



H·O·P·A·K

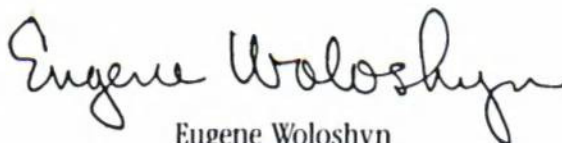
UKRAINIAN NATIONAL DANCE

Ukrainian Heritage Foundation Of North America, Inc.

The Ukrainian Heritage Foundation was founded in November of 1983. It was the direct result of a reunion meeting of former members of the Ukrainian Youth League of North America. They were celebrating the 50th anniversary of the League's beginning at the Chicago World's Fair in 1933.

The Ukrainian Youth League of North America prospered for many decades, bringing together young Americans and Canadians of Ukrainian heritage. The conventions were held annually in various cities in the United States and Canada each Labor Day weekend. The League published a quarterly magazine, "*Trend*" and a hardback book, "*Ukrainian Arts*." It was the first book detailing the various Ukrainian artforms in the English language. The book was well received in the American, Canadian and Ukrainian communities. A pamphlet, describing in detail, the regional costumes of Ukraine, was widely distributed and is used today for reference purposes. Another important activity of the Youth League, was conducting various sporting competitions each year. The organization also helped to promote the Ukrainian cultural courses at the Ukrainian National Association Estate, Soyuzivka. It took an active part in supplying instructors who taught Ukrainian folk dances and constructing the national musical instrument, the bandura.

The Foundation was created primarily to perpetuate our Ukrainian heritage in every way possible. Each year, a meeting is held, usually in the fall, for members from throughout the United States and Canada. A "News-Letter" keeps members up to date on projects. Currently, the "Hopak" videotape and brochure have been the focus of the Foundation's efforts. Over the past few years, funds needed for these projects have been donated by organizations and individuals. The Foundation has been granted tax-free status by the Internal Revenue Service.



Eugene Woloshyn
President

Dance Commission

Walter Bacad • Taras Maksymowich • William Polewchak

Photos: Courtesy of The Kashtan Ukrainian Folk Ensemble
Ukrainian Dancers of Miami

Brochure Design, Cover Illustration By S. Marion Senyk

Dedicated To The Memory Of Vasil Avramenko



Vasile Avramenko was born in Kiev in 1895, the son of Ukrainian peasants. He was orphaned early in his childhood and was compelled to migrate to Vladivostok with his older brother. Shortly before World War I, he became a teacher and during the war, entered a military school. During the Russian revolution, he fought for Ukrainian independence. After the war, he studied dramatic art and was a member of the Ukrainian National Theatre, under the leadership of Mykola Sadovsky.

Avramenko came to North America at the age of 30. Upon his arrival and for over a half century, he worked ceaselessly to teach Ukrainian folk dancing to as many people as possible. He strived to promote it as an artform in its own right. Avramenko relied upon his knowledge of authentic folk dances which he researched and recorded while in Ukraine.

Avramenko organized dance schools throughout North America. From Moose Jaw, Saskatchewan to Olyphant, Pennsylvania, virtually every Ukrainian community, large and small, had a school of dance started by Avramenko. It has

been estimated that approximately ten thousand young men and women in the United States and Canada graduated from his dance schools.

He also staged public performances wherever he went. The appearances drew high praise from both Ukrainian and non-Ukrainian audiences. In 1931, Avramenko amassed a huge company of 500 dancers from around the country to appear on the stage of the Old Metropolitan Opera House in New York City.

The fact that Ukrainian dance schools and groups are active today and can be found in large numbers throughout the United States, Canada, and Europe is a lasting tribute to the legacy of Vasile Avramenko. The Ukrainian Heritage Foundation proudly dedicates this documentary and instructional video to the memory of Vasile Avramenko. It is our intent to record his authentic Ukrainian folk dances such as Hopak Kolom, Arkan and Honyviter. It is also our hope to acknowledge the great contributions made by Vasile Avramenko in promoting Ukrainian culture throughout the United States and Canada, during his lifetime.

Hopak, Ukrainian National Dance

Of all the dances of the Ukrainian people, the HOPAK is by far the most spectacular. It is a dance in which the Ukrainian male excels in an outstanding exhibition of extra-ordinary physical power and muscular control in vibrant, exciting competition with his companion dancers.

HOPAK is a *man's* dance, with the young women adding gentle flourishes only rarely during the course of the dance. As the dance unfolds and becomes more creative and competitive, the young ladies will coax and encourage their favorite dancers to greater prowess and accomplishment in this very athletic dance form.

Yet, even at the height of the excitement of the dance, patterns are carefully controlled and adhere to traditional and regional limitations.

