on a semester basis for the commitment to and preparation for auditions and performances throughout the year – and to prepare for our **2024 Huaka'i Cultural Trip** (to the islands of Hawai'i). You may register for however many classes you want to take per semester; For those looking for Professional level training and performance opportunities.

2023 TIMELINE:

Trial Classes (Registration Period): January 9th to February 5th 2023

First Semester Curriculum: February 6th to August 19th 2023

Island's Embrace: A Lū'au Explosion! (Professional Show): August 19th, 2023

Late Summer Break: August 20th to September 10th 2023

Second Semester: September 11th to December 10th 2023

Winter Break: December 11th 2023 to January 8th 2024

Drop Ins: allowed only in Open Level Track classes upon speaking with Jene'a first

REGISTRATION PERIOD:

Open Level Track Registration: Month-to-Month Enrollment

Tiered Level Track Registration Period 1: December 2022 to February 1st, 2023

Tiered Level Track Registration Period 2: August 28th to September 8th 2023

How to Register: Reach Out and Schedule a Phone Call with Jene'a

To be eligible to perform in the **Professional Show** as a Haumāna (student), you must register for the **Tiered Level Track by 2/1/23**. Those who register for the **Open Level Track before April** may also be eligible to perform **if they attend enough classes**.

*Become a professional dancer in our **Tiered Level Track!** (more on pg. 3)



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	OPEN LEVEL TRACK	TIERED LEVEL TRACK	DROP-IN CLASSES
Commitment Level	MID	HIGH	LOW
Opportunity to Take Professional Level Classes	NO	YES	NO
Opportunity to Perform in Professional Lū'au	INVITE ONLY	YES	NO
Opportunity to Perform Professionally	NO	AUDITION ONLY	NO
Required to Make-Up Missed Classes	NO	YES*	NO
Points System and Testing	NO	YES	NO
Yearly Registration Fee & Costume/Implement Fees	YES	YES	NO
Classes Paid For on the 1st of Each Month	YES	YES	NO
Pricing Per Month (With Discount)	\$72 - \$240	\$72 - \$360	\$20 / CLASS (NO DISCOUNT)

* All classes are recorded and archived. Any missed classes in the Tiered Level Track must be watched and made up at another time.



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All classes (except Saturdays) are **1.5 hours long**, including Hakalau (meditation), language, song translation, singing, dancing, and more.

Every 2 Weeks Kamakani Komohana classes **switch between Hawaiian/Tahitian and Māori/Samoan**.

You can register for however many classes you want that are within your track. Registering for more classes in the **Tiered Level Track** will expedite your eligibility to join the professional class and will give you more performance opportunities throughout the year.

Any NEW students joining the Tiered Level Track will be required to finish the 2-hour **Kamakani Basics Training** within their first month of classes (except Beginner Level), to reinforce what you're learning in class and to learn our guiding 'Oli (Hawaiian Chant)! ***starting in February.**

Open Level Track classes are written in **RED**. **Tiered Level Track** can register for any classes that **ARE NOT** highlighted in **NEON YELLOW**. 2023 Core Strength & Flexibility and Māori/Samoan classes overlap tracks.

	MON	TUES	WEDS	THURS	FRI	SAT
8:00 am						Core Strength and Flexibility (Open Level)
9:30 am						Professional Level (Invite Only)
11:00 am						Mommy & Me Class (3 to 5 y/o)
11:30 am						Tahitian Solos (Every Other Week/Invite Only)
12:30 pm						
3:00 pm					Open Level Keiki Class	
4:00 pm	Intermediate Young Wahine	Beginner Kane	Beginner Young Wahine	Beg/Int Young Wahine		
4:30 pm						
5:00 pm						
5:30 pm	Beg/Int Kane	Beg/Int Adult-Teen Wahine	Beginner Keiki	Open Level Māori/Samoan		
6:00 pm						
6:30 pm						
7:00 pm	Beginner Adult-Teen Wahine	Open Level Adult Class	Intermediate Adult-Teen	Advanced Adult/Teen		
7:30 pm						
8:00 pm						

*** All class times subject to change based on haumāna (student) availability.**



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Upon registration, you agree to a **monthly subscription payment** to be paid on the first of each month. Price per month depends on if there are **4 or 5 weeks in the month**:

1 Class a Week (\$18/class) – \$72-\$90 / mo.

2 Classes a Week (\$16/class) – \$128-\$160 / mo.

3 Classes a Week (\$14/class) – \$168-\$210 / mo.

4-6 Classes a Week (\$12/class) – \$192-\$360 / mo.

Mommy & Me (\$10/class) – \$40-\$50 / mo.

Drop In (No Discount) – \$20 / class

Master Class of the Month (Registration Open 2 Weeks Prior) – Prices TBD

Yearly Registration Fee: \$35 to be paid in either January or September of each year (depending on when you sign up)

OTHER EXPENSES

YEAR ONE

First Semester (one payment upon joining Hālau):

- Pa'u Uniform: \$45
- Pareu Uniform: \$20
- Kāla'au Sticks
- Poi Balls (Māori class only)
 - Long Poi
 - Short Poi

Second Semester (one payment upon joining Halau):

- Ipu Hawaiian Implement
- Māori Sticks (Māori class only)
- Māori Paddles (Māori class only)
- Tahitian Weighted Belt

YEAR TWO

- 'Uli 'Uli Hawaiian Implements
- Pū'ili Hawaiian Implements

ONCE A YEAR

- **Costumes:** paid in April to be ready for the Professional Show (this is only if you are committing to the show)

