

RAMED Library DVD and Video Materials

Catalogue Number	Format	Title	Artist/Creator	Copyright Date	Genre	Description
DVD.1	DVD	First Awards of Belly Dance, The	Various		Performance	<p>(www.bellydance.org): Re-mastered and re-edited, this video features 2 hours of dynamic belly dance performances, including IAMED Award Winners Cassandra, Amaya and Alexandra King, with additional performances by Marguerite and Dondi. Shot live at The Los Angeles Theater Center. Truly a classic!</p> <p>Featuring Performances by: Alexandra King, Amaya, Cassandra, Jamilla Al Wahid, Marzue, Orchids of the East, Sapphira, SeSe, and live music by Desert Wind</p>
DVD.2	DVD	Second Awards of Belly Dance, The	Various		Performance	<p>(www.bellydance.org): Featuring Performances by: Angelika & Her Dance Ensemble, Atlantis, Delilah, Dondi, Eva Cernik, Jillina, Katia, Margo Abdo O'Dell, Mesmera, Zahirah</p> <p>Video includes 2 hours of fabulous belly dancing performances. Highlights include a sword dance by the master of the sword - Zahirah, a solo performance by Jillina, veil performance by Katia, a Persian dance by Angelika's Ensemble, Turkish cabaret belly dance by Eva Cernik and an award winning performance by Delilah to the live music of John, Var and Ishmael. Video taped in front of a live audience at CSUN.</p>
DVD.3	DVD	Third Awards of Belly Dance, The	Various		Performance	<p>(www.bellydance.org): Featuring Performances by: Amaya, Aziza, Jasmin Jahal, Jillina & the Sahlala Dancers, Marguerite, Sahra, Shahrazad, Suzanna Del Vecchio, Titanya & Dondi, Ultra Gypsy</p> <p>Video features 2 hours of belly dancing. Include super performances by Amaya, Aziza, Suzanna Del Vecchio, Sahra, Tribal Style by Ultra Gypsy, Superstar of Belly Dance Jillina with the Sahlala Dancers, and 2 theatrical dance performances by Shahrazad of Germany.</p>

DVD.4	DVD	Fourth Awards of Belly Dance, The	Various		Performance	<p>(www.bellydance.org). Featuring Performances by: Alexandra King, Pantem, FatChanceBellyDance, Hadia, Hayat El Helwa, Jillina and the Sahlala Dancers, Jindra, Laurel Victoria Gray, Sese and the Cairoettes, Shoshanna, Tamalyn Dallal, Zahra Zuhair</p> <p>This video features 2 hours of terrific belly dancing. Highlights include Hayat El Helwa from Brazil, Tamalyn Dallal's dance of the seven veils, Jindra's ballet/modern Egyptian fusion dance, the creative choreography of SeSe and The Cairoettes, improvised troupe performance by the originators of American Tribal Style (ATS) - Fat Chance Belly Dance, plus the ever popular Jillina and The Sahlala Dancers</p>
DVD.5	DVD	Fifth Awards of Belly Dance, The	Various		Performance	<p>(www.bellydance.org): Featuring Performances by: Ansuya, Azar, Elizabeth Artemis Mourat, Jillina & The Sahlala Dancers, Judeen, Katia, Laila & Adam Del Monte, Leyla Jouvana & Roland, Sabura, Sakti</p> <p>Video features 2 hours of wonderful belly dancing, including Leyla Jouvana - The Shimmy Queen, a fiery flamenco performance by Laila Del Monte, Superstar of Bellydance Ansuya, and a dynamic Pharonic performance by Katia. Shot live at the Performing Arts Center at California State University in Northridge.</p>
DVD.6	DVD	Sixth Awards of Belly Dance, The	Various		Performance	<p>(www.bellydance.org): 2 Hours of Wonderful Belly Dancing Performances by Autumn Ward, Aziza, Bahaia, Hayat El Helwa, Jacqueline Eusanio, Jasmin Jahal, Meera, Sahra, SeSe Dance Theater, Shareen El Safy, Ya Amar! Dance Company, Zahra Zuhair</p> <p>This excellent show video includes 2 performances by Zahra Zuhair, both an Orientale performance and a Tunisian dance, East Indian dance by Meera, American cabaret belly dance performance by Jacqueline Eusanio, Nubian dance company number by Ya Amar, Melaya Luf by Sahra, a beautiful performance by Hayat El Helwa of Brazil, modern Egyptian style dances by Autumn Ward of New York, Jasmin Jahal of Chicago and Shareen El Safy, editor of Habibi Magazine, exceptional choreography by SeSe's Dance Theater, and classic silver screen Egyptian by Bahaia of Texas. The show ends with a dynamic performance by Aziza which includes a drum solo with Amir Sofi.</p>
DVD.7	DVD	Belly Dance With Nath Keo: Combination Steps	Nath Keo	2006	Instructional	