The highlight of the Ukrainian HOPAK is the PRYSYADKA; the spectacular squat step of the male dancers. The seemingly effortless extension of the legs into forward or upright movements from the squatting position and the complex patterns in certain of the PRYSYADKY steps requires extremely refined and powerful strength and muscular control.

History tells us that the PRYSYADKA evolved from a form of exercise patterns that our Kozak ancestors perfected while at rest in between campaigns in their encampments (the KOZAK SITCH). The Kozaks were world-recognized expert

horsemen and the need to remain in top physical condition was always important when they were required to move over great distances on horseback.

As with any routine exercise, a rhythm base is established and musical accompaniment and chanting or hand-clapping becomes a natural extension of the exercise procedure. Ukrainians are skilled musicians, so it was only natural that the Kozaks played their national instruments as a diversion. The BANDURA (lute), the SOPILKA (flute), the BUBYN (hand drum), and the TSYMBALY (dulcimer) became the medium in creating a new dance form.

The work HOPAK is thought to stem from the ancient expression of delight or excitement — "OPA"!! The chant often heard during the HOPAK and accompanied by the rhythmic hand-clapping to create a cadence is HOPA! HOPA! HOPAKA!!

Essentially, HOPAK is dominated by the Ukrainian man, but over the last half century young women have been permitted to participate in the dance presentation. However, their role is by tradition very limited and their involvement is delicate and feminine.

Many other nationalities have tried to copy the dance patterns of the HOPAK. No one has been able to match the excitement generated by the Ukrainian Kozaks as they dance their spirited HOPAK.

Hopak Costume

The woman's costume consists of a headpiece made in the form of a tiara of small field flowers, such as daisies and poppies. About a dozen brightly colored ribbons, one and a half to two inches in width, hang down the back to about fingertip length.

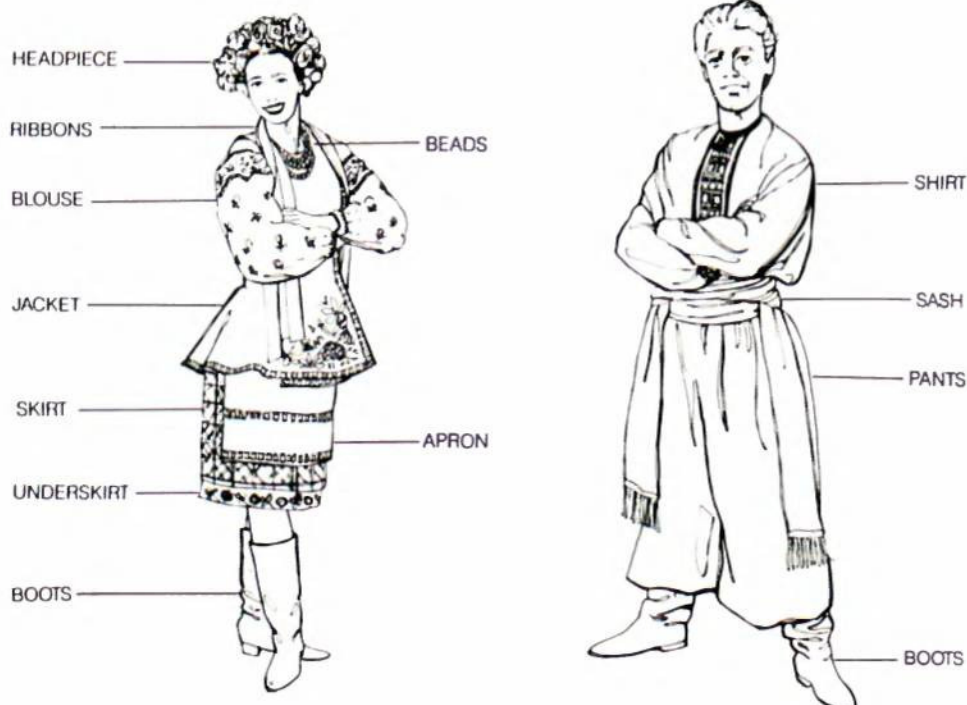
Several strands of red beads are worn around the neck, which in a bygone era, indicated the woman's wealth. The more strands of beads, the greater the wealth. The blouse is loosely fitted and gathered at the neck. The sleeves are quite full and decorated with a red and black, geometric, floral, cross-stitch embroidery design. There is a narrow band of embroidery of the same design around the neck and wrists.

