

# Keti Sharif's A-Z BELLYDANCE

*Celebrating*  
— 25 YEARS —

# 2023

*Online*

with LIVE workshops  
around the world:
















Perth, Sydney, Melbourne  
Hawaii, New York, Toronto  
Singapore, Kuala Lumpur  
Cairo, Red Sea & London

*Return to Egypt*

**NEW YEAR LONG TRAINING COURSE STARTS FEB 1**

## NEW A-Z Bellydance 2023 Certification Course Curriculum

Welcome to the **A-Z Bellydance** Complete Arabic Dance Training Course 2023 with Keti Sharif. This year celebrates 25 years of A-Z Bellydance around the world, with students in every continent, in over 40 countries - celebrating diversity, creativity and how each participant bringing their unique gifts and insights to the A-Z methodology. A-Z Bellydance always aims to honour the deep somatic roots of true Arabic Dance and musicality, so the range of artistry is diverse and varied - yet the core foundation and energy of the dancer's personal style is strengthened. A-Z is easy to integrate into your own preferred style and specific interests.

 <p>Course #1 LEVEL 1 <b>Somatics for Bellydance</b> A somatic approach to bellydance, focusing on the levels of body connectivity and awareness through breath.</p>	 <p>Course #2 LEVEL 1 <b>120 Bellydance Moves</b> Learn 120 bellydance moves, essential to the A-Z methodology, plus 100+ variations and styling.</p>	 <p>Course #3 LEVEL 1 <b>Musicality for Bellydance</b> Learn about Arabic musical instruments, musical styles and how to integrate them into your dance.</p>	 <p>Course #4 LEVEL 1 <b>40 Arabic Dance Rhythms</b> Discover 40 rhythmic patterns, including 7 authentic, but not often used, and 33 variations.</p>
 <p>Course #5 LEVEL 2 <b>A-Z Original Bellydance</b> Learn 20 authentic bellydance moves that can be modified to create an endless variety of styles.</p>	 <p>Course #6 LEVEL 2 <b>Nawara (Percussive)</b> A rhythmic percussive style, inspired by the A-Z Original, plus 100+ variations.</p>	 <p>Course #7 LEVEL 2 <b>Al Kawakib</b> Based on the A-Z Original, this style is inspired by the A-Z Original, plus 100+ variations.</p>	 <p>Course #8 LEVEL 2 <b>AstroBelly</b> A rhythmic style, inspired by the A-Z Original, plus 100+ variations.</p>
 <p>Course #9 LEVEL 3 <b>A-Z Advanced Bellydance</b> Learn 20 advanced bellydance moves, including 100+ variations and styling.</p>	 <p>Course #10 LEVEL 3 <b>A-Z Neo-Raqs &amp; Fusion</b> A series of 20 new modern bellydance moves, inspired by the A-Z Original, plus 100+ variations.</p>	 <p>Course #11 LEVEL 3 <b>Lotus Dances</b> A series of 20 authentic inspired bellydance moves, inspired by the A-Z Original, plus 100+ variations.</p>	 <p>Course #12 LEVEL 3 <b>Reda Drills</b> Rhythmic drills to help you master the A-Z Original, plus 100+ variations.</p>
 <p>Course #16 LEVEL 4 <b>Bellydance Career Success</b> Discover the secrets to a successful career in bellydance, including marketing, branding and more.</p>	 <p>Course #14 LEVEL 4 <b>Professional Performance</b> Learn the secrets to a professional performance, including stagecraft and more.</p>	 <p>Course #15 LEVEL 4 <b>Bellydance for Wellness</b> Discover the benefits of bellydance for wellness, including stress management and more.</p>	 <p>Course #13 LEVEL 4 <b>Teacher Training</b> Learn the secrets to becoming a successful teacher, including marketing and more.</p>

This A-Z year-long Course can be undertaken by students, teachers, performers or dancers interested in Arabic Dance for Artistry, Cultural knowledge and Wellbeing, as well as those who prefer to use the Course to focus on their own self development and refinement of skills.

