


LUCA LAZYLEGZ PATUELLI

STUDY GUIDE



NO EXCUSES, NO LIMITS!

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LUCA LAZYLEGZ PATUELLI

CURRICULUM CONNECTIONS & PRE-SHOW DISCUSSION

CURRICULUM CONNECTIONS

- **PHYSICAL ACTIVITY**
WORKOUT ROUTINES
- **MEMORY**
REPETITIVE MOVEMENT
- **SELF-EMPOWERMENT**
MOTIVATIONAL AND INSPIRATIONAL MESSAGES. NO EXCUSES, NO LIMITS, DOING THINGS OUR OWN WAY.
- **TEAMWORK**
TEAMWORK IS ENCOURAGED DURING WORKSHOPS
- **MUSIC**
MUSIC IS USED THROUGHOUT THE PERFORMANCE AND MOTIVATES STUDENTS TO GET UP AND DANCE!
- **MOVEMENT**
DURING HIS WORKSHOP HE ENCOURAGES THE AUDIENCE TO DANCE AND MOVE AROUND IN THEIR UNIQUE WAY.
- **GEOGRAPHY**
- **SOCIALIZATION**
LUCA DEDICATES TIME AND ENCOURAGES STUDENTS TO ASK QUESTIONS AT THE END OF THE PRESENTATIONS.

PRE-SHOW DISCUSSION:

PLEASE COPY PASTE THE FOLLOWING LINK IN YOUR WEB BROWSER

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=8MGSLOBINKY&T=44S](https://www.youtube.com/watch?v=8MGSLOBINKY&t=44s)

WHO IS LUCA 'LAZYLEGZ' PATUELLI?

BIOGRAPHY

LUCA PATUELLI ALSO KNOWN AS LAZYLEGZ STARTED DANCING (B-BOYING) AT THE AGE OF FIFTEEN. HIS UNIQUE APPROACH TO DANCE IS HOW HE ACHIEVED WORLDWIDE RECOGNITION; HE DEVELOPED HIS PERSONALISED DANCE STYLE BY INCORPORATING HIS INCREDIBLE UPPER BODY STRENGTH AND HIS CRUTCHES AS ACCESSORIES TO HIS PERFORMANCE. HIS PASSION FOR DANCE HAS LED HIM TO BE FEATURED ON THE ELLEN SHOW, SO YOU THINK YOU CAN DANCE CANADA, AMERICA'S GOT TALENT AMONGST MANY OTHERS. HE WAS ALSO THE SEGMENT DIRECTOR AND LEAD PERFORMER FOR THE 2010 VANCOUVER PARALYMPICS OPENING CEREMONIES.

LUCA IS THE CREATOR AND FOUNDER OF THE **ILL-ABILITIES™** CREW, AN INTERNATIONAL B-BOY CREW COMPOSED OF THE WORLD'S BEST "ILL-ABLED" DANCERS. HE HAS ALSO CO-FOUNDED **PROJET RAD** WHICH WAS CANADA'S FIRST INCLUSIVE URBAN DANCE PROGRAM OFFERING PEOPLE OF ALL AGES AND ALL ABILITIES THE POSSIBILITY TO PARTICIPATE IN ACCESSIBLE DANCE STUDIOS. LUCA HAS ALSO BEEN RECOGNIZED AS THE CANADIAN AMBASSADOR FOR DANCE AND RECEIVED A MERITORIOUS SERVICE MEDAL FROM THE GOVERNOR GENERAL OF CANADA FOR HIS DANCE OUTREACH PROGRAMS. LUCA CAN SPEAK FOUR LANGUAGES (ENGLISH, FRENCH, ITALIAN, AND SPANISH) WHICH ENABLES HIM TO TEACH AND SHARE HIS PASSION FOR DANCE TO PEOPLE OF ALL AGES AND ALL ABILITIES INTERNATIONALLY.

LUCA IS CURRENTLY PLANNING ON COMBINING WHAT HE HAS LEARNED WITH ILL-ABILITIES™ AND PROJET RAD TO TAKE HIS CAREER TO THE NEXT LEVEL WHILE CONSTANTLY SHARING HIS MESSAGE TO THE WORLD "IT'S ABOUT TAKING THE BAD AND MAKING IT GOOD" AND THERE ARE "NO EXCUSES, NO LIMITS!"

