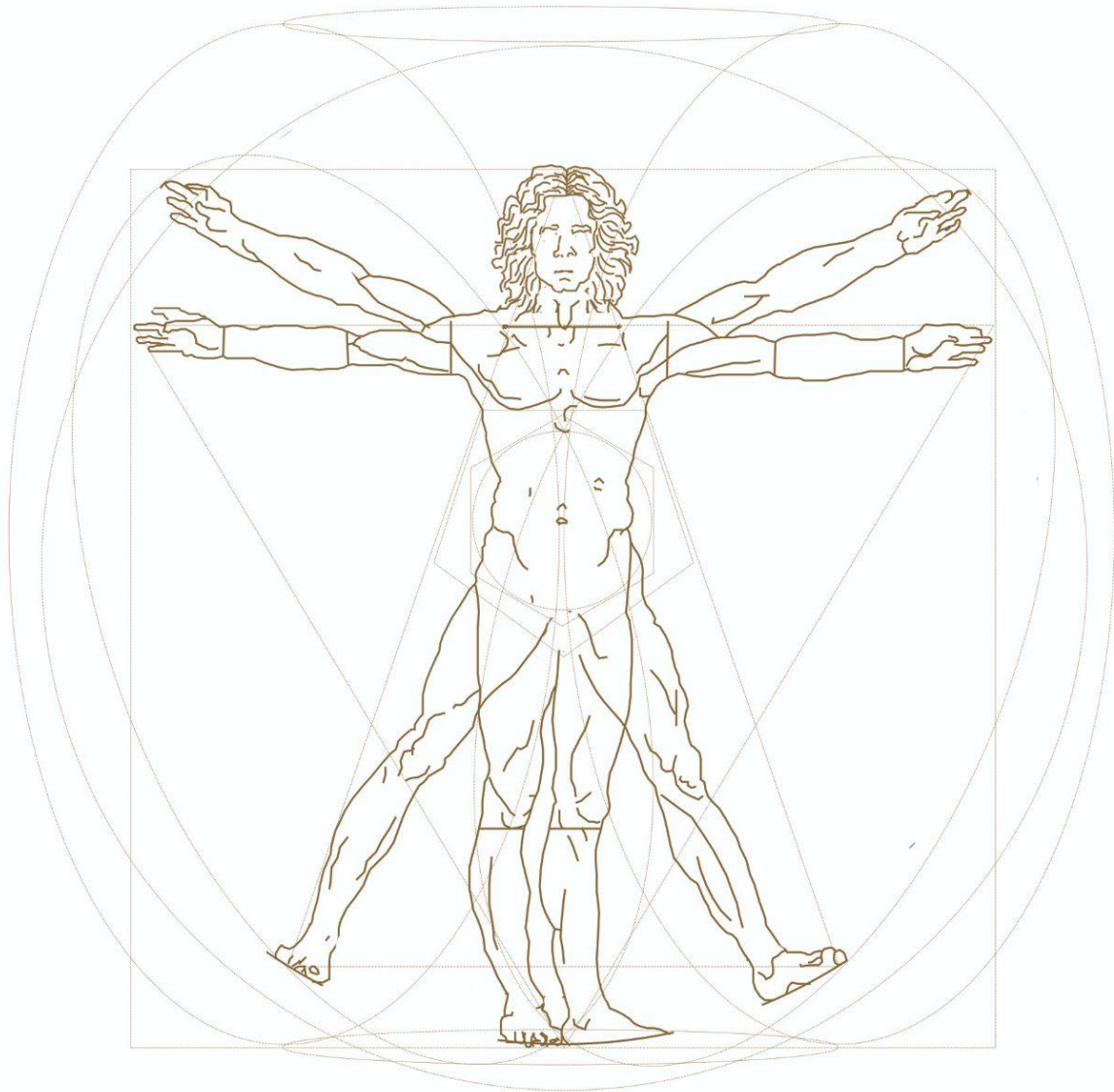


12 PROIECTE

CARE ITI VOR SCHIMBA

TANGOUL TAU

IN CUPLU. IN BINE. IN TIMP SCURT.



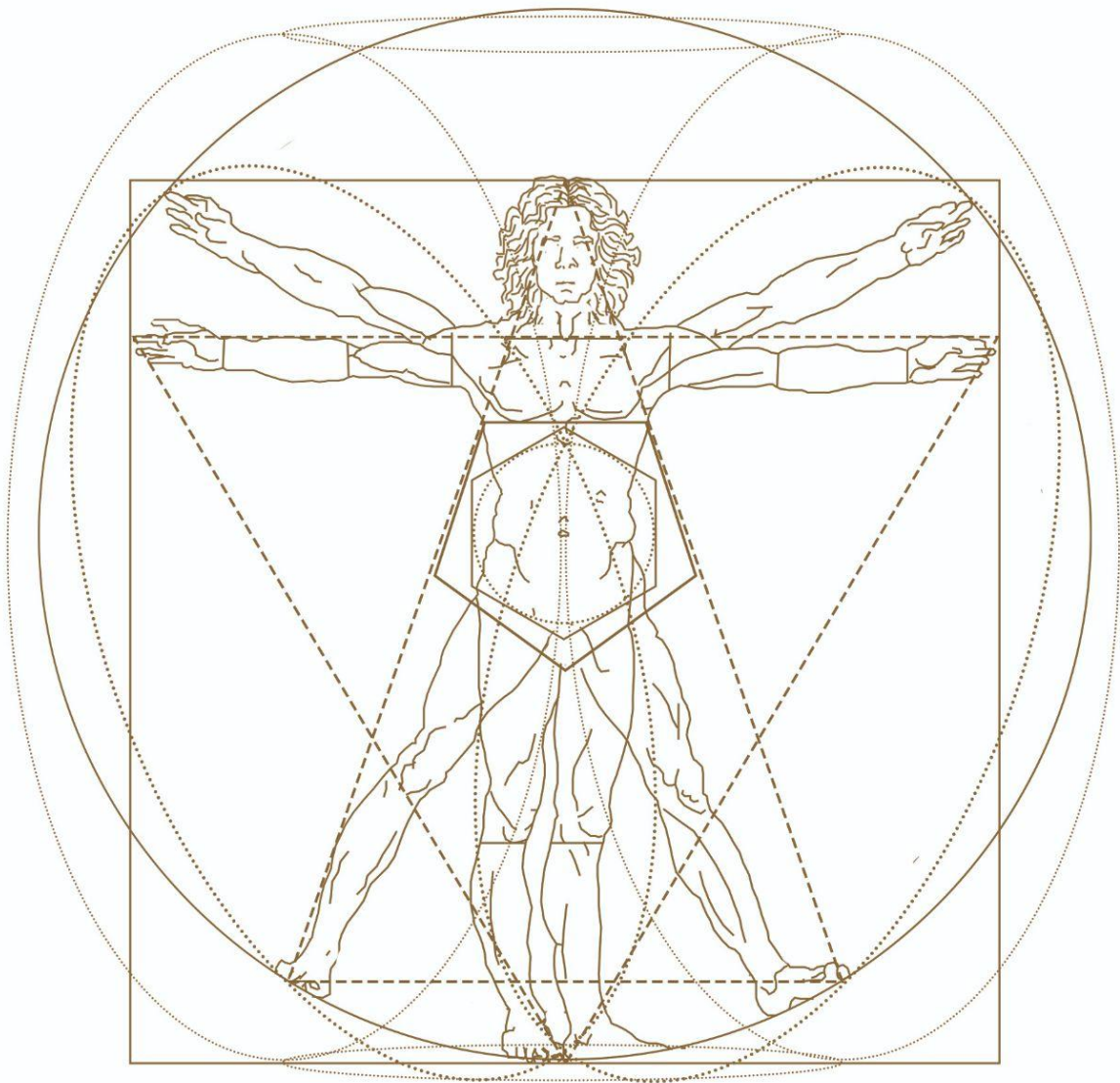
PREZENTARE 12 PROIECTE

ORGANIZATORI PROIECTE STANGO: LUCIAN SI SPERANTA STAN
PROFESOR DE TANGO SI DANCE COACH: LUCIAN STAN

2025-2027

12 PROIECTE

-DEDICATIE-



*12 Proiecte sunt dedicate tuturor prietenilor, elevilor și colegilor din Tango
care m-au învățat că tangoul este despre Conexiune și Respect,
despre a Primii și a Dăruți necondiționat
despre Inimă și Minte deschise,
despre a Fi.*

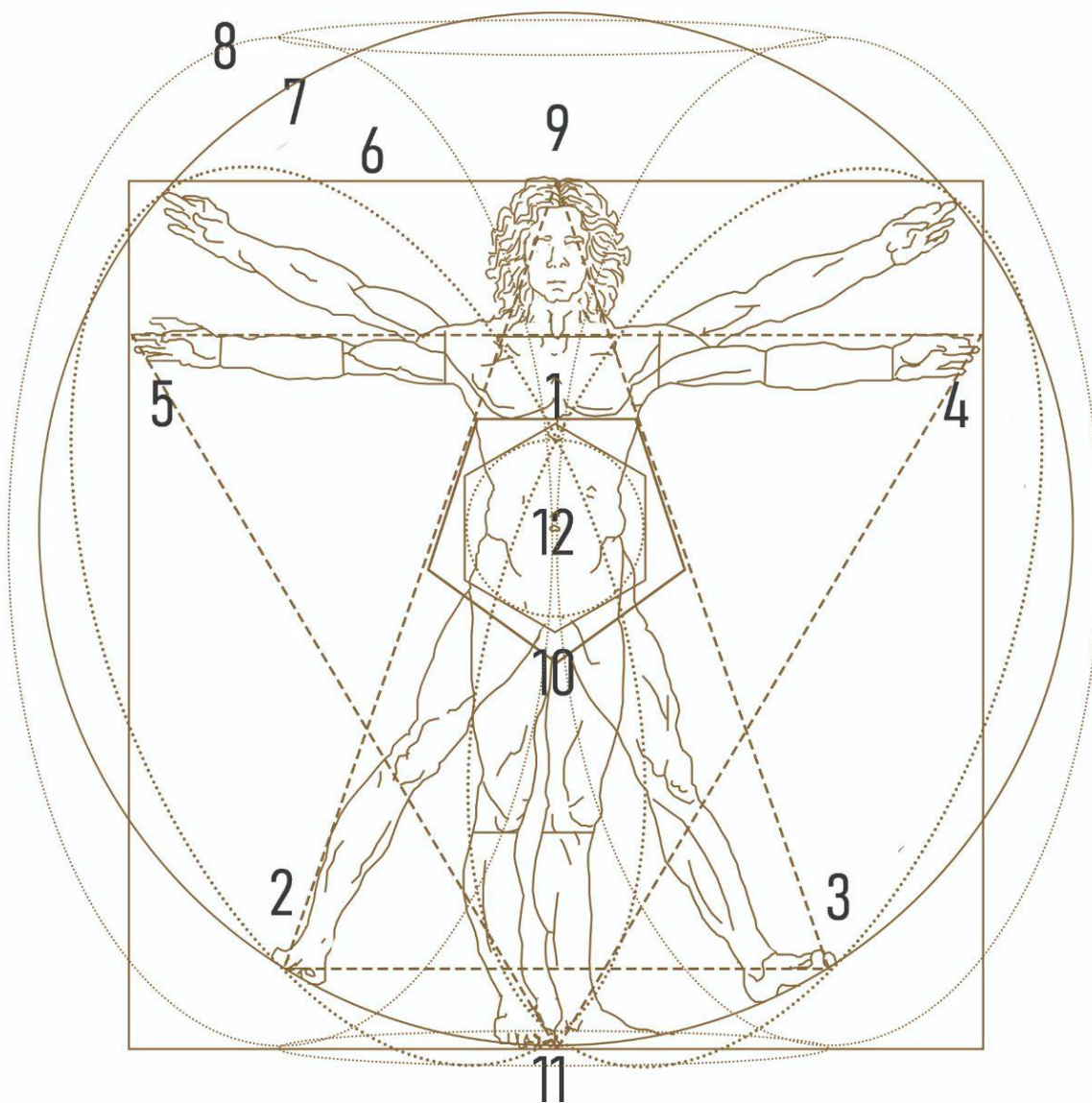
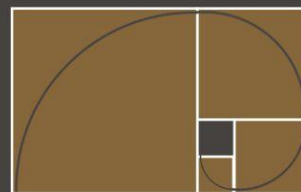
*Cu multumiri,
Lucian Stan*

5+3+2+1+1 PROIECTE

CARE ITI VOR SCHIMBA

TANGOUL TAU

IN CUPLU. IN BINE. IN TIMP SCURT.



12 PROIECTE

1. taZgo!