DVD.8	DVD	Belly Dance With Nath Keo: Combination Steps 2	Nath Keo	2007	Instructional	
DVD.9	DVD	Tribal Basics Volume 1: Dance Fundamentals	Fat Chance Belly Dance	1999	Instructional	<p>Imagine this: there was a time in history, a long time ago, when the bounce and sway of a woman's hips was considered so beautiful that they set it to music and made a dance out of it...</p> <p>American Tribal Style Bellydance is largely improvisational, using simple steps and gestures in a repetitive fashion, building on the music and the interaction between the dancers. Tribal Style is elegant and graceful, celebrating the strength and beauty of the female form, regardless of age and size.</p> <p>In this workshop: Posture and it's direct relation to movement, simple stretches, a moving meditation. A breakdown and drill each of the slow movements; the Figure 8 Taxeem, Ribcage and Torso isolation, Bodywaves, Bellyrolls, and Arms. The fast movements; the basic Shimmy, Egyptian, Arabic, Pivot Bump and Choo-Choo. A follow-along review of all movements and steps using simple combinations and transitions, and special performance by FatChance.</p> <p>With musical selections from Tribal Dances Tribal Drums, Sirocco Vol.1, Drumsongs and Rhythm of the Dance, Volume One is suitable for beginners as well as the intermediate or advanced dancer looking for a review. Teachers will find it an</p>
DVD.10	DVD	Tribal Basics Volume 2: Make-Up and Costume	Fat Chance Belly Dance	1994	Instructional	<p>Make-up and costume are magic and transformation. Through out history, women have used this art to both create and enhance the aura of natural beauty. The basic elements of stage makeup, contem-porary and traditional costuming techniques and the wisdom of folklore are reflected in our distinctive style.</p>
DVD.11	DVD	Woman Power Workout With Karen Andes	Karen Andes	1999	Instructional	<p>What is WomanPower? It's movement that celebrates your body and uplifts your soul. It's women supporting women. You get all the fitness components your body needs, wrapped in a fun and elegant package</p> <p>* Cardio: a blend of tribal style belly dance, flowing "feminine" motion and a veil dance.</p> <p>* Strength training: a "muscle meditation" for the upper body using dumbbells or resistance bands and poles and leg work fit for a "woman warrior goddess."</p>

