

TEACHING AN ULTIMA VEZ WORKSHOP

The classes contain: practical exercises, reflective exchange and some documenting time.

From the beginning we want to reach a certain type of urge and tension in the work attitude; the execution time gets reduced so we need to go straight to the essence of the moving act.

We use words such as confrontation, instinct, brutal, urgency, from where delicacy and other type of antagonistic expressions will flourish as well.

The exercises prepare the participant to reach the physical tone of the vocabulary used in the company. We review contemporary movement patterns to adapt them to our expressive necessities. We look forward to enrich our language with other rooted movement heritages

The choice of vocabulary consists in all fours attitude reaching towards the floor, large use of space across the floor and partnering relationships.

We approach the repertory of the company by using the original driving motives as starting point and recreating a similar or new performing situation.

We will research into dramatic situations by using movement as composing and analysis tool.

Drama (one entry on the New Oxford American dictionary): an exciting, emotional, or unexpected series of events or set of circumstances.

ULTIMA VEZ WORKSHOP NOVEMBER 2015

Description of subject during the workshop

091115

- Game with shoes
- Warm up
- Slides in different forms
- Out Of Balance moving across the space
- Partnering: learning a given phrase

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- Walking backwards
- Warm up
- Out Of Balance with slides
- Guide a blind partner
- Run blind
- Alternately lifting a partner across the space
- Stones: a sequence from the choreography “What The body Does Not Remember”: An act by 3 movers throwing (in this case) a shoe above ones head and allowing two others to save and collect the shoe

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- Hugging
- Stretch
- Warm up
- A floor work phrase including Out Of Balance and slides
- Brushing: a sequence from the choreography “Her body doesn’t fit her soul”: 4 people pushing by means of slide to 4 others who roll on the ground.
- Touch-Support: A duo work about touching and creating support for each other
- Dragging dead bodies
- Manipulating inactive bodies

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- Moving together with one partner symmetrically away from the center.
- Warm up
- A new floor work phrase including Out Of Balance and slides
- Lifts: jumping backwards towards your partner and in a ball-closed shape.
- Poses: a group improvisation based on the scene of the same name from the performance “What the body does not remember”. The topics dealing in the improvisation included: symmetry from the center, family-photos, imitation of shapes.

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- Kneading a body out
- Warm up
- A new floor phrase across the floor
- Partnering phrase: Retaking the partnering line of Monday with new given material.
- Researching a situation with a partner based on: inanimate people, people without willpower, manipulation, awkwardness,...

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