2. TWIS SAB - Sacada & Barrida

3. TWIS PEL - Planeo, Enrosque, Lapid

4. TWIS BOG - Boleo & Gancho

5. TWIS COV - Colgada & Volcada

6. TangoABC1.FUNDAMENTE (3D)

7. TangoABC2.ELEMENTE (4D)

8. TangoABC3.CONDIMENTE (5D)

9. WTF Busteni

10. MENS

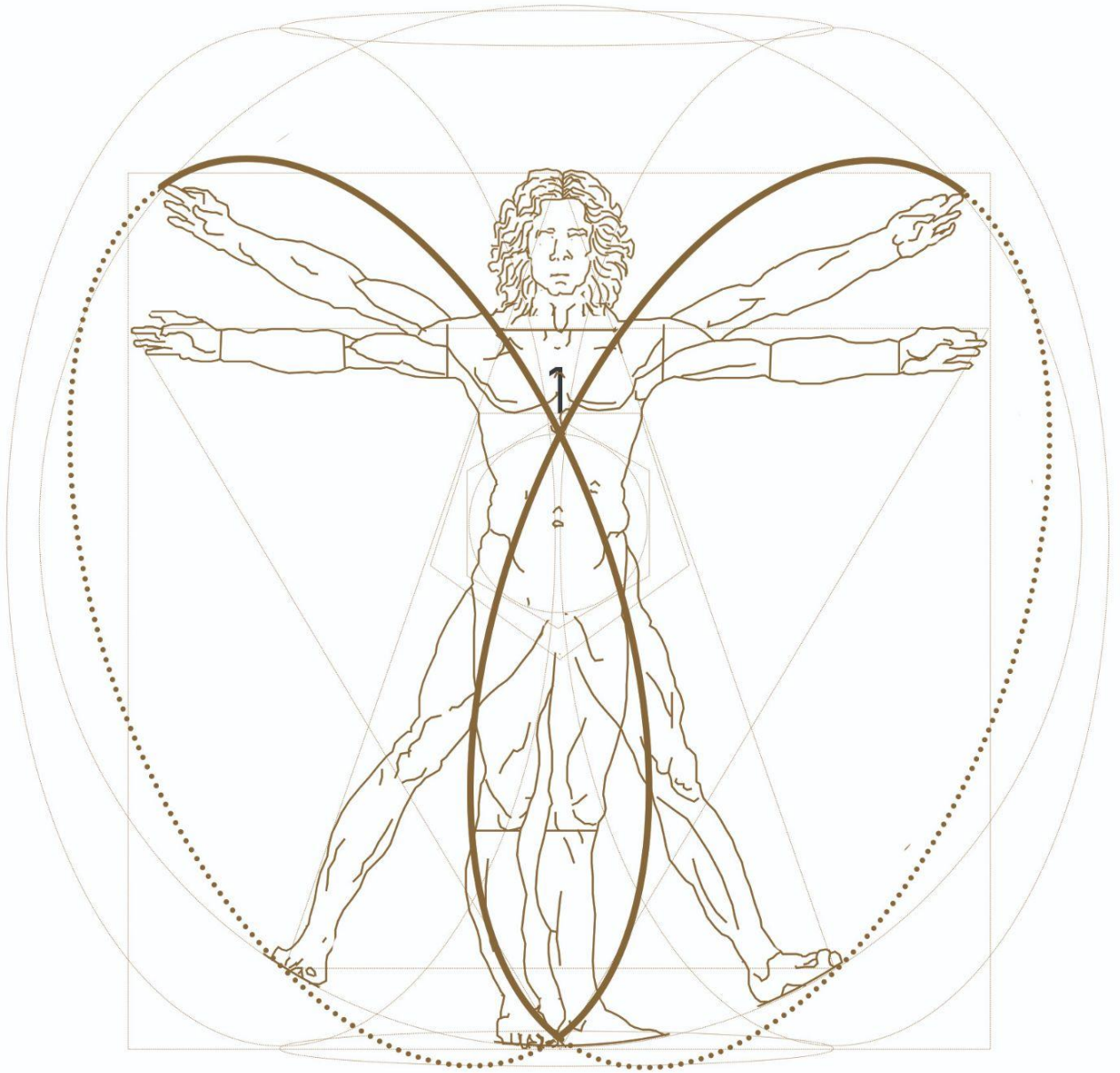
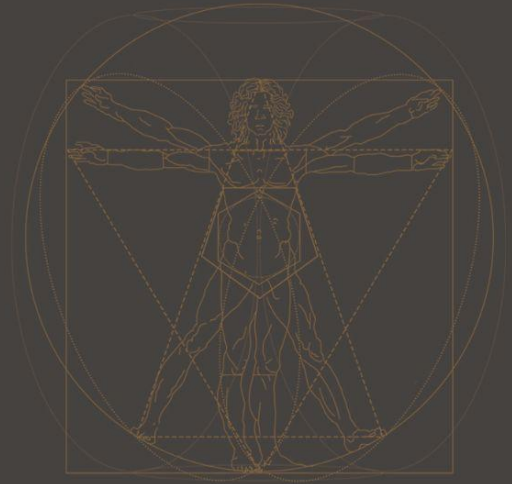
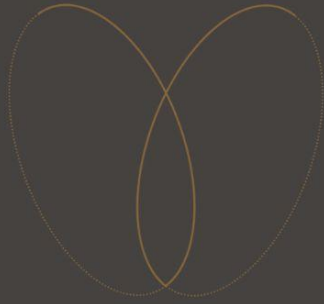
11. SPARTANGO

12. SSS

www.stango.ro/12proiecte

#1 TAZGO!

10 DEGETE MUZICALE



www.stango.ro/tazgo

#1 TAZGO!

ROTESTE ZGOMOTUL



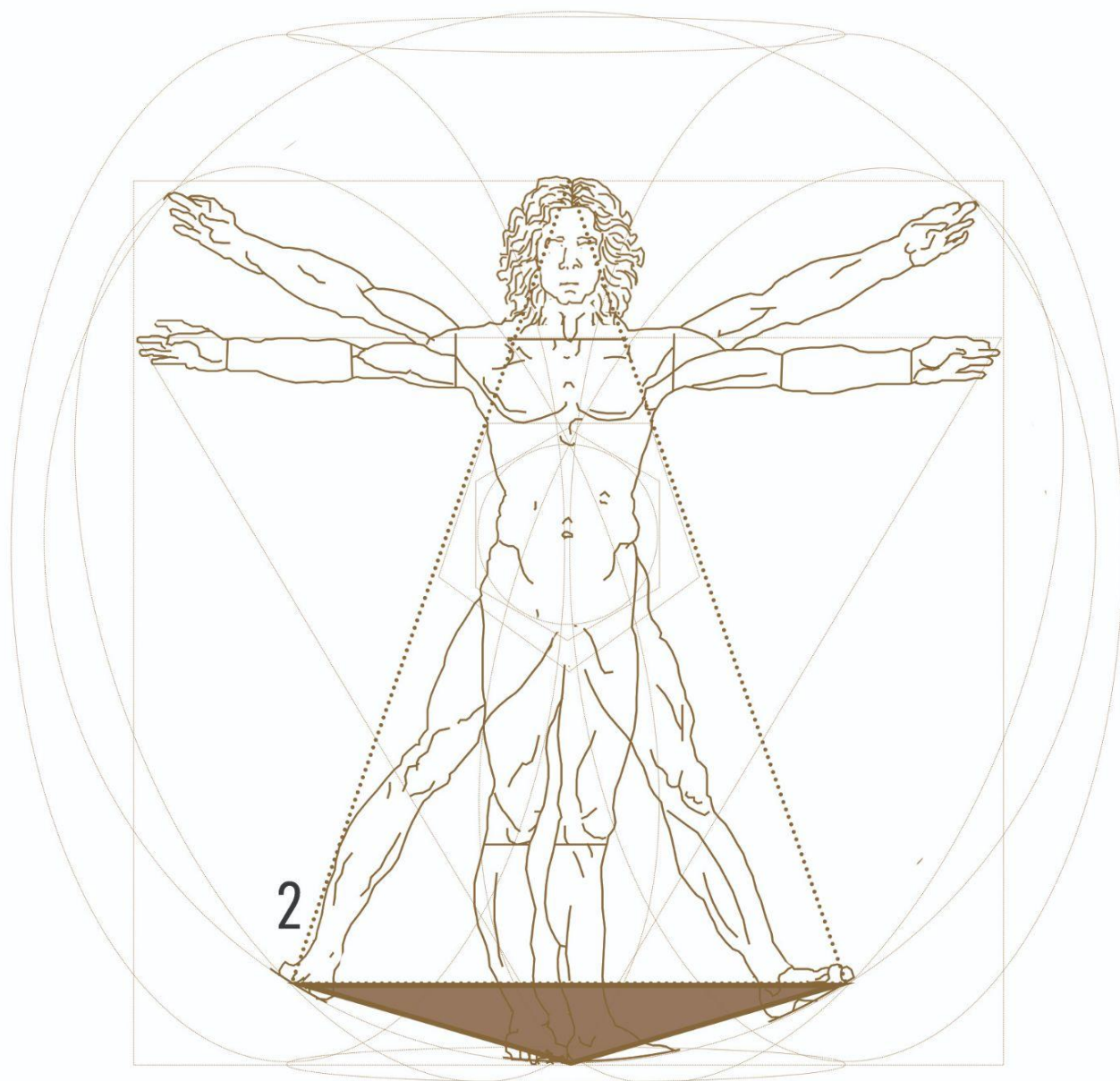
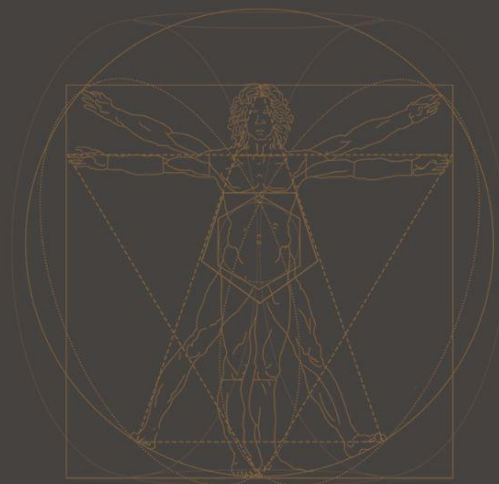
CONTINUT TAZGO:

10 DEGETE MUZICALE

1. TIEMPO & CONTRATIEMPO
2. ACCENTE (JUMATATI, SFERTURI, SINCOPE)
3. RITMURI (EXTERNE, INTERNE)
4. MELODIE (M.RITMATA, RITM M, ACAPELA)
5. ARMONIE (CO-DIRIJORAT)
6. TIMBRE
7. TEXTURI & MATICES
8. REVERBERATIE (ARIPI)
9. PAUSA DE TANGO
10. CONSTIINTA NON-CONCEPTUALA

#2 TWIS SAB

TANGO WEEKEND INTENSIVE SEMINAR
SACADA & BARRIDA



www.stango.ro/sab

#2 TWIS SAB

TANGO WEEKEND INTENSIVE SEMINAR
SACADA & BARRIDA



CONTINUT TWIS SAB:

#ANATOMIA SACADA (INDIVIDUAL)
#DINAMICA SACADA
(FED & TRIUNGHI RETROSPECTIV)
#TIPOLOGII SACADAS

#ANATOMIA BARRIDA (INDIVIDUAL)
#DINAMICA BARRIDA
(FED & TRIUNGHI PROSPECTIV)
#TIPOLOGII BARRIDAS

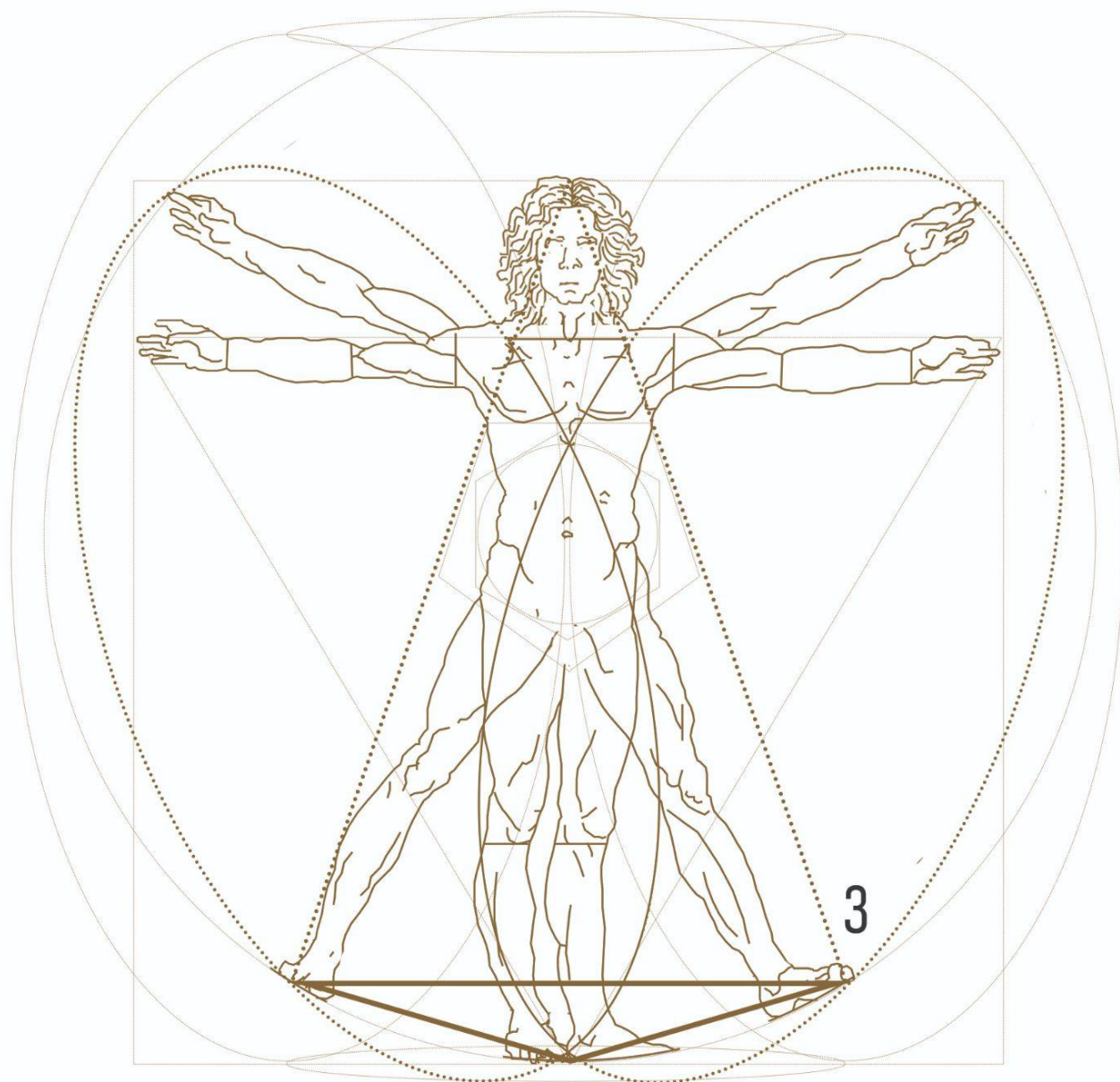
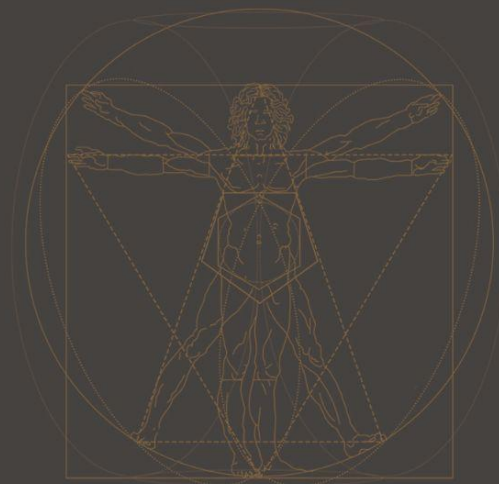
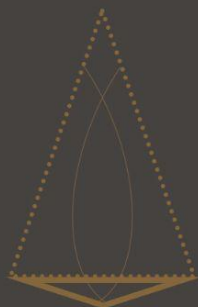
#IMPROVIZATII CU SAB
#COMPATIBILITATE SAB CU ALTE FIGURI