DVD.12	DVD	San Francisco Beledi: Inside the Making of a Show	Various	1999	Documentary	Come behind the scenes with FatChanceBellyDance® as we prepare for San Francisco Beledi, live at the Victoria Theater 2002. San Francisco Beledi chronicles the alchemical mix of rehearsals, planning meetings, costume fittings and the inevitable set backs that magically transform into theater. Featuring interviews and candid conversations about the history and philosophy of Tribal Style Bellydance...and find out how we got our name! Enjoy a full dance performance featuring live music by Helm and recorded music by Hamza El Din, Faruk Tekbilek and Mahmoud Fadl.
DVD.13	DVD	Tattooed One	Various	1992	Performance	This first performance video by FCBD®, produced in 1992, is now a classic. A kaleidoscope of inspiration featuring an elaborate set, skilled musicians (including Susu Pampanin and Nancy Hall), adorned audience members and six of the original members of FatChanceBellyDance®.
DVD.14	DVD	Gypsy Fire: Part One, Spanish/ Arabic Gypsy Dance	Amaya	1998	Documentary/ Performance	Includes documentary footage, performance, and movement instruction.
DVD.15	DVD	Gypsy Fire: Part Two, Gitano/ Arabe Gypsy Dance	Amaya	1998	Documentary/ Performance	Includes documentary footage, performance, and movement instruction.
DVD.16	DVD	Turkish Style Belly Dance	Elizabeth Artemis Mourat		Instructional	<p>Turkish Style Oriental Dance is energetic, joyous, assertive, passionate, and spontaneous. It is characterized by aggressive hip movements, complex pelvic articulations, exciting zills, powerful drum solos, sensuous taqsim, fun stomach play, extended veil work, and a wide array of mysterious gestures.</p> <p>Learn this fun and exciting style of belly dance with expert dancer and historian, Elizabeth Artemis Mourat! First Artemis teaches a brief history of Turkish Style Belly Dance, including contributions of the Turkish Romany people, and describes how it is distinguished from Egyptian Raqs Sharki.</p> <p>Artemis explains the slow and fast Romany 9/8 rhythms used in Turkish Oriental Dance, and the difference between the Romany 9/8 and the Cabaret Karsilama. She demonstrates how the rhythms are used in Turkish Oriental Dance.</p> <p>She then teaches the Turkish Oriental technique of isolations, articulations, turns, and steps typical to this dance, with complete breakdown and demonstration. She also teaches hand gestures unique to Turkish Oriental Dance which are a direct inheritance from its Romany roots.</p> <p>In the last section, Artemis puts it all together into both slow and fast combinations</p>

DVD.17	DVD	Mesmera's Garden: Exotic Bellydance Technique	Mesmera	1998	Instructional	Welcome to "Mesmera's Garden of Exotic Bellydance Technique," a fertile source of creativity designed to cultivate technique and variety in your dance.
DVD.18	DVD	The Romany Trail Part One: Gypsy Music into Africa	Beats of the Heart (Series)	1981/2002	Documentary	Gypsy Music Into Africa This one hour documentary is the closest thing to custom made history of our dance that we've ever seen. Though not exclusively about bellydance, it takes a detailed look at the historical travels of the gypsies, their music and culture from India, through Egypt and up into Spain. Featuring an interview with Yusef Maazin, footage of the Banat Maazin and Metqal Qenawi as well as fortune tellers, acrobats, Flamenco dancers and tattooists!
DVD.19	DVD	The Romany Trail Part Two: Gypsy Music into Europe	Beats of the Heart (Series)	1981/2002	Documentary	Gypsy Music into Europe The natural companion to Part 1, this tape follows the gypsies from India up into the European countries. Bear trainers, puppeteers, actors and musicians ply their trade. 60 minutes (narration).
DVD.20	DVD	Tribe	n/a	2007	Fiction	A locally produced film about one dancer's personal connection with Tribal style belly dance. Features RAMED members!
DVD.21	DVD	Hollywood Babylon	Various		Performance	Two hours of belly dance performances by some of today's finest belly dancers. This spectacular show captures the romance of Hollywood's yesteryears, combined with a wonderful variety of belly dance styles. Featuring Performances by: Anaheed, Rana, Anisa's Orientale Beledi Troupe, Marula, Brandi, Dondi, Jillina and the Sahlala Dancers, Marguerite, Leyla & Saharan Silk, Farhana - Princess of Hollywood, The Tut Sisters, Mesmera. Highlights include: The Tut Sisters performing a Mummy dance, a trance dance by Brandi, Rania performing with Isis wings, a great solo by Jillina and two performances by Sahlala.. and best of all... Dondi as Marilyn Monroe. Mesmera, Anaheed, Marula, Marguerite, Farhana dance to live music by Al Kimie. Shot live at Burbank Center Stage Theater.
DVD.22	DVD	Shamadan: Egyptian Wedding Dance	Faten Salama		Instructional	Faten Salama, as a soloist and choreographer for the Egyptian National Folk Troupe, has entertained heads of state, ambassadors, and royalty across the globe. In this instructional video she teaches the basic steps of the beautiful Shamadan dance performed at Egyptian weddings. Along with her students, Faten shows how to balance the candelabra and demonstrates a full choreography for the dance.

