

Review of American Tribal Style Tribal Basics with Kajira Djoumahna

This video is geared towards beginners or dancers from a belly dance style other than American Tribal Style Belly Dance (“ATS”).

Kajira Djoumahna has sectioned the DVD into several parts, with several subgroups within each section. She begins the video with a brief, four minute introduction of what ATS is. The DVD then moves on to warm-up crunches, where she explains how to do the crunch, and which muscles are being engaged. The instruction moves on to basic dance posture, then to slow moves, followed by a slow moves drill, then to fast moves, followed by a fast moves drill. The drills utilize all the movements she has gone through in that section.

As Kajira breaks down a particular movement, she is alone in front of the camera, and is dressed in pants, choli and a short hip scarf, which allows you to see her feet, knees, legs and hips. She shows the movement from the front, the side and the back. She also explains how the hands, arms, shoulders and knees should be positioned while performing the movement.

When she has finished breaking down the movement, she, along with two other dancers, then drills that one movement. While drilling this movement with the two other dancers, one dancer is wearing pants with a long fringed hip scarf, and the other dancer is wearing a skirt, which allows you to see how the movement appears in different costuming. Kajira also shows how to gracefully transition from one step into the next.

The video ends with a performance in full tribal-style costuming by Kajira, Seana and Najla of United We Dance, Kajira's Djoumahna's own troupe.

The lighting and sound of this video, as well as the detailed breakdown of the movement, make it very easy to follow this video. Kajira provides enough movements, transitions and combinations for someone who has never done ATS group improvisation to start.

I believe that this video, at approximately 115 minutes in length, offers a great deal of information, and is a very good value for the money (\$35.00 USD each).

Visit Kajira Djoumahna's site at: <http://www.blacksheepbellydance.com/bazaar/>