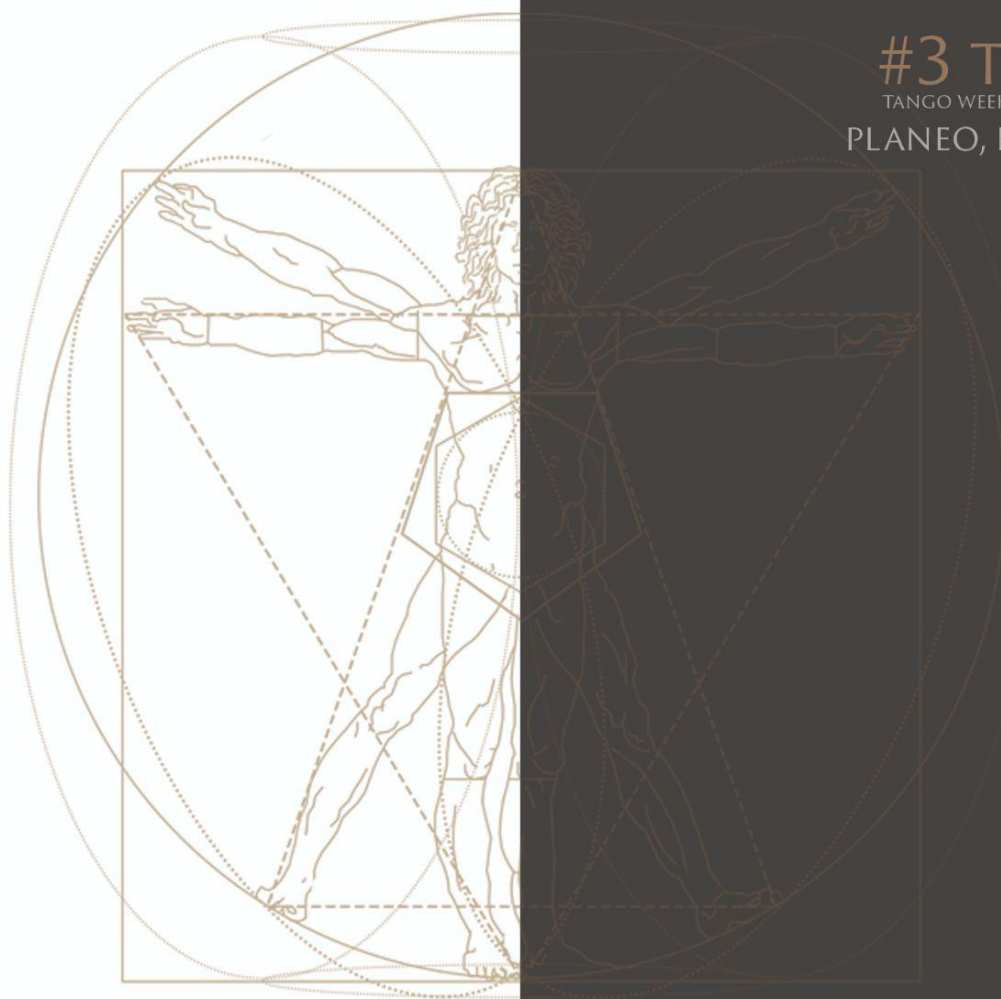
#3 TWIS PEL

TANGO WEEKEND INTENSIVE SEMINAR

PLANE0, ENROSQUE, LAPIZ



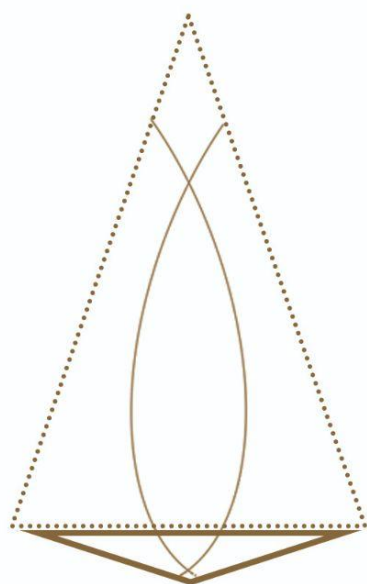
www.stango.ro/pel



#3 TWIS PEL

TANGO WEEKEND INTENSIVE SEMINAR

PLANE0, ENROSQUE, LAPIZ



CONTINUT TWIS PEL:

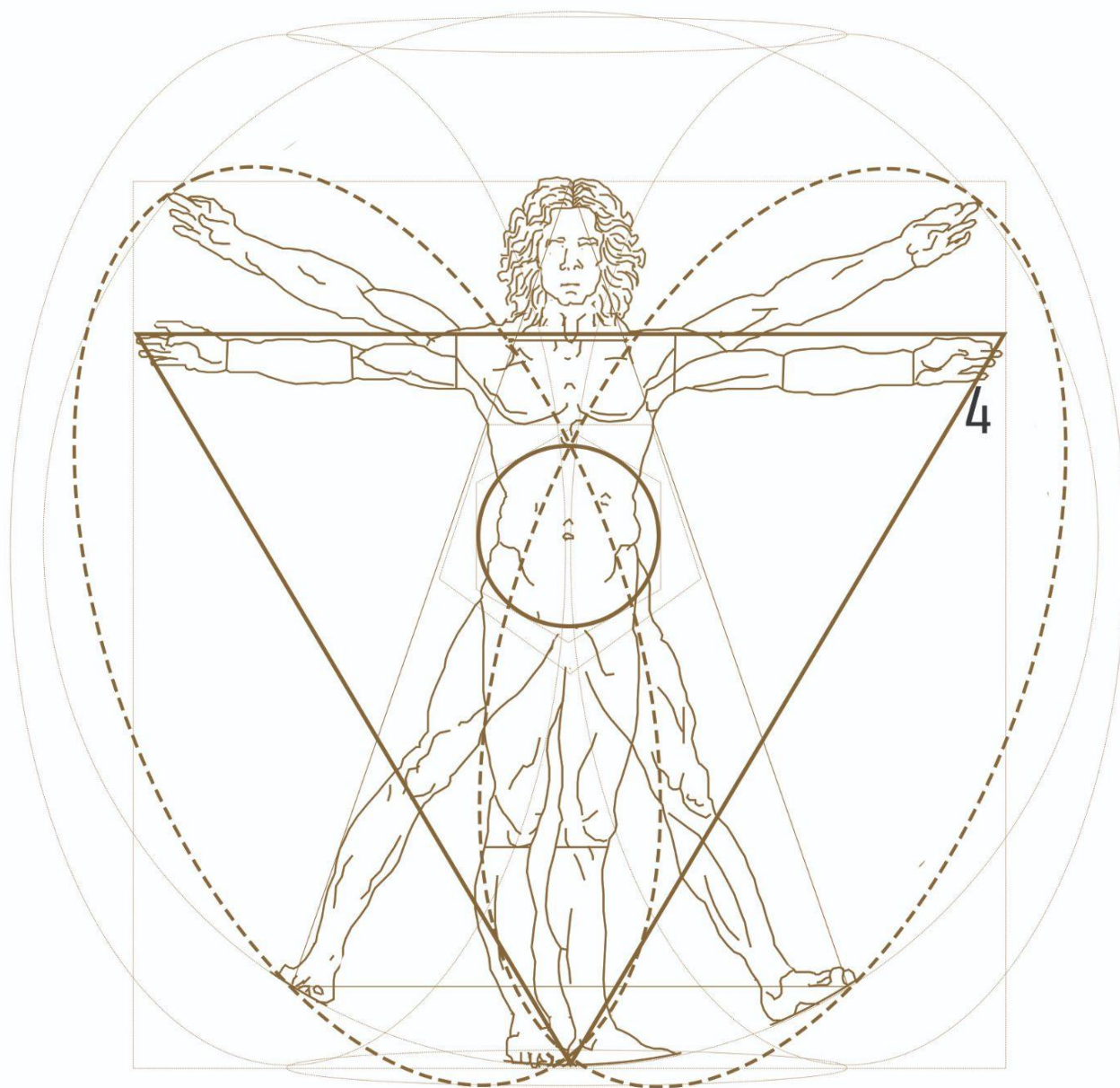
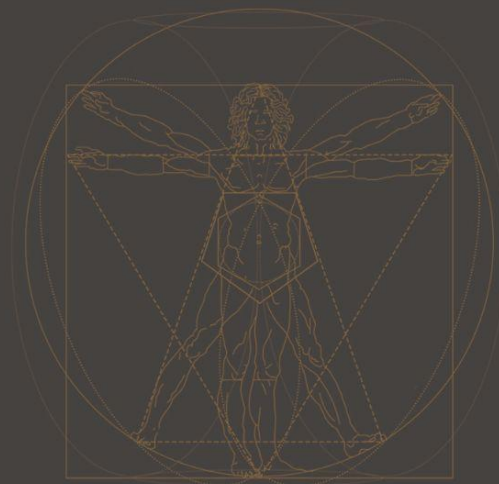
#ANATOMIA PEL (INDIVIDUAL)
 #DINAMICA PEL (PUNCTE & LINII NODALE)
 #PEL SI FASCIA EMERGENTA DUALA (FED)
 #TIPOLOGII PEL

#IMPROVIZATII CU PEL
 #COMPATIBILITATE PEL CU ALTE FIGURI
 CROSS | ENGANCHE | SOLTADA | DESLISO
 #ADORNOS & PEL
 GIRO | CALESITA | PATADA | AGUJA | RULO

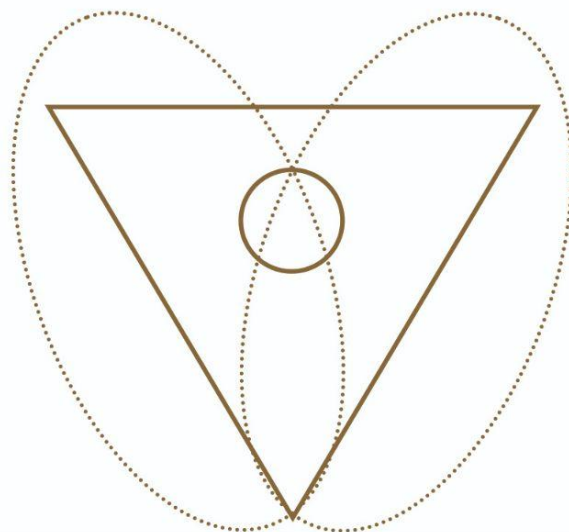
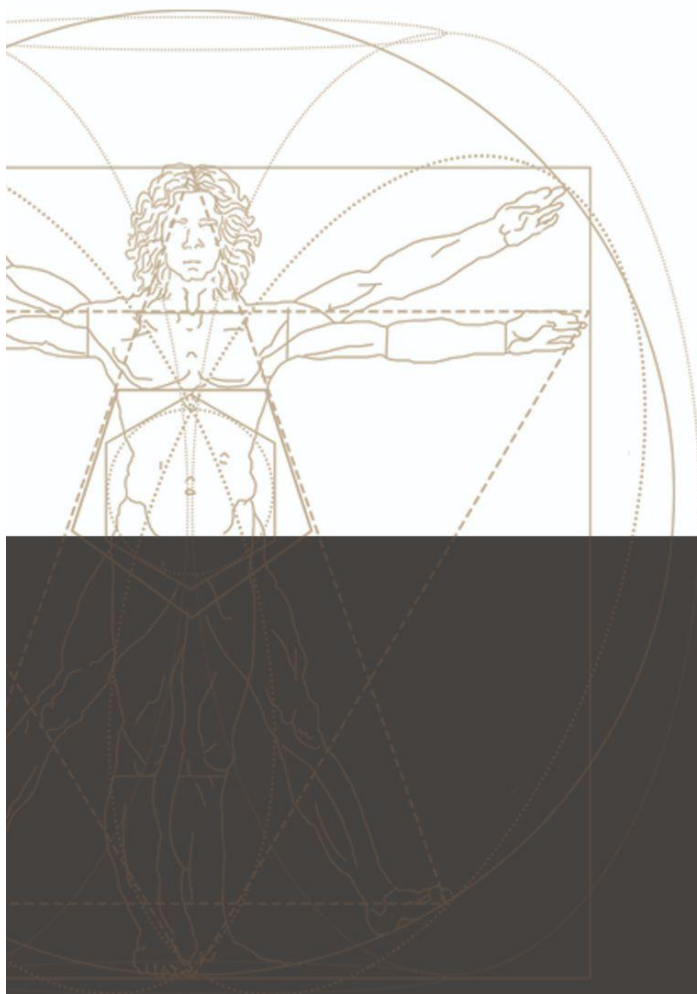
#4 TWIS BOG

TANGO WEEKEND INTENSIVE SEMINAR

BOLEO & GANCHO



www.stango.ro/bog



#4 TWIS BOG

TANGO WEEKEND INTENSIVE SEMINAR

BOLEO & GANCHO

CONTINUT TWIS BOG:

