

# Structured Learning and Development

Whilst Highland Dancing may be thought of as only a hobby or something you see in Scotland, it is an organised activity, and is looked after by a world-wide body: the Scottish Official Board of Highland Dancing.

Taking part in dance is fun. You will acquire skills and will learn how to coordinate movement with music of all kinds.

Teaching follows structured courses starting at beginner level and progressing up to advanced and teacher level.

On the way, dancers are encouraged to take part in exams so that they can record their achievements. Their progress is noted by awarding certificates and medals at each level.

Certain exam syllabi can be included in the higher school certificate.



## Where are there studios?

See [sqrchdi.com/teachers.php](http://sqrchdi.com/teachers.php)

for a teacher near you



See also

SQRCHDI  
[sqrchdi.com](http://sqrchdi.com)

ABHDI  
[www.abhdi.com](http://www.abhdi.com)

SOBHD  
[www.sobhd.net](http://www.sobhd.net)

# Highland Dancing



## Come and join in

# Highland Dancing

## What is it all about?

Highland Dancing is one of Scotland's oldest dance forms dating back to the 14th Century.

It has evolved over time into its current modern form and sees dancers of all ages taking part in regular classes, displays and competitions at home and abroad.

It is one of the more physical types of dance and is especially good for fitness.

Whether it's the lightness of the Highland Fling or the agility and skill of the Sword Dance - it's simply great fun!



## Making new friends



You will find a warm welcome from everyone in your new dancing class. That is the lovely thing about Highland Dancing.

You will find friends of a similar age.

Some will be more experienced but all of them will be happy to help you to learn these new dance skills.

In addition to the social interaction, dancers will attain life skills such as confidence and presentation.

Highland Dancing can help with coordination and poise, and an appreciation of rhythm and timing.

## Competitions

Not all, but many of your friends in the dance studio may decide to take part in Highland Dancing competitions.

These are held locally and interstate on weekends, some inside a hall, and some outdoors. The world famous Cowal Gathering at Dunoon, Scotland, which hosts the World Highland Dancing Championships is a large outdoor competition held in conjunction with a pipe band competition.

All competitions are run under the governance of the Scottish Official Board of Highland Dancing and the Australian Board of Highland Dancing Inc. This provides a graded structure for participation and improvement.

Competitions also provide a chance to make friends with dancers from other dance studios.