DVD.23	DVD	Faten Salama: Instructional Oriental & Cane	Faten Salama	2005	Instructional; Performance	Internationally renowned native Egyptian dancer and teacher, Faten Salama, performs her unique choreography to "Aly Loz" then shows you step-by-step her special oriental and cane dance techniques.
DVD.24	DVD	How to Play Finger Cymbals	Mesmera	2004	Instructional	Harry Saroyan, maker of exquisitely designed, quality finger cymbals, presents internationally known instructor/performer Mesmera in "How to Play Finger Cymbals". Live drumming is featured as you practice and learn simple techniques for a wide variety of patterns for popular Bellydance music.
DVD.25	DVD	Belly Dance Spectacular-Live in Hollywood	Various		Performance	Two hours of belly dance performances. Starring Aziza, Dalia Carella, Jillina & The Sahlala Dancers, FatChanceBellyDance, Ava Fleming, Katia, Sa'Elayssa, Ya Amar!, Paulina, Anaheed, Louchia, Mesmera's Sacred Serpent, Dangerous Curves Dance
DVD.26	DVD	Alma de Amaya!: Soul of Amaya	Amaya		Instructional; Performance	Egyptian, Arabic Turkish, Spanish combinations for Middle Eastern Dance. With a special performance by Amaya.
DVD.27	DVD	Instructional Bellydance With Jillina: Level 3	Jillina	2003	Instructional	Learn advanced Bellydance to an upbeat dance song by Hakim. This DVD will teach an energetic Bellydance style that combines heavy, earthy movements with quick and sharp changes. Chapters include: Stretching, Techniques, Instruction,
DVD.28	DVD	Ultimate Combinations 2	Various		Instructional	Fleming, Sadie No matter what your style or level of dancing, whether you choreograph or improvise, you can use these combinations to expand your belly dancing vocabulary in fun and exciting ways! Lots of variety and lots of technique for standing, traveling, veil and shimmy combinations are included. Each teacher clearly explains and completely breaks down her favorite combinations with follow-along repetitions so you can make the combination your own.

DVD.29	DVD	Luscious Layers with Ansuya	Ansuya	Instructional	<p>Layering movements on each other to create exciting new combinations adds fun and interest to Belly Dancing. A good Belly Dancer's layers are so smooth they seem like just one movement, but it's not easy to look so effortless!</p> <p>On this how to belly dance video Super Star Ansuya teaches you to combine movements to create Luscious Layers, with detailed breakdown and demonstration of the techniques necessary to isolate and layer movements. After explaining it all, she will lead you through fun follow-along practice sessions with music for each combination. Soon you will be layering Chest Circles, Hip Circles, Figure 8s, Undulations, and all sorts of hand and arm movements including Forward Snake Arms, Finger Ripples, and Big Figure 8 Arms, and more.</p> <p>Layering Freezes</p> <p>To add even more spice to your dancing, Ansuya shows you how to add a Freeze to each movement with a complete explanation and demonstration of Layering Freezes!</p> <p>Luscious Layers Drills</p> <p>The DVD includes two fun drills. With Ansuya's Luscious Layers Drill you will perfect</p>
DVD.30	DVD	Smooth as Silk Veil with Katia	Katia	Instructional	<p>On this DVD Katia shares her secrets for dancing with a large silk veil. Katia starts by demonstrating how to hold the veil to get the best effect. Then she'll show you how to let air and fabric do the work to make your silk veil Float, Flutter, Soar, Billow, and Swell. You'll learn to create beautiful Butterfly Wings and the secret of Aerial,</p>