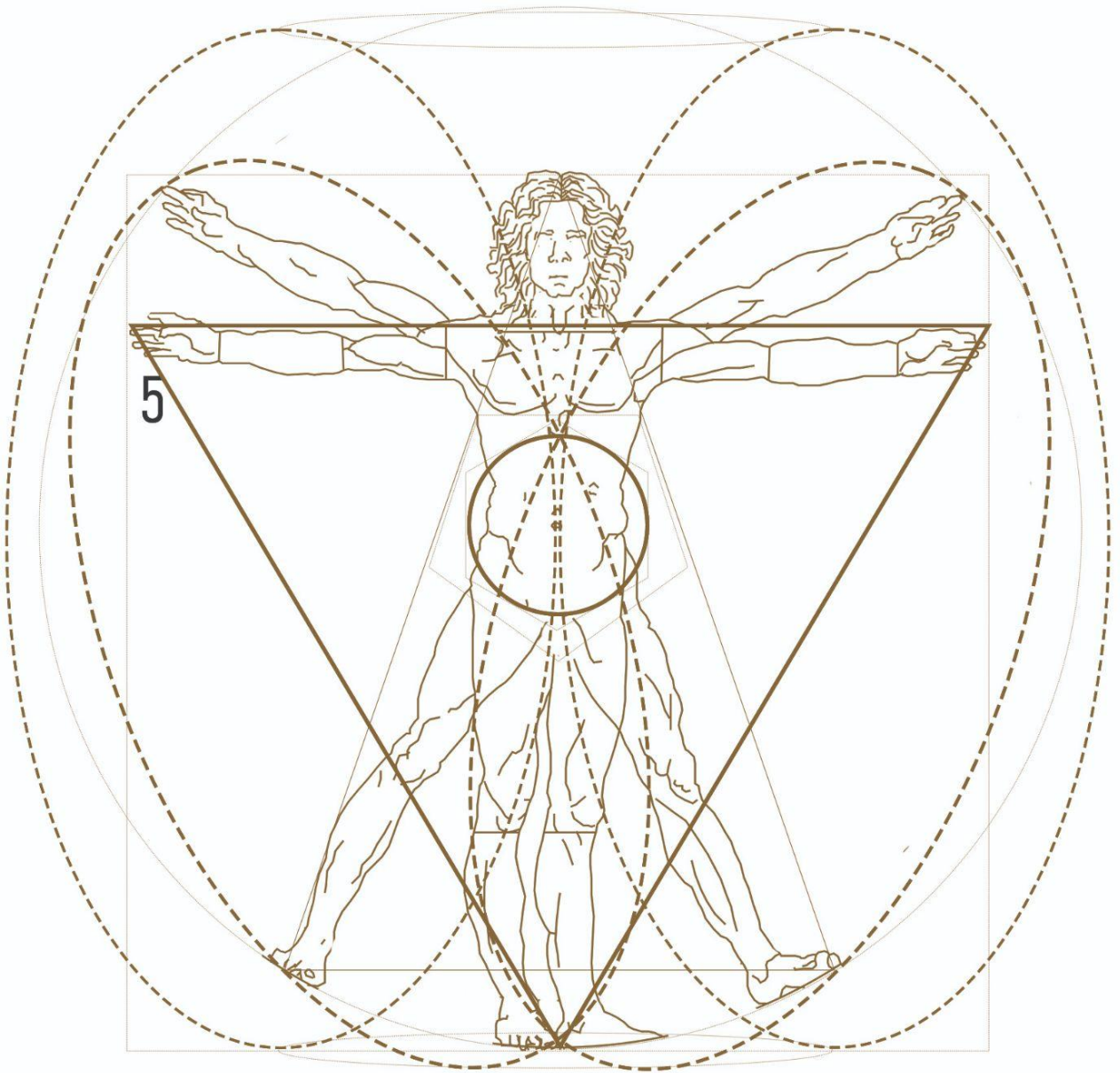
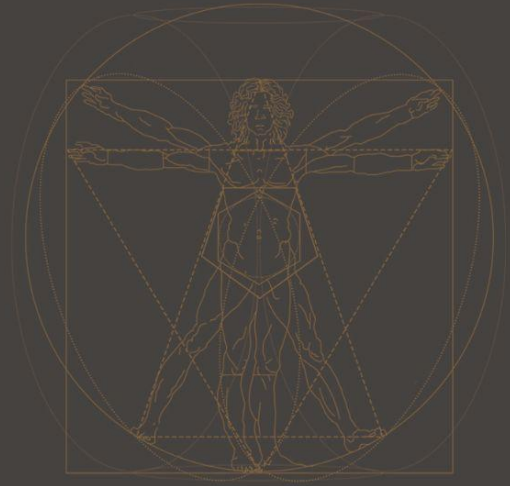
#ANATOMIA BOLEO (INDIVIDUAL)
#DINAMICA BOLEO (SOARE-PLASMA)
#BOLEO SI FED (TOPOLOGIA 4D)
#TIPOLOGII BOLEO (CUPLU)

#ANATOMIA GANCHO (INDIVIDUAL)
#DINAMICA GANCHO (GEODEZICA)
#GANCHO SI FED (TOPOLOGIA 4D)
#TIPOLOGII GANCHO (CUPLU)

#IMPROVIZATIE CU BOG
#COMPATIBILITATE BOG CU ALTE FIGURI

#5 TWIS COV

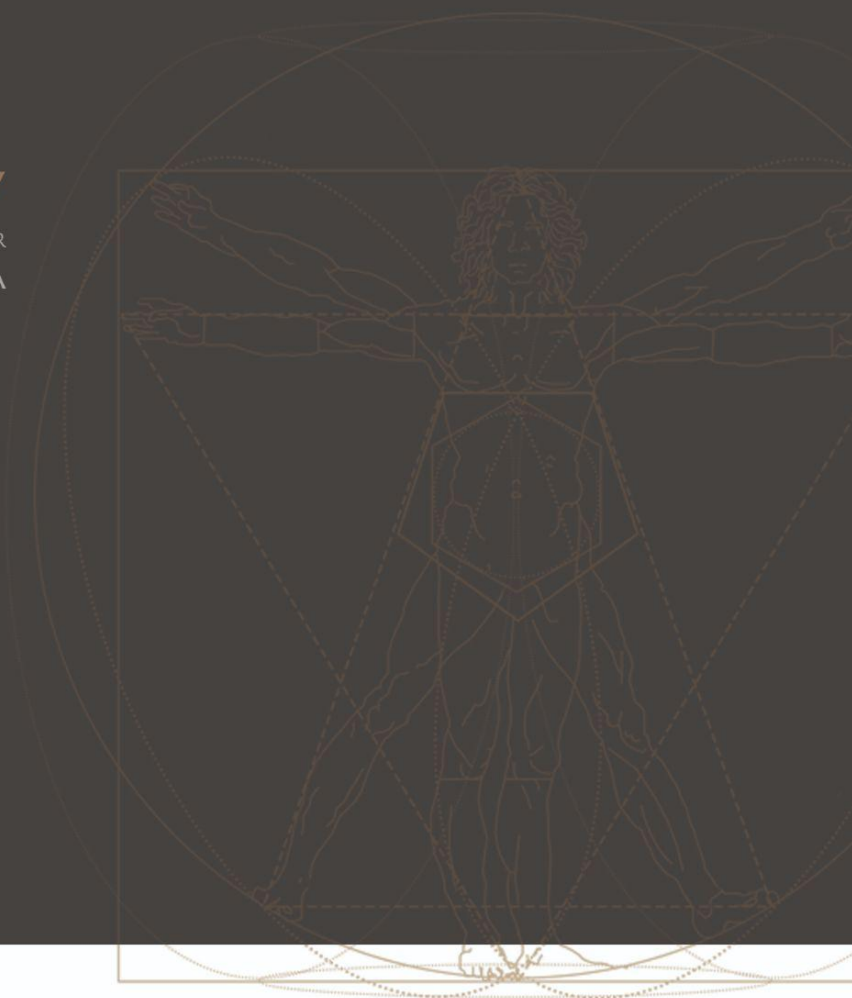
TANGO WEEKEND INTENSIVE SEMINAR
COLGADA & VOLCADA



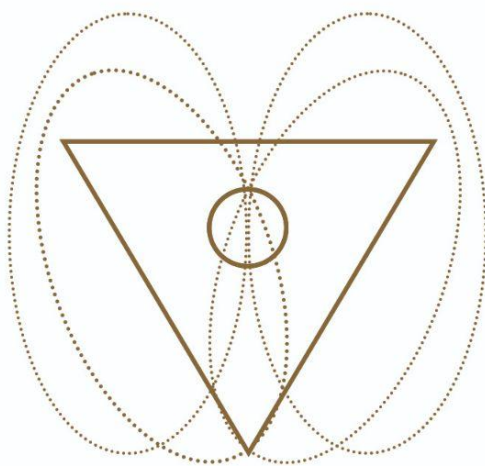
www.stango.ro/bog

#5 TWIS COV

TANGO WEEKEND INTENSIVE SEMINAR
COLGADA & VOLCADA



CONTINUT TWIS COV:

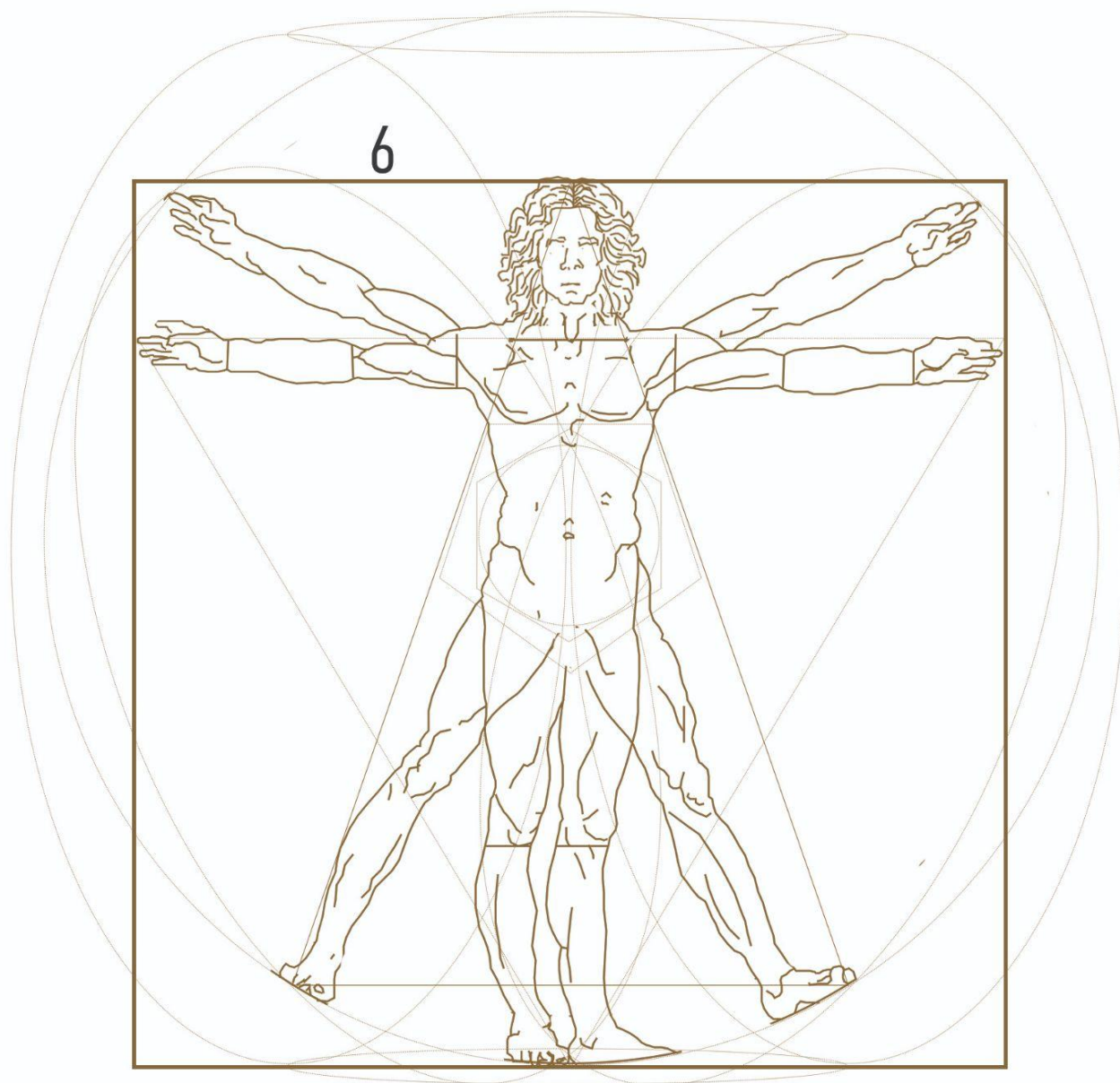
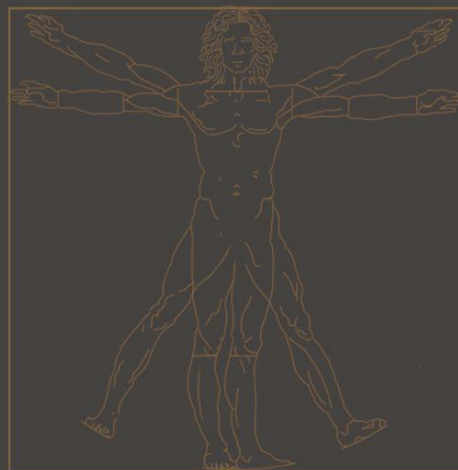


#ANATOMIA DEZECHILIBRELOR
(INDIVIDUAL)
#DINAMICA ECHILIBRULUI PRIN FED
#TOPOLOGII SFEROID SI TOROID
#TIPOLOGII COLGADA (CUPLU)
#TIPOLOGII VOLGADA (CUPLU)

#IMPROVIZATIE CU COV
#COMPATIBILITATE COV CU ALTE FIGURI
#COV IN TANGO FANTASIA/ESCENARIO

#6 TANGO ABC1

FUNDAMENTE (3D)

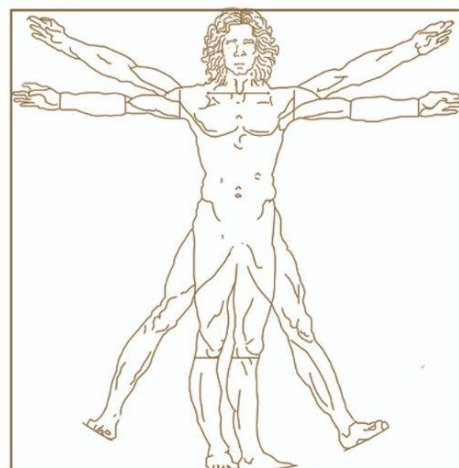


www.stango.ro/tabcl

#6 TANGO ABC1

FUNDAMENTE (3D)

DANSATORUL BIOMECANIC IN SPATIUL 3D



CONTINUT TANGO ABC1:

PARADOX #1
PROFIL FIZIC

CAD IN SUS (FED)