Keti's popular methodology integrates Arabic musicality, with cultural reference and a deeply somatic approach. It offers a well-organised, progressive and multi-layered experience for dancers of all levels, to boost skills and sensory awareness, with live Arabic music and rhythms.

All 4 Levels must be completed and passed for successful A-Z Teacher Certification. Each level consists of 4 Courses with a quarterly exam, for those who aim to gain Certification. Exams may be omitted by choice, by those who are doing the Course purely for self development.

Lessons are delivered on Wednesday via email with the module you will be required to study that week. Please allow 2 hours for study weekly, plus add an extra 30 minutes of dance practice to help assimilate what you've learnt.

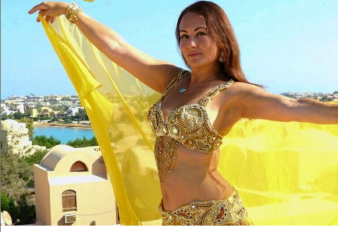


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Course #1 LEVEL 1  
**Somatics for Bellydance**  
A Somatic exploration of Bellydance movement, with six levels of body connectivity and analysis of energy flow

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Course #2 LEVEL 1  
**120 Bellydance Moves**  
Learn, refine and retain core essential Bellydance moves individually, with Keti's easy step-by-step Somatic approach

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Course #3 LEVEL 1  
**Musicality for Bellydance**  
Learn about Arabic Musical instruments, musical styles and music-movement relationships, featuring LIVE Egyptian music

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Course #4 LEVEL 1  
**40 Arabic Dance Rhythms**  
Discover 40 Arabic Rhythms played by Sam Nascimento, on Darbuka, Dof and Riqq plus basic footwork by Keti

## LEVEL 1: Foundations

Course #1 Somatics for Bellydance  
Course #2 120 Bellydance Moves  
Course #3 Musicality for Bellydance  
Course #4 40 Arabic Rhythms/Footwork

2 modules  
2 modules  
2 modules  
2 modules

Feb 1, 8  
Feb 15, 22  
Mar 1, 8  
Mar 15, 22


**Total**

**8 Modules**

**Level 1 Exam**


**Mar 29**

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Course #5 LEVEL 2  
**A-Z Original Bellydance**  
Learn 26 Bellydance Pathways that can be modified to create an endless variety of options, plus 12 x LIVE Flexi-Choreos

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A-Z BELLYDANCE



Course #6 LEVEL 2  
**Nawara (Percussive)**  
An, earthy, percussive group improvisational style based on the 26 A-Z Original with cues plus dof, sagat & darbuka

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Course #7 LEVEL 2  
**Al Kawakib**  
Based on the Sufi Al Kawakib (the Planets), these 7 Pathways harness character and energy, culminating in a full choreo

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Course #8 LEVEL 2  
**AstroBelly**  
12 dynamic Zodiac Sequences with their 4 Elements, glyphs, character and rulership of body, plus 4 Elemental Choreos

## LEVEL 2: A-Z Original Series

Course #5 A-Z Original Bellydance  
Course #6 Nawara (Percussive)  
Course #7 Al Kawakib  
Course #8 AstroBelly

5 modules  
4 modules  
1 module  
2 modules

Apr 5, 12, 19, 26, May 3  
May 10, 17, 24, 31  
Jun 7  
Jun 14, 21

**Total**

**12 Modules**

**Level 2 Exam**

**Jun 28**

**Course #9 LEVEL 3**  
**A-Z Advanced Bellydance**  
Learn 26 Advanced embellished Pathways that work beautifully with A-Z Original, AstroBelly & props plus 12 Flexi-Choreos for stage

**Course #10 LEVEL 3**  
**A-Z Neo-Raqs & Fusion**  
A series of 12 brand new modern Bellydance Pathways that draw from modern Raqs Sharqi, Shaabi & Fusion with 4 NEW Flexi-Choreos