Over the blouse is a jacket called a korsetka, which can be any number of subdued primary colors. The best and most widely used colors are red, green, blue and black. It should fit snugly at the waist, with about three or more pleats in the back to emphasize the fit. The skirt, or plachta, is made of woven material, in which red usually predominates. The design is made up of squares of different colors worked diagonally from the back seam. The plachta is constructed by

folding a rectangle of material in half and making a slit in the back to within three to four inches of the waist. Under the plachta is worn an underskirt of plain white linen, decorated with a border of red and black embroidery about one and a half to two inches wide. An apron is worn around the waist and is made of colored fabric in keeping with the rest of the costume. Finally, women wear red or black boots with a low heel.

The costume for the man is much less elaborate than the woman's. It consists of a loose fitting shirt decorated with a geometric, cross-stitch embroidery pattern which goes down the front of the shirt, around the neck, and around the wrists. The shirt is always tucked into the pants and never worn outside. The pants, called sharavary, are widely cut pantaloons gathered at the waist and at the ankles. They can be various colors, the most common being blue or red. A woolen sash of a contrasting color is worn around the waist, tied in such a way that the ends hang down either on one side or both sides.

Red or black boots made of soft pliable leather are an essential part of this costume.



Color representation of costumes on back cover.

Melody, Rhythm



Hopak Music



Discover The Magic Of This Truly Unique Dance - Hopak

This instructional video brings to life Vasile Avramenko's basic dance of Ukraine, the "Hopak." This traditional folk dance can be created by your dance group by following the detailed description of each dance step, which is demonstrated by slow motion photography. Ukrainian folk dancing is well known for its beauty, vigor and elegance and has achieved popularity throughout the world. Photographs and descriptions of the colorful costumes worn by the dancers can be found in this video and brochure.



How To Order

You may order this video, free of cost, by requesting a copy on your institutional letterhead. Please send to:

Ukrainian Heritage Foundation of North America, Inc.
c/o Mr. Walter Bacad
Box 32
Ferandina Beach, FL 32034

Ukraine



Ukraine is a European country of rich natural resources. Over 50 million Ukrainians occupy a territory larger than France. The name Ukraine was first used in historical chronicles in the year 1187 so it is now more than 800 years old. In ancient times, the name used for the territory of Ukraine was Scythia and in medieval times it was known as Rus, Ruthenia and Kiev Rus. The name Ukraine originally meant borderland, country or state.

Capital — Kiev, the modern and ancient capital of Ukraine, is located in Central Western Ukraine on the banks of the Dniro River and has a population of almost two million. Settled since the stone age, the City of Kiev was founded years ago in 473 by Kie, although the traditional date is the year 862.

Major Cities — Kiev is both the capital city and the major cultural, economic and educational center of the country. Other important Ukrainian cities are: Lviv, Kharkiw, Donetsk, Luhansk, Odesa, Zaporizhyya, Dnipropetrovsk, Chernivtsi, Zhitomir, Kriv Rih, and Yalta.

Territory — Ukraine, with over 22,000 square miles (603,700 sq. kilometers) is the largest country within Europe and is somewhat larger than France in territory, but a little smaller in population. Ukraine is located in Eastern Europe north of the Black Sea and the Sea of Azov. Most of Ukraine is a steppe or prairie land but on the south west are the Carpathian Mountains. Ukraine stretches over 800 miles from East to West and 560 miles from north to south. Some ethnically Ukrainian territories are outside the present borders of Ukraine with the largest part, the Kuban area, south of the Azov Sea.

Population — The population of Ukraine is almost 50 million of which about 77 percent are Ukrainians. Other groups are Russians (17%), Jews (2%), and Poles (1%) of the population. Over 55% is urban and 45% is rural. Ukrainians have always lived on the same territory they now occupy and did not immigrate to, or replace another people, on their homeland.

National Emblem — The Coat of Arms of medieval Kiev Rus-Ukraine was a trident used in various designs by the Kiev royal family. The gold trident of St. Volodymyr (919-1015), the King of Rus, was adopted on March 22, 1918 as the national emblem of the Ukrainian National Republic. Today the trident is recognized throughout the free world as representing Ukraine.

Flag — For 2,000 years the colors of azure or sky blue and gold or yellow, have been a favorite combination. In 1848 the Ruthenian council officially adopted the medieval coat of arms of Lviv, a gold lion on a sky blue shield. The national flag of Ukraine consists of two broad horizontal stripes of sky blue over yellow officially adopted by the Ukrainian government on March 22 and November 13, 1918.

National Anthem — The Ukrainian national anthem is "Sche ne Vmerla Ukraina" (Ukraine Still Lives), written as a poem in 1863 by Paul Chubynsky from the Poltava region in Eastern Ukraine. It was set to music by a Lemko composer Michael Verbystky from Western Ukraine. Its patriotic text and beautiful melody led to its adoption as the official anthem of Ukraine by the independent government in 1917.



Ukrainian Heritage Foundation

OF NORTH AMERICA, INC.

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