

# First Year of Theatre Dance at London Studio Centre Performing Arts

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I have just finished my first year studying Theatre Dance at London Studio Centre Performing Arts. The time I have spent at London Studio Centre has served me well enabling me to discover my own personal goal and the path route I would like to take.

Since starting at London Studio Centre, there have been many challenges I have encountered. For me, I have come across some difficulties due to limited experience. I feel I have very much progressed in styles new for me as a dancer, raising the level of my technique and performance skills. The diversity of dance opportunities as a profession has always fascinated me and this year has enabled me to expand my familiarity in a wider range of dance forms.

Studying a degree, I had to adapt to dancing everyday along with theory work. Lectures on anatomy have helped me understand and become more knowledgeable about the workings of my body. This all helps for preventing injury and optimizing me to my fullest. I have learned to consciously ask myself 'why' when doing exercises and identify whether I am or not adapting the correct technique.

Throughout the year I was fortunate to be involved in many performance opportunities. It was great to learn choreography created by my teachers for the end of year show which took place at The Wimbledon Theatre. Participating and performing has developed my self-confidence but also provided more practice on a variety of stages.

Regarding creating my own choreography, it was a significant learning experience to be able to take risks and for me personally to have to take that step to make choices for my own piece of work. Creating choreography is not an aspect I have been familiar with until attending London Studio Centre. Being able to have this experience has increased my motivation to want to choreograph more in the future. The process of developing choreographic skills has made me think choreography lessons and having the opportunity to create work collaboratively with different people throughout the year has been great.

It has been a dream to have the chance to experience the intense days of high standard training, which has not only challenged me but has given me an insight to the determination needed for the industry. I feel I have taken advantage of the chance to gain more skills and ideas. It has been an incredibly rewarding year assuring me this is the career path I want to take. I have loved every single minute.

Thank you for all your support. I am massively grateful for your help and cannot wait to start my second year at London Studio Centre in September.