WHERE WAS LUCA BORN AND RAISED?

BIOGRAPHY - GEOGRAPHY

- LUCA WAS BORN IN **MONTREAL, QUEBEC CANADA** ON JULY 28TH 1984
- HE WAS RAISED IN **BETHESDA, MARYLAND, USA** FROM 1990-2002
- HIS FAMILY MOVED BACK TO MONTREAL IN 2002
- LUCA CURRENTLY RESIDES IN BOUCHERVILLE, QUEBEC

MONTREAL, QUEBEC CANADA



BETHESDA, MARYLAND, USA



LUCA LAZYLEGZ PATUELLI

SPOKEN LANGUAGES & PERSONAL GOALS

LUCA SPEAKS FOUR LANGUAGES, THESE LANGUAGES ARE:



SOME OF LUCA'S PERSONAL GOALS ARE

- TO TAKE HIS DANCE TO A NEXT LEVEL ON A DAILY BASIS, BY CHALLENGING HIMSELF AND BY EXPLORING HIS BODY IN MOVEMENT AND CONTINUING TO EXPLORE NEW STYLES OF DANCE SUCH AS CONTEMPORARY.
- TO USE DANCE AS A WAY TO BRING PEOPLE FROM A VARIETY OF BACKGROUNDS TOGETHER IN ONE PLACE AND CREATE NEW CONNECTIONS.
- TO TRAVEL THE WORLD AND CONTINUE MOTIVATING, EDUCATING AND PROMOTING DANCE AND THE NO EXCUSES NO LIMITS MOTO TO EVERYONE.
- TO CONTINUE BUILDING STRENGTH IN HIS BODY AND LEGS BY EXERCISING AND STRETCHING ON A DAILY BASIS

LUCA LAZYLEGZ PATUELLI

ABOUT MOTIVATIONAL ENTERTAINMENT

LUCA TEACHES AN INCLUSIVE DANCE PROGRAM TO PEOPLE OF ALL AGES, ALL ABILITIES, AND ALL DIFFERENT SKILL LEVELS. NO MATTER WHAT YOUR SITUATION MAYBE, HE BELIEVES "EVERYONE CAN DANCE". HIS PHILOSOPHY ON DANCE IS "THE SLIGHTEST MOVEMENTS MAKE THE GREATEST DIFFERENCE IN A PERFORMANCE". THESE WORKSHOPS CAN HELP BUILD CONFIDENCE THROUGH TEAM ACTIVITIES AND CHALLENGES INDIVIDUALS TO SURPASS LIMITATIONS BY DISCOVERING THE OWN STRENGTHS AND CREATIVE MOVEMENTS.

LUCA IS ALSO A PERFORMER, CHOREOGRAPHER AND HOST. HE PROMOTES INCLUSION AND DIVERSITY IN ALL OF HIS PERFORMANCES. HIS MISSION IS TO ENCOURAGE INDIVIDUALS OF ALL ABILITIES TO LIVE LIFE WITH LIMITLESS POSSIBILITIES.

LUCA HAS PRODUCED MULTIPLE EVENTS IN MONTREAL SHOWCASING PROFESSIONAL AND AMATEUR DANCERS WITH DISABILITIES. HIS EVENTS GIVE AN OPPORTUNITY FOR INDIVIDUALS WITH DISABILITIES TO BE ON THE FRONTLINE OF THE PERFORMANCE.

LUCA RUNS MULTIPLE DANCE PROGRAMS AT CAMP MASSAWIPPI, JOSEPH CHARBONNEAU, MACKAY CENTRE AND MANY OTHER SCHOOLS AROUND QUEBEC. LUCA TEACHES AT LES GRANDS BALLETS CANADIENS DE MONTREAL AS PART OF THE NATIONAL CENTRE FOR DANCE THERAPY (NCDT). THESE PROGRAMS GIVE STUDENTS WITH DISABILITIES AN OPPORTUNITY TO MOVE AND CREATE MOVEMENT IN THEIR OWN UNIQUE WAY WITH THEIR BODIES. HIS CLASSES ARE NOT TYPICAL DANCE CLASS, AS THEY INCLUDE LIFE-SKILLS, WHICH ALLOWS STUDENTS TO GAIN AUTONOMY AND PUSH THEMSELVES BEYOND THEIR PERCEIVED LIMITS.

