

# NAO

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The NAO humanoid robot is a very powerful tool for programming and robotics development. Part of its power lies with the [Choregraphe software](#) used to program the NAO.

## Resources

[NAO User Guide](#)  
[NAO Technical Guide](#)  
[Keyframe Programming](#)

## Programs

[NAO Cadet](#) - A Choregraphe app paired with apps for Android or iPads that allow block-based coding of the NAO

[Messagebot](#) - A project to engage Aboriginal and Torres Strait Islanders within your community to build their digital skills through programming cultural content

## Choregraphe Apps

- [NAO performs Gangnam Style dance](#) [gangnamstyle.zip](#)
- [NAO dances the Macarena](#) [macarena.zip](#)
- [NAO asks and shows participants some Tai Chi routines](#) [tai\\_chi\\_chuan.zip](#)

## Videos

Choregraphe Basic Tutorials: [Robo Phil Channel](#)