Republican Donald Trump is elected President of the United States of America, defeating democrat Hillary Clinton, who received 2.9 million more votes

STEP UP

The breakdancers of Kabul: Afghan youth busting moves

A Madrid exhibition offers an indepth look at the late Moroccan photographer's chronicles of "disappearing traditions"



qas, and unending war, a group of Afghans have turned to breakdancing for stress relief and self-expression crackdown on the arts.

At the French Cultural Centre in Kabul, the group takes turns practising the basics -- toprocking, headspins, and freezes, while watching YouTube videos on their phones of famous b-boys like Lilou and Hong Ten for inspiration.

"Breakdancing keeps us away from stress and war. It gives us freedom. It many young women are interested in frees our minds from the stress of living in Kabul and we forget about the war and killings," explains Murtaza Lomani, 23, from the Top Step crew.

Still, breakdancing is a rare sight in the fiercely conservative Islamic society, where traditional folk music mostly dominates the radiowaves and dancing takes place mainly at gender-segregated

The cultural centre is one of the few places in the Afghan capital where the n the land of suicide bombings, bur-mixed-gender Top Step crew are able to practise and feel relatively safe, Lomani says. But even here there are risks.

Just five years ago, the centre was at--- even as fears the Taliban could yet re- tacked by the Taliban as it hosted a play turn to power fuel worries of a renewed about suicide bombings, where Lomani was among the injured.

Breaking barriers

For Heja Aalia, who says she is one of just four female breakdancers in Kabul, there are other worries.

"If I train outdoors in our society, people insult you," says Aalia, adding that breakdancing but are unable to get permission from their families to try it out.

"It's really difficult for a girl to practise breakdance, especially in Afghanistan Islamic culture."

The sport first originated in New "breaking" along with rap music and graffiti art formed the pillars of hip hop



An Afghan breakdancer strikes a pose during a practice session



where people think dance is against Dancers during a practice session at the French Cultural Center in Kabul

culture that has gone on to dominate quick to embrace that culture, decades York's Bronx borough in the 1970s, where everything from pop music to fashion worldwide in the ensuing decades.

But while the rest of the world was

of war and hardline Taliban rule in the 1990s prevented the phenomenon from taking root in Afghanistan.

"Afghan society has changed a bit in recent years, the generations have changed and people are thinking positively," says Lomani, who admits that many laughed at their dance moves when they first started in 2011.

"But we have convinced some youth and now it is really good that we practise," he adds.

Fellow Top Step member Obaidullah Koofi, 24, says he first got interested in breakdancing after seeing videos online.

"We learn our new moves from You-Tube, and YouTube is our mentor because we do not have any trainer here to... teach us," he says.



Afghan breakdancers pose for a photograph at the French Cultural Centre in Kabul

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MURTAZA LOMANI

ntries at the current moment."

rchival work on the aesthetics of

raditions through contemporary ghtful artistry, Alaoui showed an otion to storytelling, even in the nt settings, offering hope not just rations of photographers, but, in

sents something very positive, we need to demonstrate in front

in Europe," said Nuria Medina

ltural programs coordinator at

She was cultivated and had a

egion as well.