LUCA ALSO CREATED AND MANAGES AN INTERNATIONAL DANCE CREW CALLED ILL-ABILITIES WHICH IS COMPRISED OF SOME OF THE WORLD'S BEST BBOYS. THE CREW HAS 7-MEMBERS FROM 6 DIFFERENT COUNTRIES (CANADA, USA, HOLLAND, CHILE, SOUTH KOREA AND BRAZIL). THE CREW HAS TOURED IN OVER 25 COUNTRIES AROUND THE WORLD. ILL-ABILITIES WAS NOMINATED WITH AN OLIVIER AWARD FOR OUTSTANDING ACHIEVEMENT IN DANCE. IN 2018, ILL-ABILITIES HOSTED THEIR 10-YEAR ANNIVERSARY EVENT AT LES GRANDS BALLETS BEING THE FIRST HIPHOP AND DANCERS WITH DISABILITIES TO EVER PERFORM ON THE G.B STAGE.

THROUGH HIS PERFORMANCES, CLASSES, AND PROJECTS; LUCA HAS MADE AN IMPACT IN PEOPLE'S LIVES AND IS CHANGING SOCIETIES VIEW ON DISABILITY.

LUCA LAZYLEGZ PATUELLI

POST-SHOW ACTIVITIES

QUESTIONNAIRE

SHORT ANSWER QUESTIONS INSERT YOUR ANSWER BELOW:

1. WHAT IS LUCA PATUELLI'S NICKNAME? _____
2. HOW OLD WAS LUCA WHEN HE STARTED DANCING? _____
3. NAME THE TYPE OF DANCE LUCA DANCES: _____
4. WHAT IS THE NAME OF THE DANCE CREW LUCA FOUNDED? _____
5. NO EXCUSES, NO? _____

TRUE OR FALSE CIRCLE OR HIGHLIGHT YOUR ANSWER BELOW:

1. LUCA HAS BEEN RECOGNIZED AS THE CANADIAN AMBASSADOR FOR DANCE (TRUE / FALSE)
2. LUCA HAS RECEIVED A MERITORIOUS SERVICE MEDAL FROM THE GOVERNOR GENERAL OF CANADA FOR HIS DANCE OUTREACH PROGRAMS. (TRUE / FALSE)
3. LUCA CAN SPEAK FOUR LANGUAGES (TRUE OR FALSE)
4. LUCA WAS BORN IN BETHESDA, MD (TRUE OR FALSE)
5. LUCA IS BORN WITH ARTHROGRYPOSIS (TRUE OR FALSE)

SHORT REFLECTION QUESTIONS: *PROVIDE YOUR ANSWER USING THE LINES BELOW*

WHAT DID I ENJOY THE MOST ABOUT THE PRESENTATION?

WHAT IS SOMETHING IMPORTANT I LEARNED ABOUT THE PRESENTATION?

WHAT DO I DREAM TO ACHIEVE (TO DO WHEN I GROW UP / DREAM JOB)?

LUCA LAZYLEGZ PATUELLI

TEACHER ANSWER KEY

TEACHER ANSWER KEY

SHORT ANSWER QUESTIONS INSERT YOUR ANSWER BELOW:

1. WHAT IS LUCA PATUELLI'S NICKNAME? **LAZYLEGZ**
2. HOW OLD WAS LUCA WHEN HE STARTED DANCING? **FIFTEEN (15)**
3. NAME THE TYPE OF DANCE LUCA DANCES: **BREAKDANCING**
4. WHAT IS THE NAME OF THE DANCE CREW LUCA FOUNDED? **ILL-ABILITIES**
5. NO EXCUSES, NO? **LIMITS**

TRUE OR FALSE CIRCLE OR HIGHLIGHT YOUR ANSWER BELOW:

