

## Information about Stick-Dance

### Tradition

- **Fighting Sticks / Philippines:**  
Defense without weapons, with or without sticks
- **Talking Sticks /Africa:**  
Beat with two sticks on the ground or above, including rhythm and dancing
- **Stick-dance**  
Elements of talking sticks and fighting sticks combined with music and dancing.

### Rules:

Rules are important for the secure of everyone. Also they are giving a border you can work with.

- You should handle the sticks with respect. Nobody should get hurt.
- It's only allowed fighting in the way you talked about with your partner.
- Before the fight you should test the safe distance with the sticks between you and your partner.
- It's important to have a „stop-signal“ for difficult situations.
- Clear in the beginning and the end.

### Rituals:

- Rituals for the beginning and the end are supporting respect and mindfulness.

### Impressum



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# Stress – Release

## Stick-Dance For Stress Release



**No chance for stress!**

### What is Stress?

- Stress means tension, pressure or anxiety.
- A stress disorder occurs only, when there is no opportunity for regeneration for long periods after stress situations.

### Forms of Stress

- Eustress (positive stress) is essential to life.
- Distress (negative stress) causes mental illness.

*(We are assuming distress here, as eustress is essential to life.)*

### Particular sources of stress in adolescence

- **Adolescence:** search for own identity, growth, first love.
- **Family:** conflicts with parents, sisters and brothers.
- **Peer group:** peer pressure, feelings of inferiority and competition.
- **School:** conflicts with teachers, pressure to perform, feelings of to be not good enough.

### Effects of Stress

- **Aggression:** anger, trouble with others, to feel up to violence.
- **Withdraw:** self-doubt, no wish to talk, self – damaging
- **Physical illnesses:** A rise or drop in blood pressure, drowsiness, dizziness, insomnia, back pain, shortness of breath, etc.
- **Mental illnesses:** depression, burn-out, eating disorders, borderline etc.
- **Misuse:** of medication, alcohol and drug abuse.

### Coping with stress in adolescence

- **Relaxation:** breathing techniques, taking time for rest.
- **Gentle techniques:** Yoga, Tai Chi, QiGong
- **Sports:** endurance sports, athletics sports, martial arts, team sports.
- **Music and Dance:** listening to music, making your own music, all kinds of dancing
- **Stick-Dance:** a combination of sports, gentle techniques, relaxation, music / especially rhythm and dance.

### No chance for stress with stick-dance

- **Opportunities for Development:** The stick dance appeals to boys and girls alike. It is suitable for various audiences and age groups. Furthermore, it can be performed either individually or in groups. Development is stimulated on the physical, psychological and intellectual level.
- **Brain and Perception:** The right and left halves of the brain are kept equally busy. beat The rhythmic beat sequences train concentration and comprehension, as well as physical endurance.
- **Performance Improvement:** Through the easy-to-learn basic techniques, there are rapid performance improvements, which quickly induces a sense of achievement.
- **Physical Skills:** coordination, movement controlling, reactivity, etc.
- **Self-esteem and Self-confidence:** Shy children are encouraged through the use of the sticks. Aggressive children can burn their excess energy.
- **Physical and Emotional Balance:** self-assessment, clearness, presence. In a combat situations, it is important to closely monitor each other. The sense of one's own self and one's own center is an important prerequisite for maintaining one's own space and distance.
- **Spontaneity:** The special thing about it is that there are fixed forms that still allow freedom in the performance.