PARADOX #2
PROFIL TEHNIC

FELINA MARE DISCRETA

PARADOX #3
PROFIL MUZICAL

VIBREZ, NU CONTROLEZ

PARADOX #4
P. PSIHOLOGIC

PUTEREA ABANDONULUI

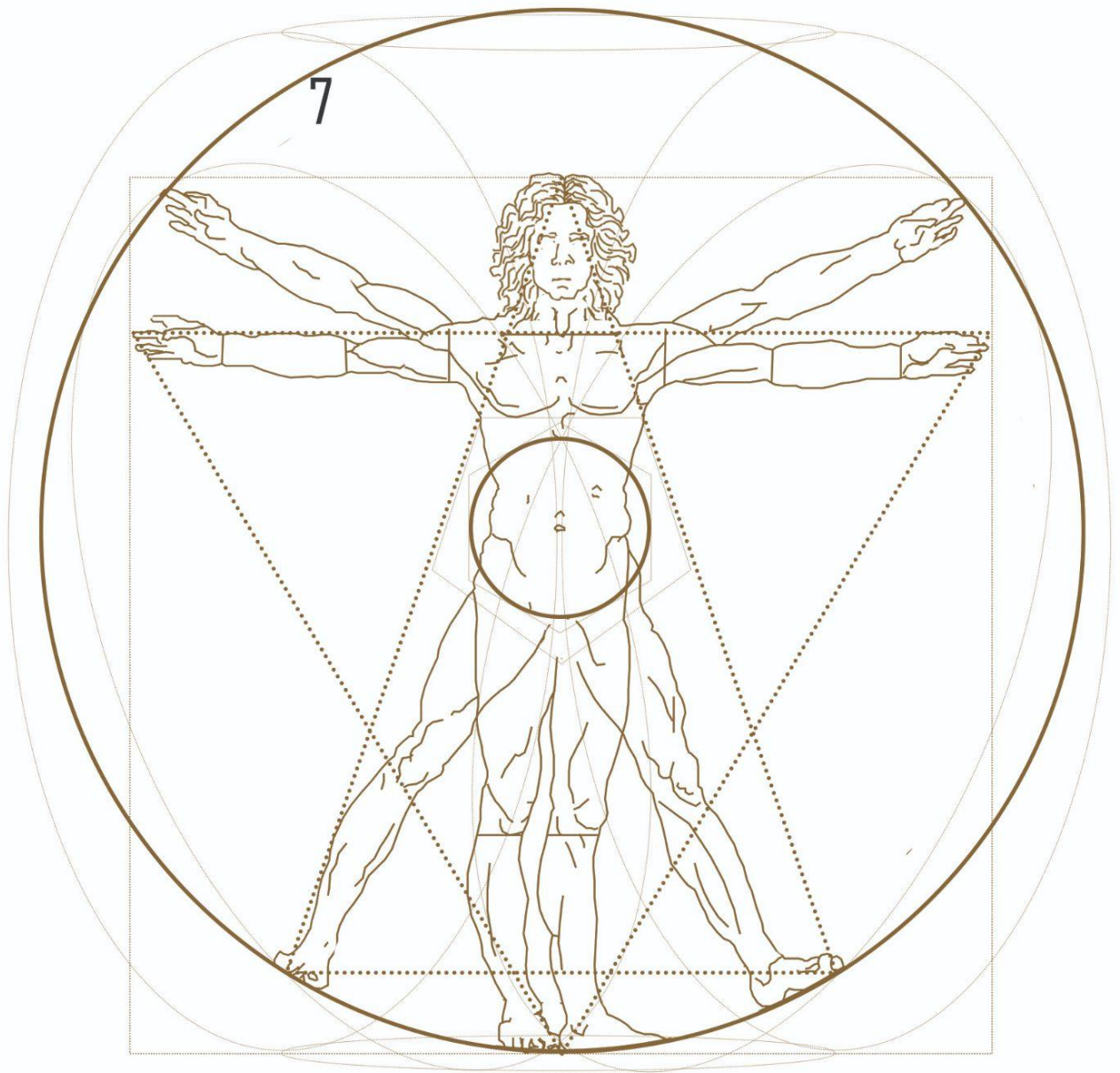
PARADOX #5
PROFIL ARTISTIC

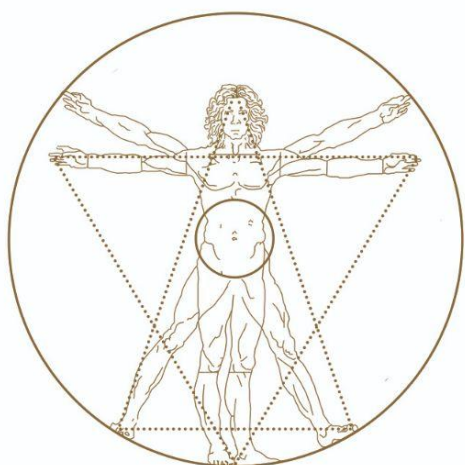
NAMASTE TANGUERO!

PARADOX #6
PROFIL SOCIAL

ABRAZO CON/EC-CENTRIC

#7 TANGO ABC2 ELEMENTE (4D)





#7 TANGO ABC2 ELEMENTE (4D)

DANSATORUL ENERGETIC
IN SPATIUL-TIMP 4D
(SPATIUL SI TIMPUL RELATIV)

CONTINUT TANGO ABC2:
CULORI SI 14 FAMILII DE FIGURI DE TANGO

#ROSU: TRIUNGHIUL MASCULIN, SACADA SI
BARRIDA, OCHO, SOLTADA

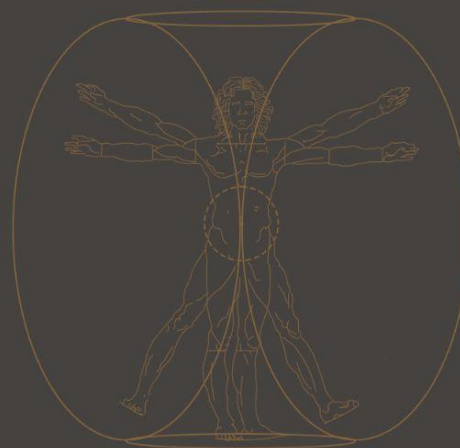
#ORANGE: TRIUNGHIUL FEMININ, PLANEAO,
ENROSQUE, LAPIZ, FEMINITATE SI FED, GIRO

#GALBEN: BOLEO SI GANCHO, FANTASIA,
SOARE-PLASMA, GEODEZICA

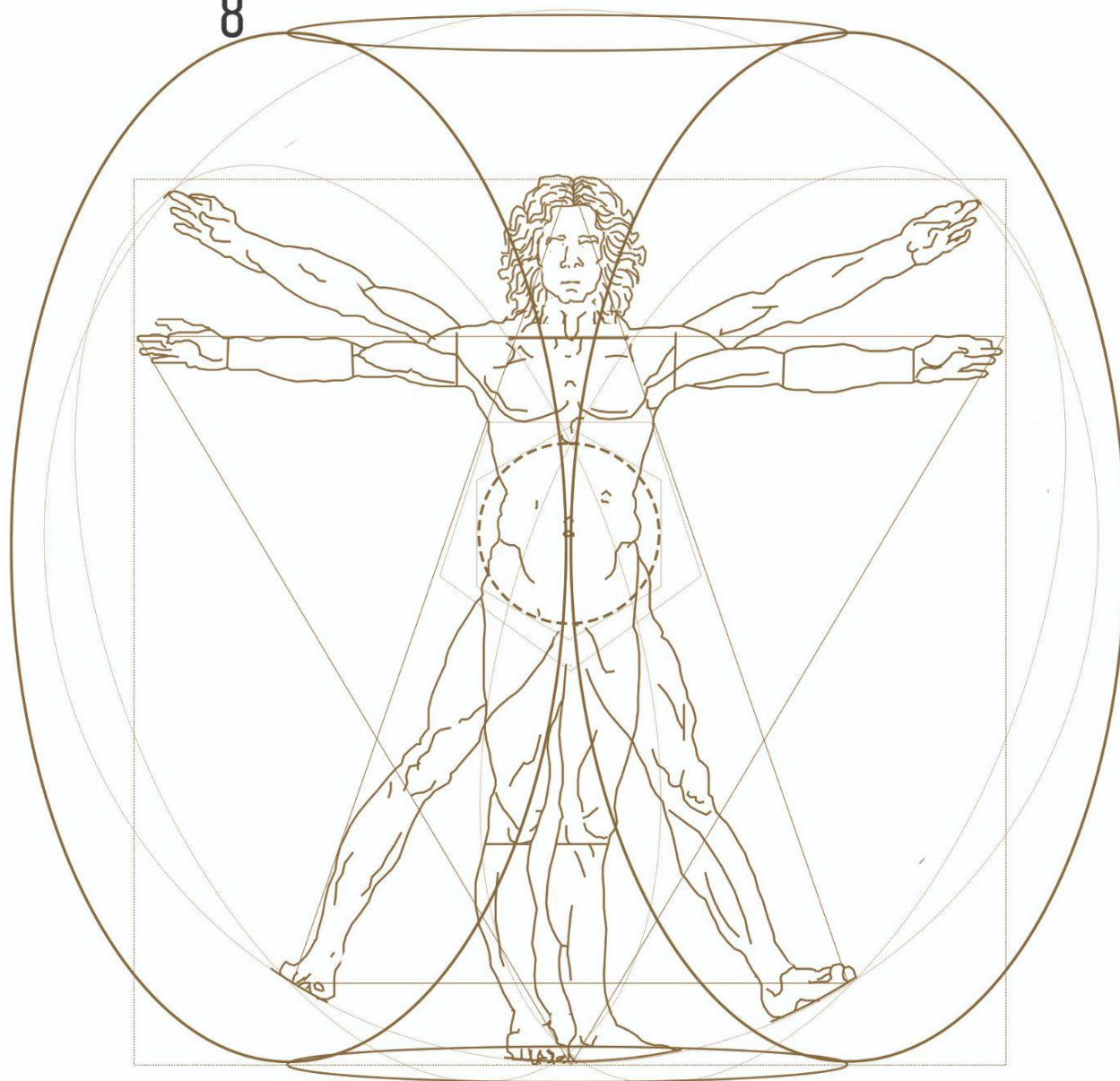
#VERDE: COLGADA SI VOLCADA, POZE,
ESCENARIO, CORAZON

#ALBASTRU: COMUNICARE SI IMPROVIZATIE,
LICURICI, BIOFOTONI

#8 TANGO ABC3 CONDIMENTE (5D)



8

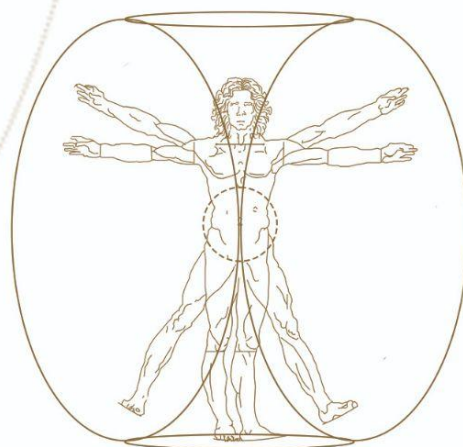


#8 TANGO ABC3 CONDIMENTE (5D)

DANSATORUL CUANTIC
IN SUBSTRATUL 5D/
CAMP CUANTIC CONSTIENT

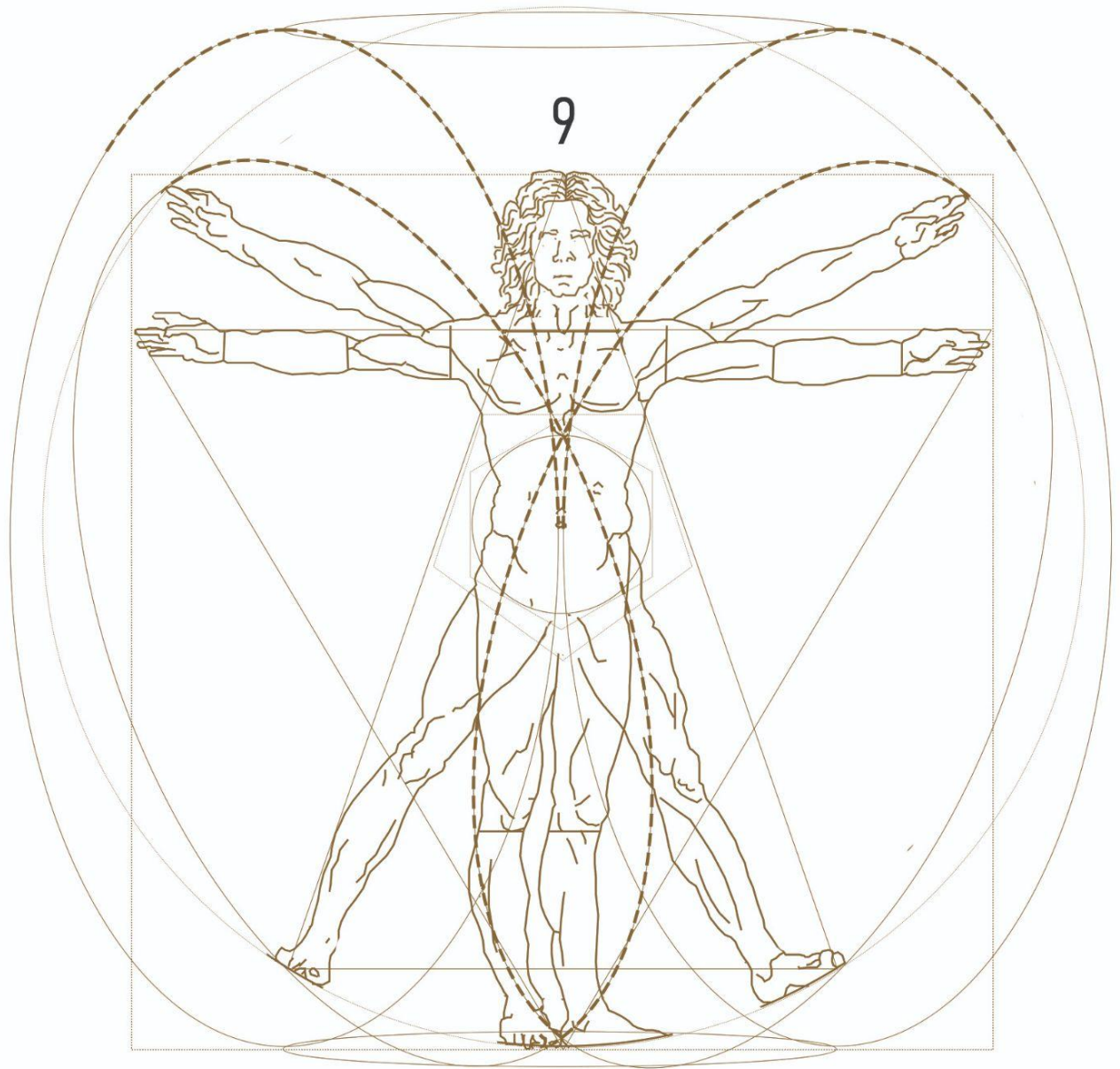
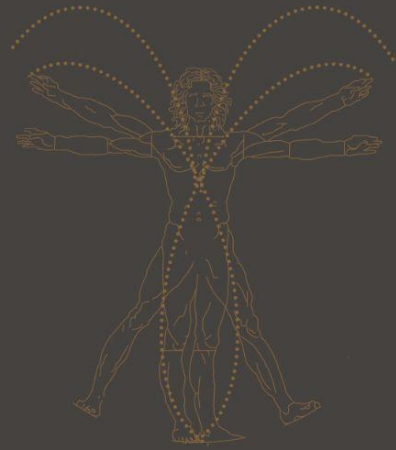
CONTINUT TABC3:

#TANGO-TORUS
#TANGO-QUALIA
#TANGO-CUANTA
#TANGO-FRECVENTE
#TANGO-ALAS
#TANGO-MAESTRO

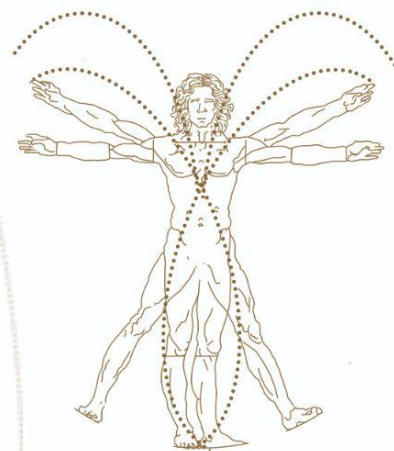


#9 WTF BUSTENI

WEEK-END, TANGO & FRIENDS



www.stango.ro/wtf

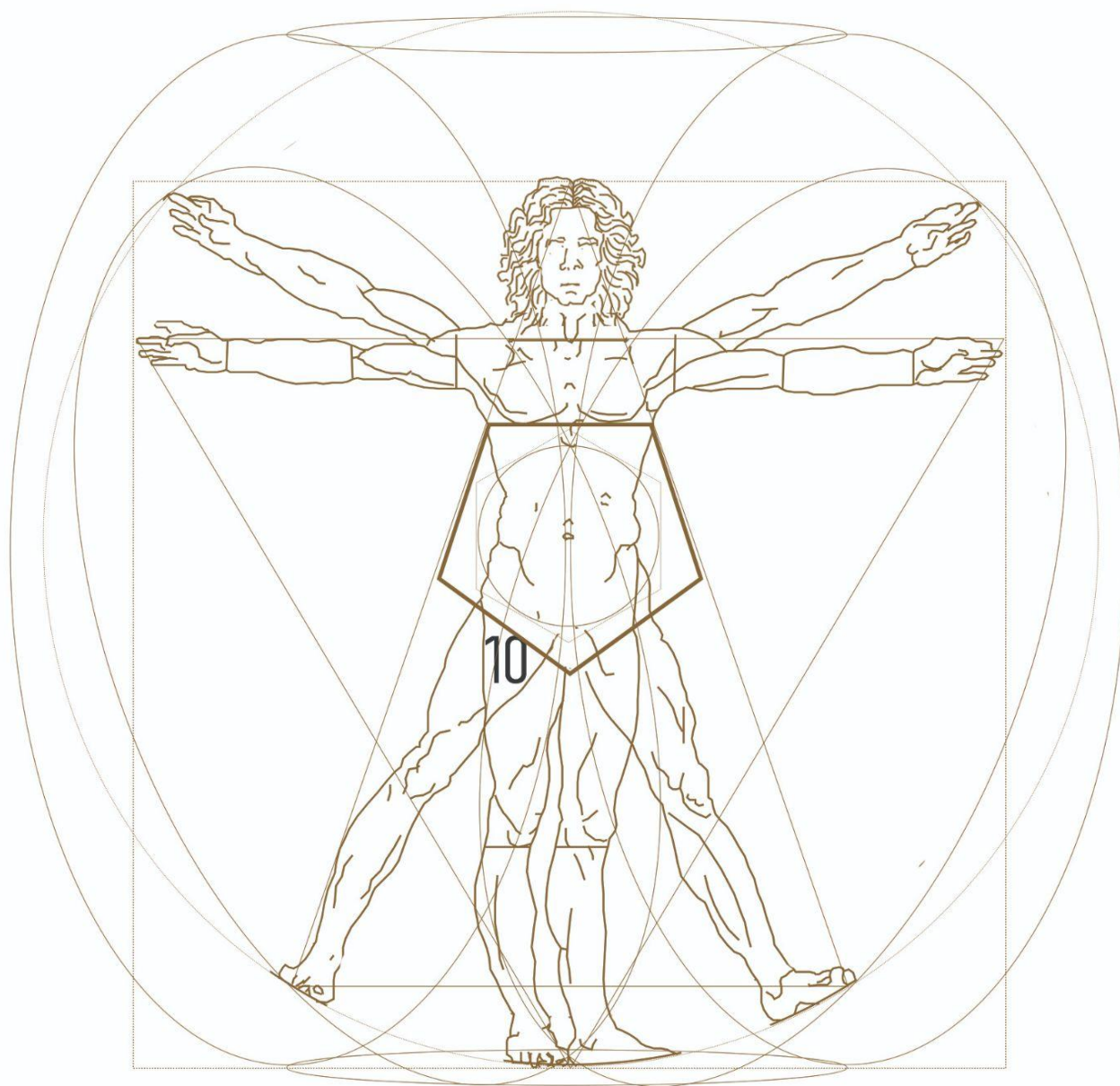
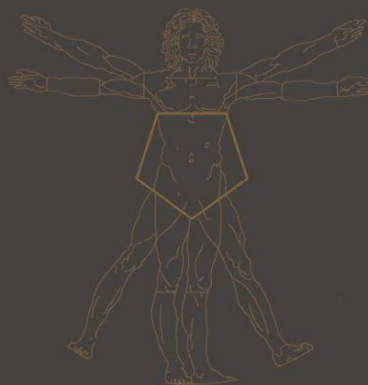


3 CURSURI &
3 PRACTICI ASISTATE

FIGURI PREFERATE
TEHNICI SPECIFICE
TANGO FASCIA
ENERGII
CONEXIUNE
ECHILIBRU

#9 WTF BUSTENI
WEEK-END, TANGO & FRIENDS

#10 MENS
TANGO CU STIL:
MILONGUERO
ESCENARIO
NUEVO
SALON



www.stango.ro/mens



#10 MENS

TANGO CU STIL:
MILONGUERO
ESCENARIO
NUEVO
SALON

8 CURSURI
4 PRACTICI ASISTATE
4 VIDEOPROIECTII

MILONGUERO

- # ANATOMIA/FED MILONGUERO
- # DINAMICI MILONGUERO
- # VIDEOS MILONGUERO

ESCENARIO

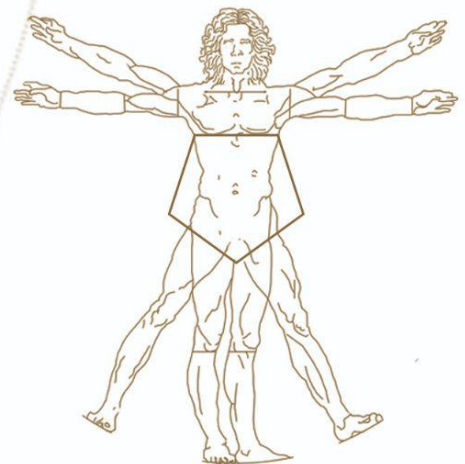
- # ANATOMIA/FED ESCENARIO
- # DINAMICI ESCENARIO
- # VIDEOS ESCENARIO

NUEVO

- # ANATOMIA/FED NUEVO
- # DINAMICI NUEVO
- # VIDEOS NUEVO

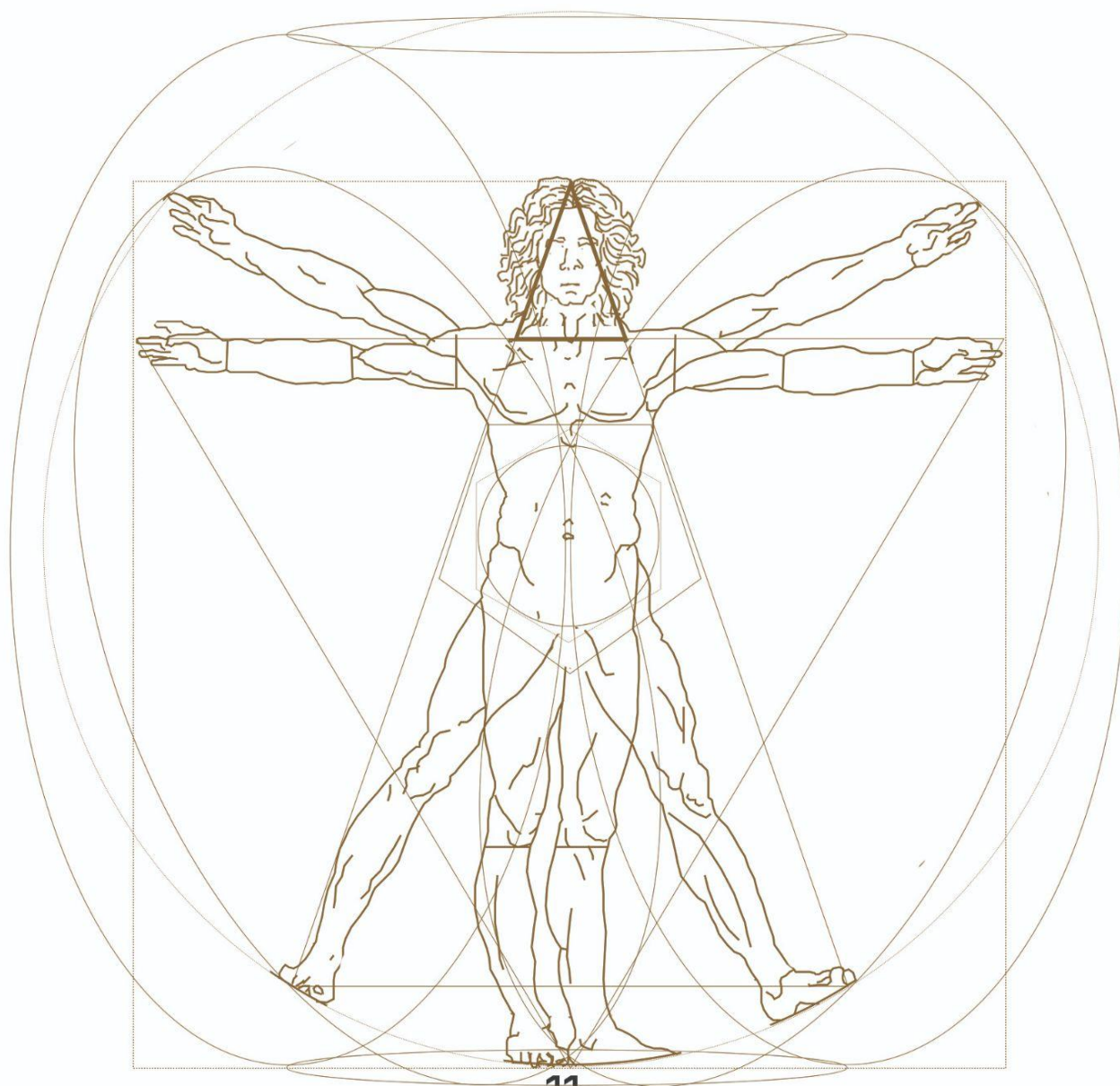
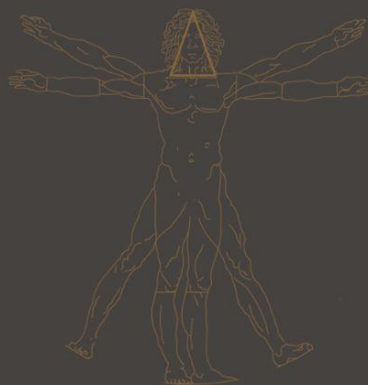
SALON

- # ANATOMIA/FED SALON
- # DINAMICI SALON
- # VIDEOS SALON



#11 SPARTANGO

CANTONAMENT DE
PERFORMANTA IN
TANGO

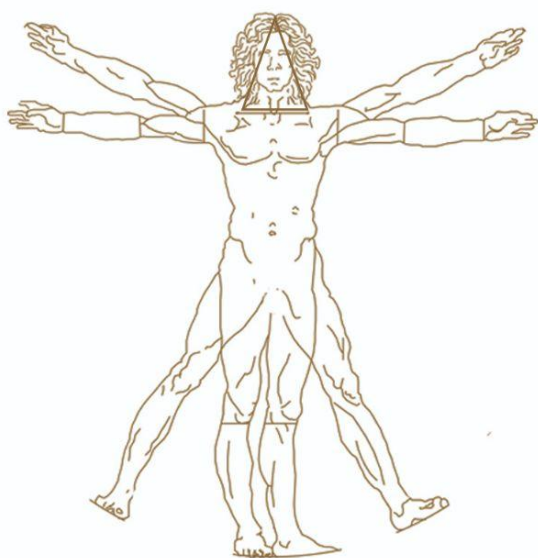


11

www.stango.ro/spartango

#11 SPARTANGO

CANTONAMENT DE
PERFORMANTA IN
TANGO



7 ZILE INTENIVE + 3 PRACTICI
KIT SPARTANGO + EXPEDITII

ZIUA0. MAESTRUL

Intalnire si inmanare KIT SPARTANGO
Planificare STRATEGIA O

ZIUA1. FELINA

BT1. FED (FASCIA EMERGENTA DUALA)
BT2. 4FA (4 FOCUSURI ATENTIONALE)
BT3. 6NE (6 NIVELURI ENERGETICE)

ZIUA2. FIGURILE

Boot Camp Praktikon Ziua1 & 2

ZIUA3. ANTRENAMENTUL

BT4. PET (PLANIFIC- EXERSEZ - TESTEZ)
BT5. CCC (CINETICA- CIMATICA- CINEMATICA)
BT6. CERCO (CERCURILE de COMPETENTE)

