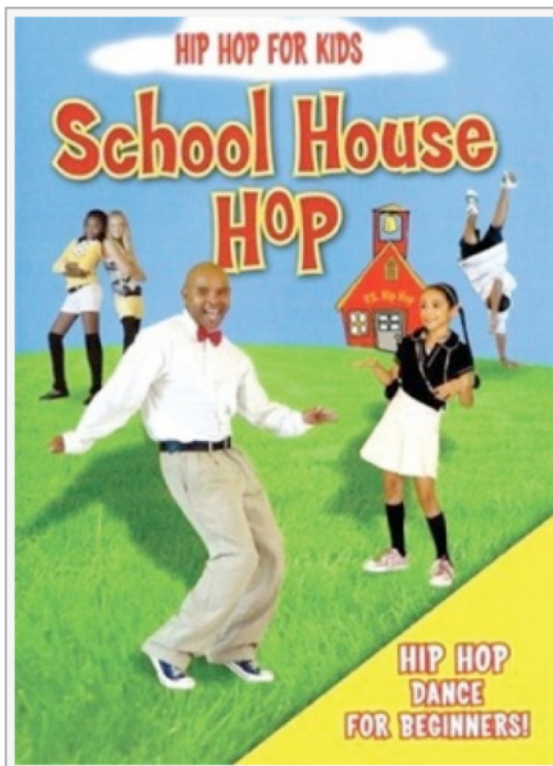


Wednesday, June 25, 2008

## Kids teaching kids health, fitness through hip hop

by Jakina Hill



The DVD includes six chapters that teach hip hop dances. From the Chicken Noodle Soup to the Motorcycle, a group of children ages 5 to 14 of all ethnicities teach the dances along with host Roger G. "It doesn't matter where they're from, they love our soul," the multi-talented fitness instructor told the Defender. "We shared the culture and tried to educate through their videos."

In a scene from the DVD, Roger G tells parents to join the children and learn from them. This is where a gap in communication occurs between parents and children, he said. "We limit ourselves when saying you're too old to do something," Roger G said.

Auditions for a part as one of the child dancers in the film are always open. Liz Milwe and Roger G chose the young dancers for the video simply based on their dancing abilities and standout personalities. Jumping Fish Productions

was started in 1993 by Milwe, a dancer and choreographer. She got the idea when she took a hip hop dance class with Roger G.

Milwe said she thought kids would really love Roger G because of his energy and his style of teaching. The film was shot on location in a school in California. "I love the cafeteria scene because the kids are all doing their own thing," Milwe said about the scene that is also Roger G's favorite.

Milwe wants parents to realize the video is intellectually put together and is good for children as well as parents. The video also has four bonus sections that include some of the children teaching their own style of dance as well as a stretch and strengthen exercise portion.