6. LUCA HAS BEEN RECOGNIZED AS THE CANADIAN AMBASSADOR FOR DANCE (**TRUE** / FALSE)
7. LUCA HAS RECEIVED A MERITORIOUS SERVICE MEDAL FROM THE GOVERNOR GENERAL OF CANADA FOR HIS DANCE OUTREACH PROGRAMS. (**TRUE** / FALSE)
8. LUCA CAN SPEAK FOUR LANGUAGES (**TRUE** OR FALSE)
9. LUCA WAS BORN IN BETHESDA, MD (TRUE OR **FALSE**) **HE WAS BORN IN MONTREAL BUT RAISED IN BETHESDA, MD AND CAME BACK TO MONTREAL.**
10. LUCA IS BORN WITH ARTHROGRYPOSIS (**TRUE** OR FALSE)

SHORT REFLECTION QUESTIONS (DISCUSSION)

WHAT DID I ENJOY THE MOST ABOUT THE PRESENTATION?

WHAT IS SOMETHING IMPORTANT I LEARNED ABOUT THE PRESENTATION?

WHAT DO I DREAM TO ACHIEVE (TO DO WHEN I GROW UP / DREAM JOB)? **SUGGESTION: YOUNGER STUDENTS CAN DRAW THEIR DREAMS**

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VOCABULARY

BREAKIN' (BREAKDANCE) OR BBOY/BGIRL:

- BREAKDANCING IS A STYLE OF STREET DANCING THAT INCORPORATES COORDINATION, ACROBATIC AND INTRICATE BODY MOVEMENTS, STYLE, AND AESTHETICS. IT EVOLVED FROM THE HIP HOP MOVEMENT DURING THE EARLY 1970S AND IS THE MOST WIDELY KNOWN OF ALL HIP HOP DANCE STYLES.

DISABILITY:

- A PHYSICAL OR MENTAL CONDITION THAT LIMITS A PERSON'S MOVEMENTS, SENSES, OR ACTIVITIES.

ILL-ABILITY OR ILL-ABILITIES:

- AN ADAPTATION OF POWER, STRENGTH, AND CREATIVITY.
- BELIEVING IN YOURSELF ~ TO ACCOMPLISH ANYTHING YOU SET YOUR MIND TO.
- CREATING ADVANTAGES FROM DISADVANTAGES.
- EXPLOITING YOUR CAPABILITIES ~ TO LIVE LIFE TO THE FULLEST POTENTIAL.

ARTHROGRYPOSIS:

- ALSO CALLED ARTHROGRYPOSIS MULTIPLEX CONGENITA (AMC), INVOLVES A VARIETY OF NON-PROGRESSIVE CONDITIONS THAT ARE CHARACTERIZED BY MULTIPLE JOINT CONTRACTURES (STIFFNESS) AND INVOLVES MUSCLE WEAKNESS FOUND THROUGHOUT THE BODY AT BIRTH.

LUCA LAZYLEGZ PATUELLI

VOCABULARY CONTINUED

CRUTCHES (ARM CRUTCHES)



WHEELCHAIR



LEG BRACES OR ORTHOTICS



LUCA LAZYLEGZ PATUELLI

CONTACT INFORMATION

EMAIL:

- INFO@NOEXCUSESNOLIMITS.COM

WEBSITES:

- WWW.LAZYLEGZ.COM
- WWW.ILLABILITIES.COM

SOCIAL MEDIA:

- FACEBOOK / INSTAGRAM / TWITTER:
- @BBOYLAZYLEGZ

ARTICLES:

- [HTTPS://WWW.LAPRESSE.CA/ACTUALITES/PERSONNALITE-DE-LA-SEMAINE/201811/25/01-5205519-PERSONNALITE-DE-LA-SEMAINE-LUCA-PATUELLI.PHP#](https://www.lapresse.ca/actualites/personnalite-de-la-semaine/201811/25/01-5205519-personnalite-de-la-semaine-luca-patuelli.php#)
- [HTTPS://WWW.THEDANCECURRENT.COM/ISSUE/VOLUME-23-ISSUE-1](https://www.thedancecurrent.com/issue/volume-23-issue-1)