ZIUA4. PRACTICA

Boot Camp Praktikon Ziua3 & 4

ZIUA5. CRESTEREA

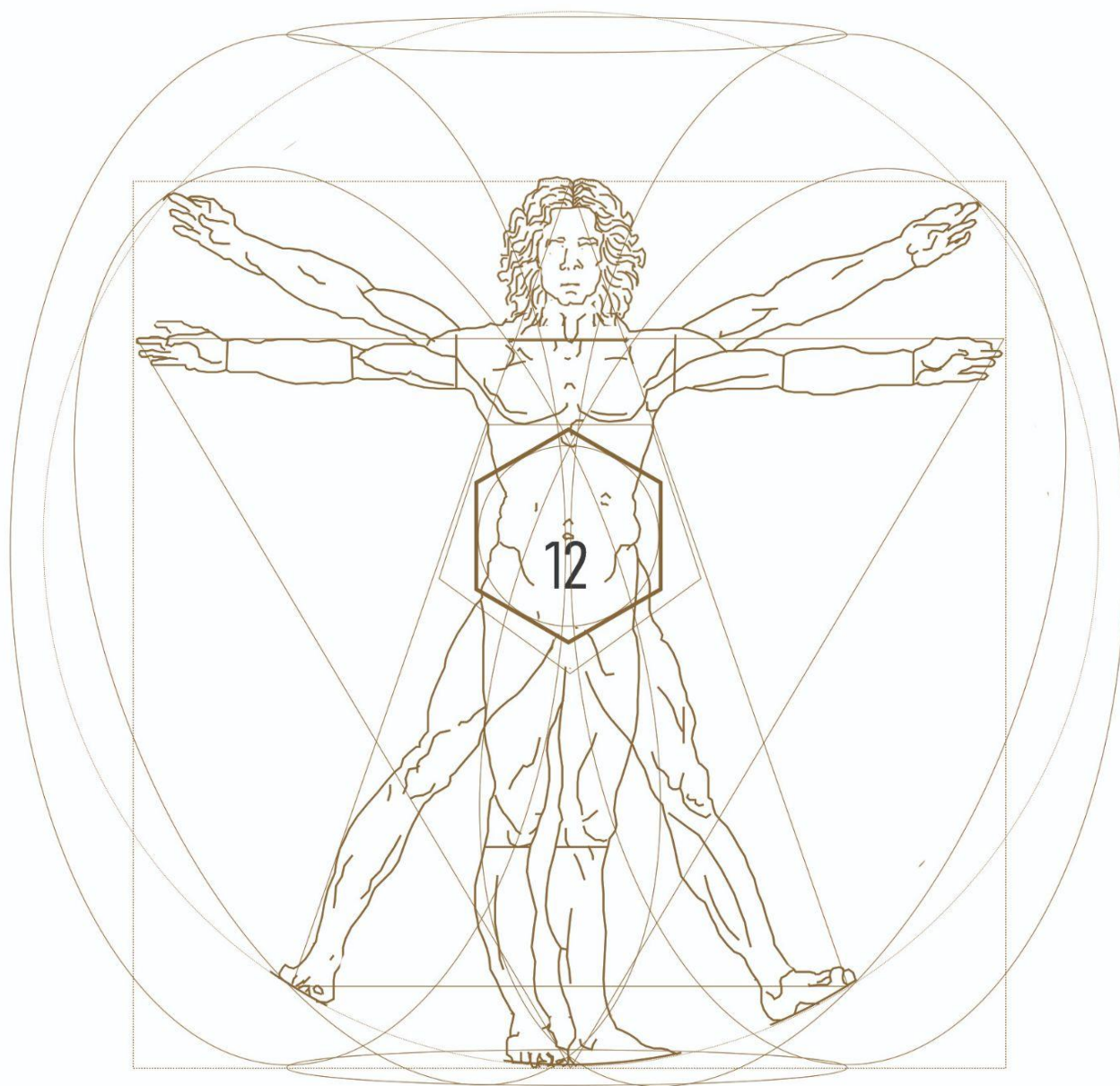
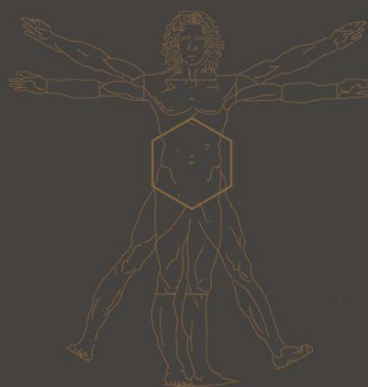
BT7. TNT (TANGO NEURO TRAINING)
BT8. ENERGII (CULORI, MATICES)
BT9. MASTER COACHING (OBIECTIVE)

ZIUA6. CONSTIINTA

Boot Camp Praktikon Ziua5 & 6
Despartire si inmanare MEDALII ST



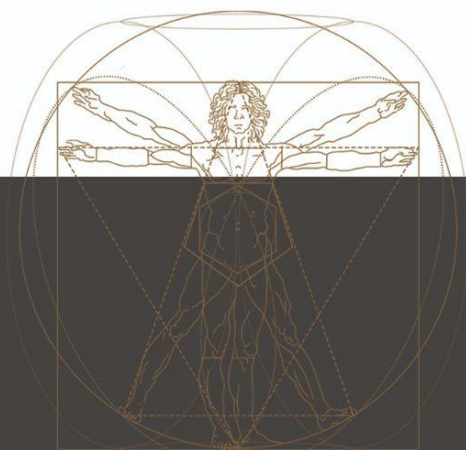
#12 SSS
SECRETE
SOMATICE
SIMPLIFICATE



#12 SSS

SECRETE SOMATICE SIMPLIFICATE

6 WEBINARII ZOOM PRACTICE
WEB SUPT, EXERCITII
ACCES 24/7 INREGISTRARI



#1 FASCIA

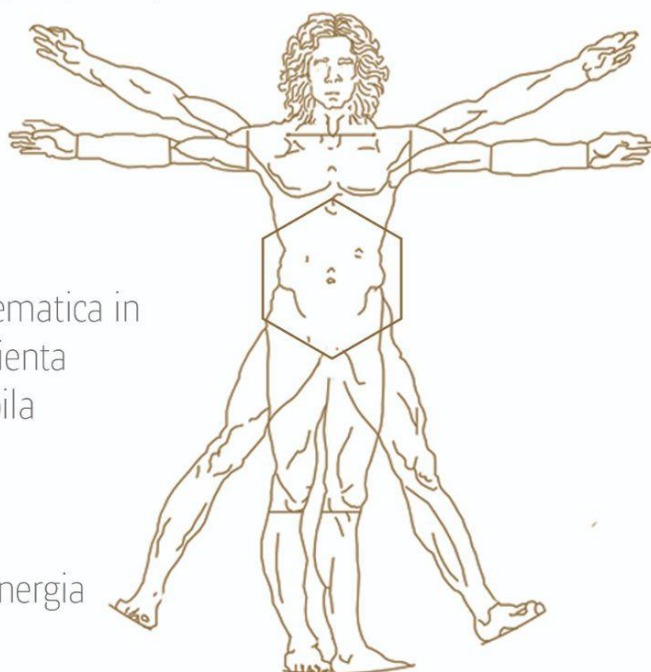
CORPUL IN DANS: sa trecem de la disfunctional (tensiuni si beta) la functional (relaxare si alfa), apoi la optimal (flow, theta).

#2 ATENTIA

4 FOCUSURI ATENTIONALE pt o invatare motorie eficienta si un dans in conexiune cu partenerul si publicul.

#3 VIBRATIA

MUZICA: sa folosim Cimatica, Cinetica, Cinematica in Campul Vibrational Muzical pentru o experienta profunda a dansului si o expresie memorabila



#4 ENERGIA

MINTEA/EMOTIA IN DANS: descatuseaza energia si "unf*ck your dance" cu tehnica P.I.T.I.C.

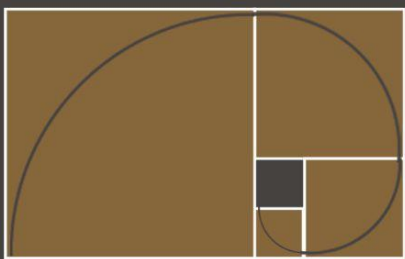
#5 PREZENTA

STAREA DE DANS si ACTUL DANSAT: cum sa ai o prezenta si o carisma puternice, care lasa o mostenire durabila.

#6 CONEXIUNEA

Conexiunea Tripartita: cu Tine, cu Partenerul, cu Dansul.

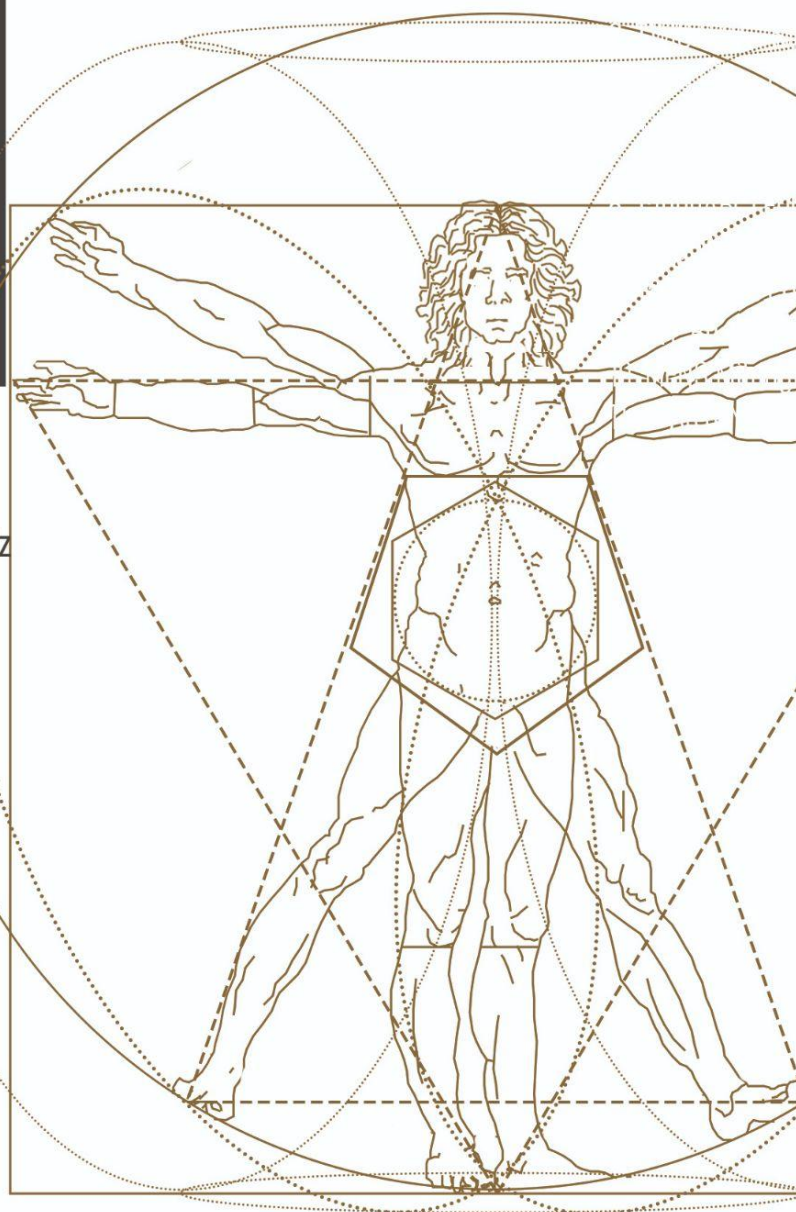
De ce esueaza dansatorii si cum sa devii un dansator de succes?



12 PROIECTE

CARE ITI POT SCHIMBA TANGOUL

1. taZgo!
2. TWIS SAB - Sacada & Barrida
3. TWIS PEL - Planeo, Enrosque, Lapi
4. TWIS BOG - Boleo & Gancho
5. TWIS COV - Colgada & Volcada
6. TangoABC1.FUNDAMENTE (3D)
7. TangoABC2.ELEMENTE (4D)
8. TangoABC3.CONDIMENTE (5D)
9. WTF Busteni
10. MENS
11. SPARTANGO
- 12.SSS



NOTE

.....

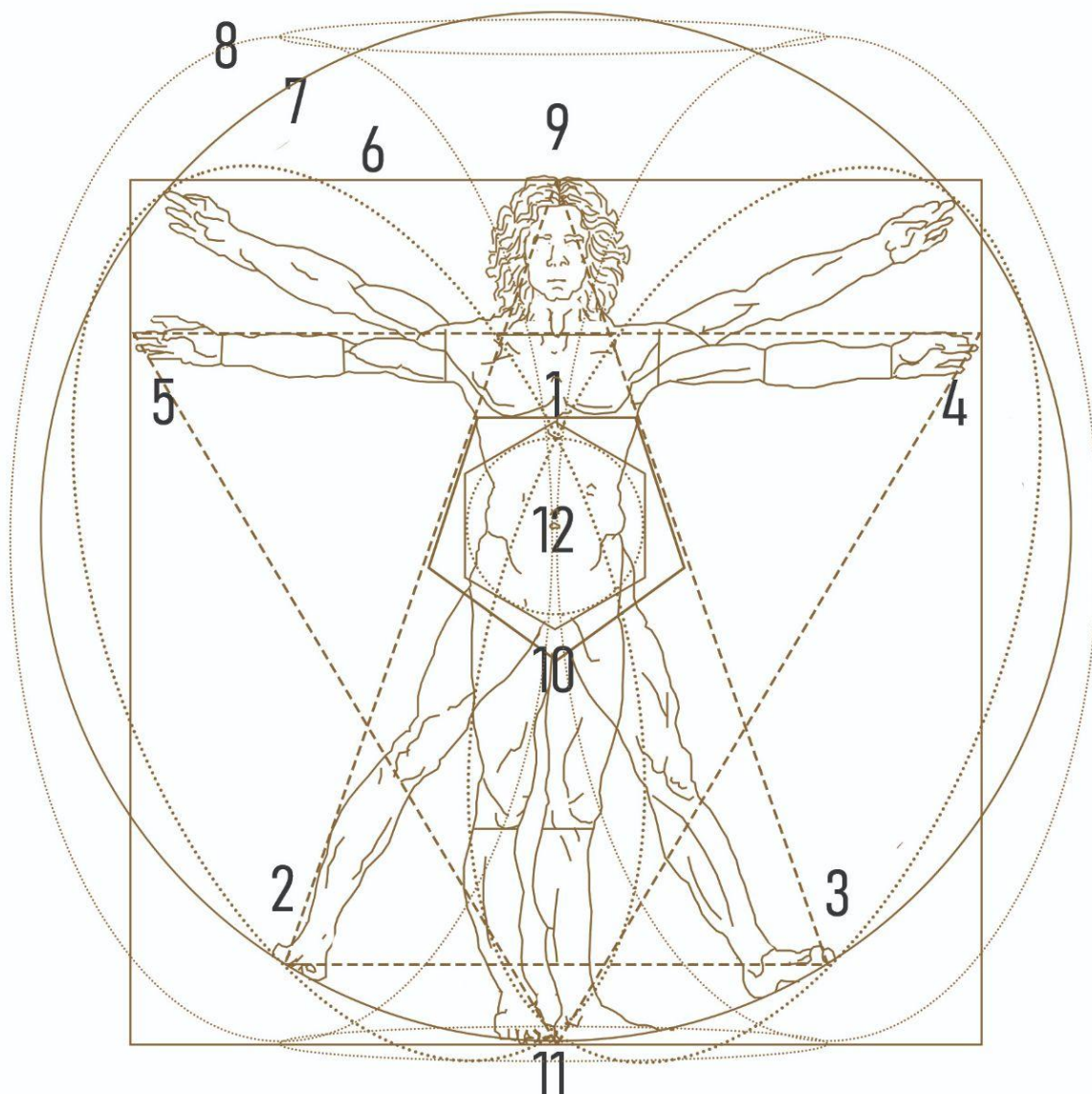
.....