**Course #11 LEVEL 3**  
**Lotus Dances**  
A series of 5 Pharaonic inspired theatrical dance Choreos based on A-Z Original, Advanced and AstroBelly, with props & costumes

**Course #12 LEVEL 3**  
**Reda Drills**  
Rhythmic drills to live drums, replicating the core rhythms and footwork pathways used in the Original Mahmoud Reda Troupe

## LEVEL 3: A-Z Advanced Series

Course #9	A-Z Advanced Bellydance	5 modules	Jul 19, 26, Aug 2, 9, 16
Course #10	Neo Raqs & Fusion	2 modules	Aug 23, 30
Course #11	Lotus Dance Series	3 modules	Sep 6, 13, 20
Course #12	Reda Drills	2 modules	Sep 27, Oct 4
<b>Total</b>		<b>12 Modules</b>	
		<b>Level 3 Exam</b>	<b>Oct 11</b>

**Course #16 LEVEL 4**  
**Bellydance Career Success**  
Powerful tips and guidelines for building a solid, successful career in teaching, performing or production, plus Bellydance Business Planner.

**Course #14 LEVEL 4**  
**Professional Performance**  
Professional performance techniques and tips, plus stagecraft for soloists, troupes and events

**Course #15 LEVEL 4**  
**Bellydance for Wellness**  
Bellydance for wellness, health and healing. Improve fitness and learn Keti's new Bloom Bellydance Fitness workout with elements of Qi Gong.

**Course #13 LEVEL 4**  
**Teacher Training**  
Professional Teacher Training for the A-Z Bellydance methodology, with class curriculum, course creation & progressive student development

## LEVEL 4: Professional Training

Course #13	A-Z Teacher Training	3 modules	Oct 18, 25, Nov 1
Course #14	Professional Performance	2 modules	Nov 8, 15,
Course #15	Bellydance for Wellness	2 modules	Nov 22, 29
Course #16	Bellydance Career Success	1 module	Dec 6
<b>Total</b>		<b>8 Modules</b>	
		<b>Level 4 Exam</b>	<b>Dec 13</b>
<b>GRADUATION CONCERT - DANCE PRESENTATION</b>			<b>Dec 17</b>





**BONUS! LIVE Zoom Sessions** each month on first Sunday of the Month

<b>Dates:</b>	<b>Feb 5</b>	<b>Mar 5</b>	<b>Apr 2</b>	<b>with LIVE Arabic band</b>
	<b>May 7</b>	<b>Jun 4</b>	<b>Jul 2</b>	<b>LIVE from London</b>
	<b>Aug 6</b>	<b>Sep 3</b>	<b>Oct 1</b>	<b>LIVE from Cairo</b>
	<b>Nov 5</b>	<b>Dec 3</b>	<b>Dec 17</b>	<b>Graduation Concert</b>

### Additional Information:

#### - JAN MENTORING

We open the course with live group Zoom sessions in Jan 2023 to discuss your goals and aspirations, so you can receive beneficial guidance and support.

#### - ACTIVE FORUM OPTION

Every week we have a live open forum comments section where you can engage with Keti & participants and share your experience with your weekly training.

#### - RESOURCES FOR LIFE!

All videos are streamed and also available for download during the duration of the course, for 2023. All materials are yours to keep forever, for clear, easy reference.

- 50% OFF 2023 “25th Anniversary Celebration” INTERNATIONAL WORKSHOPS A-Z 2023 Course Members get 50% off any Live International Arabic Dance Workshops that Keti teaches in 2023. New York, London and several other cities are scheduled. Please check the Facebook page.

[www.ketisharif.com](http://www.ketisharif.com)

[www.a-zbellydance.com](http://www.a-zbellydance.com)

[www.bluelotusroom.com](http://www.bluelotusroom.com)