

By Demand:

LOCKING SHORT COURSE

5 week
FULL SCALE DIGITAL COURSE

All ages

ALL LEVELS

CONTACT 0721011020 / MICHELLE@MO-INT.COM

COURSE INCLUDES

- ❖ 5 Week “AT HOME” Daily Training guide
- ❖ Exclusive bonus LIVE guided training class
- ❖ Weekly challenges and growth assignments to guarantee rapid progress
- ❖ Feedback and check ins
- ❖ Dance Mindset coaching
- ❖ How to easily freestyle Locking
- ❖ History and culture study
- ❖ Links and resources for additional research
- ❖ Techniques and drills
- ❖ Styling and character work
- ❖ Musicality in Locking
- ❖ Grooves
- ❖ Stretch exercises for optimal range
- ❖ Strength exercises for power and speed development
- ❖ Locking Choreography
- ❖ Access to Community group for extra tips and inspiration

OUR SECRET SAUCE:

HOW are we going to do this in a way that will guarantee you will still get the results our Alumni rave about AND MORE:

We start with the SUNDAY bonus LIVE session which is a 2 hour group LIVE guided training class. This is saved in the portal too if you are not able to connect LIVE or have wifi issues.

After which the following is uploaded into the portal for you to access at anytime in the week:

- The weekly Training Target Lesson
- The Daily Self training programme
- The weekly assignment. All assignments and check ins are due by Saturday in order to receive feedback in the Sunday LIVE session

Full details will be sent to each Student

MO & LOCKING

Michelle has always sought to share everything she has learnt with others to help “UNLOCK” their own skills.

(PUN INTENDED)

Michelle won the SA Locking Battles in 2012 and later competed at the World Locking Battles in Vegas where she placed top 16 out of 56 Lockers. She sought out top lockers in L.A for training including Keeley (Beat freaks) and Professor Lock.

She attended the Elite Locking camp where she was trained by Pioneers Scoo B Doo, Sundance and Alpha Anderson.

She then travelled to the UK in search of more pioneers and masters in the style. She was trained by Jimmy Williams and Gemini. She won the Fresh factory Locking Battles while in the UK too. She was asked by Gemini of Locking4life to feature in the Pioneer Steez Dance video in London.

Michelle trained up another SA Locking champion, Aiden Greeff. Aiden along with his dance partner Verushka competed at the world Locking battles in the adult division while they were only 10 and 12yrs old and caught the eye of pioneers Don Campbell and Tony Basil.

Michelle attended the Las Vegas Locking camp in 2019 where she was further trained by the creator himself Don Campbell as well as the first Lady of locking Damita Jo, Scoo B Doo, Alpha Anderson, Sundance and Tash.

Michelle has open doors for many SA lockers and this course is designed to equip you as much as possible for whatever your journey in Dance may be.

LEVELS

**BEGINNER, INTERMEDIATE
& ADVANCED** (SO BASICALLY EVERYONE)



Locking Pioneer:
Scoo B Doo

As this is a Digital course, you will not be restricted to any level. You will have access to the information and training for ALL levels. Should you struggle with a more advance technique or movement simply continue with the beginner version until you are ready to revisit the course material and tackle the more challenging work. This means you can grow at your own pace and be able to re-use the course material long after the course is complete.

ALL THAT YOU'LL NEED:

- ❖ Your phone or laptop to access ALL the content online and join the community
- ❖ WIFI (if you intend on doing the Sunday LIVES)
- ❖ YOUR GORGEOUS BRILLIANCE THAT IS WAITING TO BE UNLEASHED



Locking Creator:
Don Campbell

***TIP: THE MORE STYLISH AND IN CHARACTER YOU DRESS THE QUICKER YOUR BODY RESPONDS TO TRAINING.
WHERE THE MIND GOES THE BODY FOLLOWS.
SO JUST SHOW UP FOR YOURSELF AND ENJOY THE PROCESS
OF DEVELOPING SKILL AND UNLEASHING THE NEW
CONFIDENT AND COURAGEOUS YOU**



**All short courses by M0 are
NON-studio and NON-organization based. We do not
“OWN” or take ownership of any dancer who attends
the course. This course will not conflict with any other
training you are currently receiving. We know that its
difficult to know where to source ALL the information
you need for your unique dance journey. We are
solely focused on sharing, equipping and inspiring ANY
dancers we can in specific styles or skills so that they
can go back and flourish in their respective fields.
We want to see you unleash the brilliance that’s
waiting inside!**

There is a 5 week package rate

Please do enquire about
payment plan options available.
We want the full programme to be
accessible to as many as possible

Email us on Michelle@mo-int.com for more details



Locking Pioneer:
Damita jo Freeman

LAUNCH DISCOUNT OFFER

5 week package rate:
R1200p/p

PLUS a further discount offer:
2 for R2000 discount

Find someone to sign up with you and
receive the R2000 for 2 people discount

Please do enquire about
payment plan options available.
We want the full programme to be
accessible to as many as possible

EFT DETAILS:

M. Oppenshaw

ABSA

4043707825

Brooklyn

335345

REF: WAACK + YOUR NAME

Send proof of payment to

Michelle@mo-int.com

to reserve your spot