DVD.31	DVD	Sizzlin' Hips with Ava Fleming	Ava Fleming		Instructional	<p>Ava Fleming shows you how to make your hips do exactly what you want them to. Moving the hips in isolation from - or in coordination with - the ribcage is the essence of Raqs Sharki. Your hips can move soft and slow, or fast and sharp... but there's more to it than that! The technique a dancer uses to move her body affects how her audience will feel her dancing.</p> <p>Ava Fleming's signature style is based on relaxation within muscular and skeletal isolations, and weight distribution. All that requires understanding exactly how each movement is created. So Ava teaches muscle identification, with exercises to help you connect to the specific muscles you will use. It also requires correct posture, so Ava gives special emphasis to proper body placement to achieve the desired affects safely and gracefully.</p> <p>To help you use different "motivators" to create the same movement with different effects, Ava explains and demonstrates: * internal (muscular) and external (skeletal) movement * continuous versus abrupt movement * "gross" and "small" motivators * engaged versus relaxed placement</p> <p>Ava breaks down how to execute many popular belly dance hip movements using various motivator techniques - it's the same move but with very different effects! Ava includes fun combinations and plenty of drilling so you'll really feel why an "internal" hip drop looks very different from an "external" hip drop.</p> <p>More than just technique, by giving you greater awareness of how you dance, Ava's movement theory will increase your dance vocabulary, add juiciness to your fluid</p>
DVD.35	DVD	Suzy Learn to Bellydance Raqs Sharki Vol. 3	Suzy	2005	Instructional	<p>Once you've learned the basic movements and steps, you need to learn how to take those steps and move with them. In this video, you will learn to incorporate travelling steps, floating, spinning, rib sways and hip variations to enhance the skills</p>
DVD.36	DVD	Suzy Learn to Bellydance Raqs Sharki Vol. 3	Suzy	2002	Instructional	<p>This is an educational video for all pregnant women. While Suzy was pregnant 2001/2002, she decided to investigate the effects of dancing during pregnancy and the benefits for the birthing process.</p>

DVD.37a-d	DVD	Ultimate Oriental Bellydance System	Hadia		Instructional	<p>Disc 1: Based on medically-proven therapeutic exercise principles, Hadia's revolutionary warm up routine guarantees a safe and stress-free start to your dancing session. A dynamic combination of gentle and energetic exercises transform themselves into basic bellydance moves that have you dancing before you know it! Be sure to begin every dance session with your favorites. Also includes Hadia's 10-point alignment check, which guarantees enhanced body awareness grace and effortless dancing.</p> <p>Disc 2: Takes you through easy to follow basic level steps and technique, moves you into a series of combinations and sequences, and has you dancing an entire irresistible and fun Shaabi-style Egyptian choreography in no time at all!</p> <p>Disc 3: When you are ready for more, this disc will challenge you with more complex intermediate techniques, combinations, and sequences that once again culminate in a joyful and exuberant choreography to Hakim's Telakik.</p> <p>Disc 4: Begins with Hadia's quick warmup for the days when there's not enough time for everything. This is followed by Hadia's easy-flow cool down based on her favorite yoga, Pilates, and jazz exercises that help you to mobilize the life back into your muscles and joints while you stretch and strengthen your way back into ideal muscle</p>
DVD.38	DVD	Basic Beginner Bellydance	Rahma	2003	Instructional	Includes warm-up, 2 performances, 6 easy to follow lessons.
DVD.39	DVD	Raqs Araby-Bellydancing	Rahma	2003	Performance	
DVD.40	DVD	Oriental Fantasy: Saidi, Raks El Assaya	Horacio Cifuentes		Instructional; Performance	The cane dance, or Raks El Assaya, finds its birth in Upper Egypt and was originally a form of male martial arts performed with large bamboo sticks which eventually developed into a folkloric dance. The women, using a smaller cane, and making fun of the men with their light, coquettish movement, created their own version of the
DVD.41	DVD	On Fire!	Various	2004	Performance	Through graceful movements and intriguing rhythms, bellydance captivates the hearts of millions around the world. Performers Include: Ansuya, Jillina, Tamra-
DVD.42	DVD	Fire at the IAO & A Retro Choreography	Various	2001	Instructional; Performance	Live concert performance featuring bellydance and flamenco by Delilah, Nikki Conti, Sulyman El Coyote, and Sirocco. With an instructional choreography inspired by the Ansuya describes and demonstrates each combination, then teaches a complete
DVD.43	DVD	Hot Combinations with Ansuya	Ansuya		Instructional	breakdown of the technique, with plenty of repetition. Then Ansuya leads you through a dance drill using the combinations to practice transitions from combination to another. By the time you're done, you will be able to use the combinations in your own belly dance choreographies or improvisations.

