

M 2 Contemporary Dance 1

Training

Daily training is based on the principles of modern dance with a focus on release techniques consisting of three phases:

Floor work/ combinations standing/ combinations through space combined with off-balance phases.

Modern Dance / Other styles

In these block-seminars basic knowledge about various methods of modern dance will be taught, starting with German expressionist dance such as the principles of movement by Rudolf von Laban up to American styles of modern dance such as Limon, Cunningham, Graham or Horton technique.

Improvisation

This course is based on perception exercises, anatomic facts taken from Applied Anatomy, setting the frame regarding space, time and dynamics, principles of movement according to Delsarte, Laban, Judson Church as well as concepts from the Arts such as Bauhaus, improvisation with light and props. Based on these issues individual work for solo, duo and group exploration has to be developed. Furthermore, students will learn to describe their observations (automatic writing and feed-back sessions).

Contact Improvisation 1

Contact improvisation is basically a duett dance form. Possibilities of communication are explored which are created by touching and being touched, possibilities to move in pairs – roll about, walk, catch, fall or carry each other while staying in permanent contact, either through space, energetically or physically. During the work-process relaxation, centering, breathing and flow of energy play an important role. The interaction of two partners requires a physical and meaningful state of awareness in order to mentally and physically grasp and work with forces such as mass, impulse, gravity, friction, and buoyancy. The seminar is designed to develop balance, being head down and states of suspension in low heights, support, transport weight with various parts of the body, orientation in space and peripheral sight. Confidence, being in contact with oneself and the partner, reaction and receptivity are being trained.