.....

.....

.....

12 PROIECTE



12 PROIECTE

1. taZgo! - roteste Zgomotul!
2. TWIS SAB - Sacada & Barrida
3. TWIS PEL - Planeo, Enrosque, Lapiz
4. TWIS BOG - Boleo & Gancho
5. TWIS COV - Colgada & Volcada
6. TangoABC1.FUNDAMENTE (3D)
7. TangoABC2.ELEMENTE (4D)
8. TangoABC3.CONDIMENTE (5D)
9. WTF Busteni - Week-end Tango & Friends
10. MENS Milonguero Escenario Nuevo Salon
11. SPARTANGO Cantonament de Performanta
12. SSS - Secrete Somatice Simplificate

NIVEL

int, av, ms
int, av, ms
int, av, ms
int, av, ms
int, av, ms
inc, ms
int, ms
av, ms
toate niv
int, av, ms
int, av, ms
int, av, ms

CURSURI/ ZILE

8/ 2 zile
6/ 2 zile
6/ 2 zile
6/ 2 zile
6/ 2 zile
6/ 3 zile
6/ 3 zile
6/ 3 zile
3/ 3 zile
8/ 4 zile
9/ 7 zile
6/ 6 zile

DETALII

10 degete muzicale
suport curs (pdf, video)
suport curs (pdf, video)
suport curs (pdf, video)
suport curs (pdf, video)
web suport
web suport
web suport
+3 practici asistate
videoproiectii
+3 practici, +KIT
online, websuport

12 PROIECTE

CARE ITI POT SCHIMBA TANGOUL

2025-2026

Septembrie 2025				Octombrie 2025				Noiembrie 2025				Decembrie 2025			
L 1			36	M 1				S 1				L 1	Ziua Națională		49
M 2				J 2				D 2				M 2			
M 3				V 3				L 3			45	M 3			
J 4				S 4				M 4				J 4			
V 5				D 5				M 5				V 5			
S 6				L 6		41		J 6				S 6			
D 7				M 7				V 7				D 7			
L 8			37	M 8				S 8				L 8		50	
M 9				J 9				D 9				M 9			
M 10				V 10				L 10			46	M 10			
J 11				S 11				M 11				J 11			
V 12				D 12				M 12				V 12			
S 13				L 13		42		J 13				S 13			
D 14				M 14				V 14				D 14			
L 15			38	M 15				S 15				L 15		51	
M 16				J 16				D 16				M 16			
M 17				V 17				L 17			47	M 17			
J 18				S 18				M 18				J 18			
V 19				D 19				M 19				V 19			
S 20				L 20		43		J 20				S 20			
D 21				M 21				V 21				D 21			
L 22			39	M 22				S 22				L 22		52	
M 23				J 23				D 23				M 23			
M 24				V 24				L 24			48	M 24			
J 25				S 25				M 25				J 25	Crăciunul		
V 26				D 26				M 26				V 26	A doua zi de Crăciun		
S 27				L 27		44		J 27				S 27			
D 28				M 28				V 28				D 28			
L 29			40	M 29				S 29				L 29		1	
M 30				J 30				D 30	Sfântul Andrei			M 30			
				V 31								M 31			
Ianuarie 2026				Februarie 2026				Martie 2026				Aprilie 2026			
J 1	Anul Nou			D 1				D 1				M 1			
V 2	A doua zi după Anul Nou			L 2		6		L 2		10		J 2			
S 3				M 3				M 3				V 3			
D 4				M 4				M 4				S 4			
L 5			2	J 5				J 5				D 5			
M 6	Bobotează			V 6				V 6				L 6		15	
M 7	Sfântul Ioan Botezătorul			S 7				S 7				M 7			
J 8				D 8				D 8				M 8			
V 9				L 9		7		L 9		11		J 9			
S 10				M 10				M 10				V 10			
D 11				M 11				M 11				S 11			
L 12			3	J 12				J 12				D 12	Paștele		
M 13				V 13				V 13				L 13	A doua zi de Paște	16	
M 14				S 14				S 14				M 14			
J 15				D 15				D 15				M 15			
V 16				L 16		8		L 16		12		J 16			
S 17				M 17				M 17				V 17			
D 18				M 18				M 18				S 18			
L 19			4	J 19				J 19				D 19			
M 20				V 20				V 20				L 20		17	
M 21				S 21				S 21				M 21			
J 22				D 22				D 22				M 22			
V 23				L 23		9		L 23		13		J 23			
S 24	Unirea Principatelor Române / Mica Unire			M 24				M 24				V 24			
D 25				M 25				M 25				S 25			
L 26			5	J 26				J 26				D 26			
M 27				V 27				V 27				L 27		18	
M 28				S 28				S 28				M 28			
J 29								D 29				M 29			
V 30								L 30		14		J 30			
S 31								M 31							

12 PROIECTE

CARE ITI POT SCHIMBA TANGOUL

2026

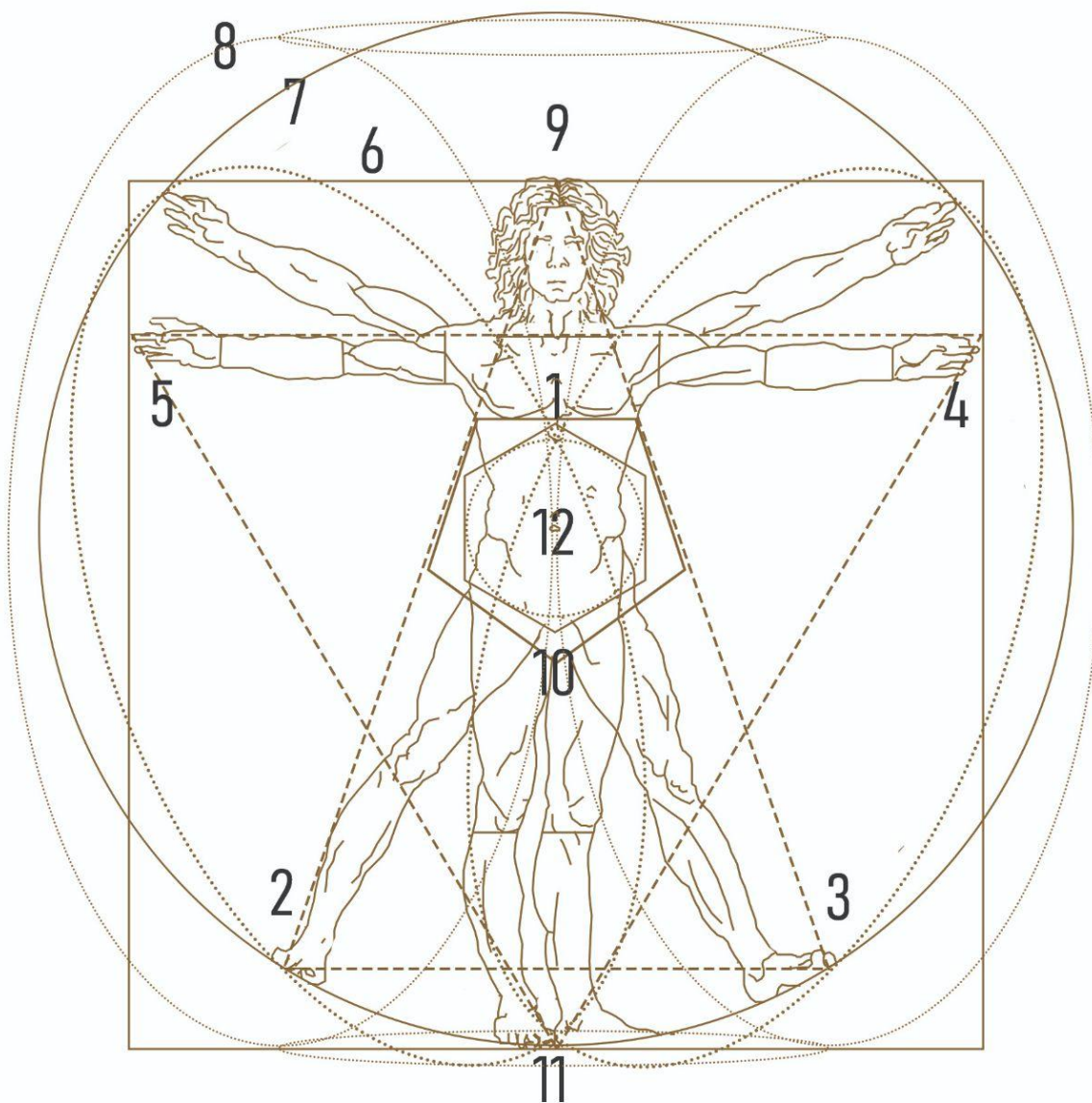
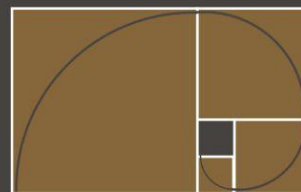
Mai 2026		Iunie 2026		Iulie 2026		August 2026	
V 1 Ziua internațională a muncii		L 1 A doua zi de Rusaliu/Ziua Copilului	23	M 1		S 1	
S 2		M 2		J 2		D 2	
D 3		M 3		V 3		L 3	32
L 4	19	J 4		S 4		M 4	
M 5		V 5		D 5		M 5	
M 6		S 6		L 6	28	J 6	
J 7		D 7		M 7		V 7	
V 8		L 8	24	M 8		S 8	
S 9		M 9		J 9		D 9	
D 10		M 10		V 10		L 10	33
L 11	20	J 11		S 11		M 11	
M 12		V 12		D 12		M 12	
M 13		S 13		L 13	29	J 13	
J 14		D 14		M 14		V 14	
V 15		L 15	25	M 15		S 15 Adormirea Maicii Domnului	
S 16		M 16		J 16		D 16	
D 17		M 17		V 17		L 17	34
L 18	21	J 18		S 18		M 18	
M 19		V 19		D 19		M 19	
M 20		S 20		L 20	30	J 20	
J 21		D 21		M 21		V 21	
V 22		L 22	26	M 22		S 22	
S 23		M 23		J 23		D 23	
D 24		M 24		V 24		L 24	35
L 25	22	J 25		S 25		M 25	
M 26		V 26		D 26		M 26	
M 27		S 27		L 27	31	J 27	
J 28		D 28		M 28		V 28	
V 29		L 29	27	M 29		S 29	
S 30		M 30		J 30		D 30	
D 31 Rusaliile				V 31		L 31	36
Septembrie 2026		Octombrie 2026		Noiembrie 2026		Decembrie 2026	
M 1		J 1		D 1		M 1 Ziua Națională	
M 2		V 2		L 2	45	M 2	
J 3		S 3		M 3		J 3	
V 4		D 4		M 4		V 4	
S 5		L 5	41	J 5		S 5	
D 6		M 6		V 6		D 6	
L 7	37	M 7		S 7		L 7	50
M 8		J 8		D 8		M 8	
M 9		V 9		L 9	46	M 9	
J 10		S 10		M 10		J 10	
V 11		D 11		M 11		V 11	
S 12		L 12	42	J 12		S 12	
D 13		M 13		V 13		D 13	
L 14	38	M 14		S 14		L 14	51
M 15		J 15		D 15		M 15	
M 16		V 16		L 16	47	M 16	
J 17		S 17		M 17		J 17	
V 18		D 18		M 18		V 18	
S 19		L 19	43	M 19		S 19	
D 20		M 20		V 20		D 20	
L 21	39	M 21		S 21		L 21	52
M 22		J 22		D 22		M 22	
M 23		V 23		L 23	48	M 23	
J 24		S 24		M 24		J 24	
V 25		D 25		M 25		V 25 Crăciunul	
S 26		L 26	44	J 26		S 26 A doua zi de Crăciun	
D 27		M 27		V 27		D 27	
L 28	40	M 28		S 28		L 28	53
M 29		J 29		D 29		M 29	
M 30		V 30		L 30 Sfântul Andrei	49	M 30	
		S 31				J 31	

5+3+2+1+1 PROIECTE

CARE ITI VOR SCHIMBA

TANGOUL TAU

IN CUPLU. IN BINE. IN TIMP SCURT.



12 PROIECTE

- | | | |
|---------------------------------------|------------------------------|----------------|
| 1. taZgo! | 6. TangoABC1.FUNDAMENTE (3D) | 9. WTF Busteni |
| 2. TWIS SAB - Sacada & Barrida | 7. TangoABC2.ELEMENTE (4D) | 10. MENS |
| 3. TWIS PEL - Planeo, Enrosque, Lapid | 8. TangoABC3.CONDIMENTE (5D) | 11. SPARTANGO |
| 4. TWIS BOG - Boleo & Gancho | | 12. SSS |
| 5. TWIS COV - Colgada & Volcada | | |

www.stango.ro/12proiecte