DVD.44	DVD	All New Hot Belly Dance Combinations with Ansuya	Ansuya	Instructional	Enjoy friendly, clear and easy to follow instruction of six all-new combinations as Ansuya breaks down, demonstrates and shows each combo from all angles! Watch Ansuya put these combos to use in a live, improvised performance with special
DVD.50	DVD	Doumbek Technique and Rhythms	Amir Naoum	Instructional	Instructional DVD on Arabic percussion, includes popular bellydance rhythms.
DVD.51	DVD	Tribal Basics Volume 3: Zils	Fat Chance Belly Dance	Instructional	Zils, or Finger Cymbals are an exciting element to add to the dance, but they can be difficult to master. The key to success is repetition without stress. Join Carolena for a workshop that will explain: Which zils are best for you Yin and Yang-the ergonomics of playing your zils Feeling the pulse of the music Playing three basic patterns
DVD.52	DVD	Tribal Basics Volume 4: Advanced Workshop	Fat Chance Belly Dance	Instructional	Hand Floreos; Up2 Down3; Flutter; Reach and Sit; Head Slides; Choo-choo Singles; Levels; Choo-choo; Doubles; Reverse Taxeem; Choo-choo Arc; Deep Bodywave; Layering; Turkish Shimmy; Camelwalk; Shoulder Shimmy; Circle Step; Egyptian Half Turn; Torso Twist; Arabic 1-2-3; Propeller Turn; Arabic Hip Twist; Corkscrew Turn introducing the FCBD method for developing successful stage presentation. with
DVD.54	DVD	Tribal Basics Volume 6: Improvisational Choreography	Fat Chance Belly Dance	Instructional	clear instruction from Carolena, you'll prepare with stretches, posture review and a moving meditation. Group demonstration by FCBD, several exciting classroom drills using the steps from Vol. 1 Fundamentals of Dance, Vol. 4 Advanced Workshop and Vol. 5 Cues & Transitions. Plus a special performance using everything presented here. Create your own Tribal Choreography!

DVD.57	DVD	Veil with Aziza	Aziza	Instructional; Performance	<p>Introductions and Concepts for Veil Dancing</p> <p>In this belly dance video Aziza introduces rhythms that lend themselves to veil dancing and discusses how to match your movements to the music.</p> <p>Aziza explains how the fabric type, size, and shape of your veil will affect how it moves and shows how to dance with different kinds of veils.</p> <p>Aziza demonstrates how to make your veil your partner when you dance, using concepts such as your veil is extension of your body, catching air, invisible shield, and "keeping your pencil on the paper."</p> <p>Technique and Combinations</p> <p>Aziza teaches many veil movements, clearly explaining and demonstrating the technique required to make your veil behave beautifully. She shows you how to use hand positions, arm patterns, weight changes, and body alignment to get your veil to do what you want it to do, and how to use the air and the space around you to get the most out of your veil.</p>
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