*** All prices not listed here are included in the Kamakani Komohana Costume List.**



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POLYNESIAN DANCE LESSONS SUMMARY:

- 1) **Dance Teacher, Jene'a**, has been teaching the Kamakani Komohana School since 1994 and is choreographer, Producer, and owner of the professional group 'Westwind Productions' since 1980.
- 2) **Haumāna (Students)** will not only be learning to dance Island dances, but will be learning to translate and pronounce the language. Research the songs, history, culture, and traditions of the Islands. Learn discipline, responsibility, community and family values, as well as a spiritual and therapeutic calming. **And have fun!!!**
- 3) **Two weeks of each class is Hawaiian Hula. Two weeks is Tahitian.** The dance steps are learned in the Hawaiian and Tahitian languages and songs will be translated in each language. Each class is very intense therefore the students learn very quickly.
- 4) There are also **Māori/Samoan classes offered**, which follow the same timeline and class structure.
- 5) **The lessons are consistent.** The basic hula and Tahitian steps, and Māori and Samoan steps are repeated every week, then we build on them, so our dancers' technique is natural.
- 6) **We are learning and performing dances of different cultures** so everyone must learn to respect what they are dancing and the costumes that are being worn, as well as the differences and similarities of each culture.
- 7) The Polynesian and Hawaiian culture never had a written History until the missionaries came along. It was taught and preserved through song and dance. **Students will be translating songs and learning about the culture** so they could understand what they are dancing about. So this is a very wonderful art students are learning
- 8) Each student should practice **at least 30 minutes** or more a day. The more practice, the better dancer you become sooner.
- 9) **This class is full of hard work, fun and rewarding opportunities.** It helps students to develop greater self esteem, coordination, memorization, respect and understanding of different cultures. It also teaches how to perform in a professional environment and learn how to have fun with dancing
- 10) **Pareu is the required attire for Tahitian class. Pa'u is the required attire for Hawaiian class.** This is a must and the students should not forget to bring it to class (as leotard is required for ballet or gym).



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POLYNESIAN DANCE LESSONS SUMMARY (CONT.):

- 11) If students decide to perform they must **purchase costumes and a garment bag** to keep costumes safe. Each student will be putting together parts of their own costumes. This is a great commitment of time and expense but there is also a wonderful payoff of pride and satisfaction as students perform in **beautiful, traditional outfits partly made by their own hands**. Costume list will be given to students.
- 12) The students have the opportunity to perform the dances they have learned at a yearly showcase in a **Lū'au atmosphere**. We have all students learn some of the same dances so we can unite through performance, no matter what age, size, or nationality.
- 13) With our knowledge of the art of dance, and your participation and enthusiasm, we look forward to unveiling the mysteries and joys of Polynesian song and dance.

FUNDRAISING:

Fundraisers are very important for the survival of our Halau. It is through fundraising that we are able to **subsidize teachers, costumes, and cultural learning activities**. Fundraising activities help to subsidize the operating costs for KK (\$50,000 - \$75,000 per year), which include Business license fees, tax preparation, general business expenses, studio rental and maintenance, teacher fees, catering, costume accessories and Hō'ike (showcase) planning. Fundraising for each student is mandatory. **We encourage fundraising as a means of bringing the Halau together in a common goal to achieve and secure funds**. We learn to work with each other, become stronger and closer and grow from our experiences together. We learn to deal with and work through simple problem solving. We engage in our differences and learn about humility and acceptance. We also encourage participation, support, and efforts of communities, families, relatives, friends, colleagues and significant others, to play a role in the success, goals and achievements of our school. We also invite the supporters to become active members to assist with encouragement as well as your support.



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SUMMER HŌ'IKE:

A **Hō'ike** (A performance to show dances that you have learned) is put on once a year. This year, it is a part of “**Island's Embrace: A Lū'au Explosion!**” This is a **Professional Show** that showcases the islands of **Hawai'i, Tahiti, Aotearoa and Samoa**, as well as other international islands such as **Japan and the Caribbean**.

This is a professional show that Kamakani Komohana Haumāna (students) have the opportunity to perform in. The students learn to be in a **professional environment, dance to a live band, and learn how to handle fast costume changes, line ups, and formations**.

If you're planning on participating in the Island's Embrace Lū'au, you will perform what you are learning in class, so it is **MANDATORY** to attend every class and rehearsals. We have our mandatory rehearsals usually 3 or 4 weeks leading up to the Hō'ike. Conflicts must be **given to us in advance** and anyone unable to attend any rehearsals outside of their conflicts will not be allowed to perform, so please **look carefully at your calendar** before you commit. There are also costume expenses and a commitment of time. A costume list will be provided with a due date for costs and finished product.

If you cannot commit in performing we could always use your help and support for this event and your Halau.

I will send an email out for the **Island's Embrace Lū'au** with rehearsal schedule and show list. We will be holding meetings as well to discuss format, donations, kuleana (responsibilities), dances, costumes, etc.

Additional responsibilities for Hō'ike will include;

1. Attending planning meetings
2. 10 ticket minimum sale per dancer
3. Donations for the event (food/auction items etc.)
4. Help preparing for the event (set up/ serving/ clean up)

Nā Kuleana (responsibilities) of haumāna are very important to have a smooth running event and will be discussed at the next meeting. It is so heart warming to be able to bring and spread happiness and joy with the Island cultures and spirit to people with the love of what we do.

Thank you Haumāna for working so hard throughout the year to spread your mana and bring joy to everyone we know and to those we meet.