

***OpenLearn mini-documentary:***

**Breakers: Athletes and artists**

**Sam Phillips (a.k.a B-Boy SHEKU):** Music's like the most important thing because it's a dance and obviously listening to the music and being on beat is very important. My name is Sam aka Sheku. I'm 27 years old from North Devon and I'm a B-Boy, so I started breaking in 2009 when I first saw 'Step Up' to movie. It was. And then I started learning note like popping and locking on my own.

I wasn't already doing it right, but it was a start. But then later on in the year I saw the UK B-Boy Championships on TV, and that's where I first fell in love with breaking. Doing all that like tricks and head spins and stuff. I was just so inspired by it and I just wanted to learn that. And then I saw that the winners at the end of I want to be a winner.

So, I dedicated my whole life because of that TV series it just happened to be on. So, when I'm training for like a big competition, maybe like, say 3 or 4 weeks away. I'll be doing training. I'll be training like 6 days a week, 4 hours each day, 5 hours sometimes, which consists of doing it all during as well as I do a lot of running strength training just to make sure I'm on top of my game doing this.

When I'm practicing. So, it's competition. I'm just drilling the same combos and ideas, but different music, different tempos of beats, just so that I'm prepared for anything that come my way. I'm also like battling my friend on my crew crewmates. We just do like rounds, maybe more rounds, and we need to just to make sure, like our stamina is on point and just execute everything to the best level I can.

When I'm battling someone, so many emotions are going right through. I forget all the stuff I've got planned in my head, so that's why it just turns into freestyle in the end, it's very hard to remember what exactly is going on, but I try and block out everyone who's around me and it's just me and the other guy, really. You just got to basically, get in a mindset like, no one can beat you, you're untouchable, and then bring that to the stage and just believe it and make everyone else in the room believe it.

Top rock. It's usually the first thing we do before getting to the floor. It's our stand-up part of the dance floor whilst using different variations. It's basically like our introduction. Go down. Go down is the move a breaker uses to go down from the top rope down to the floor. Footwork. Footwork is using your hands to support your body whilst executing a variety of steps.

A freeze is holding a solid shape or pose with their body in time with the music. Power moves are the most dynamic element of breaking. This consists of a lot of technique and control of movement. I'm getting a bit older now. I'm starting to feel it, especially after training and especially out of competition, but stretching out? Definitely. you can do a bit more of to be honest. I try to look after my body as much as possible if I got like an injury or something, like I do rest and stuff.

Probably the only injury I had. I broke my toe when I was competing. Once I broke it and then we won the battles. We went on to the next round and obviously I made it worse. I had to keep going. To be a good breaker, you need to have coordination, strength, a creative mind and just want to be one of the best.