



Internacional Dance Workshop of Institut del Teatre

Session 1

CONTACT IMPROVISATION – with ANDREW DE LOTBINIÈRE HARWOOD

This intensive workshop invites participants to reconsider our perception of what CI essentials are as we focus on some specific and fundamental facets of CI such as: sensation, space, time and our relationships with the other dancers. Perceptual skills involving the somatosensory systems such as “seeing” through the skin or “tasting” weight will be examined and integrated into the greater set of essential physical skills such as: moving while supporting the weight (1%-100%) of another dancer, falling and landing safely from any level, modulating the tone of one’s body and being omni-directionally responsive while dancing with a partner. Release technique, hands-on work as well as numerous scores for dancing, warming down and discussions will be included. The workshop intends to facilitate the development of a heightened and subtle presence in our solo, duet and trio dances, while remaining attentive to the ever-changing creative climate generated in our group compositions.

ANDREW DE LOTBINIÈRE HARWOOD



Andrew de Lotbinière Harwood is an internationally recognized pioneer and master teacher of contact improvisation. He began his dance career in 1975 and for over forty three years has dedicated himself to the research, education, development and dissemination of contact improvisation and real-time composition as sophisticated movement disciplines and performing art forms. Formerly artistic director of AH HA

Productions (2000-2014), his work has evolved through ongoing collaborations with many renowned dancers (Nancy Stark Smith, Steve Paxton, Peter Bingham, Benoît Lachambre, Marc Boivin, Lin Snelling, Chris Aiken, Ray Chung, Lisa Nelson and Kirstie Simson among many others) and through various investigations of performance, composition, spatial design and movement techniques. Passionate about teaching, he transforms his training in gymnastics, the Alexander Technique, Aikido, release technique, contemporary dance, yoga and various somatic practices into a personal language, which he has shared throughout the world since 1976. He was awarded the prestigious Canada Council’s Jacqueline Lemieux Award in 2000.

Session 2

FLYING LOW – with MILAN HERICH

This workshop focuses mainly on the dancer’s relationship with the floor. The class utilizes simple movement patterns that involve breathing, speed and the release of energy throughout the body in order to activate the relationship between the center and the joints, moving in and



out of the ground more efficiently by maintaining a centered state. There is a focus on the skeletal structure that will help improve the dancers physical perception and alertness. The class includes partnering work and movement phrases, which explore the primary laws of physics: cohesion and expansion.

The class begins in stillness and students are asked to read their body in a standing position. They are urged to connect their entire body with the environment: the air, floor, and the energy of others, forming an interconnection by just standing. When you are standing, the whole room is standing. This stillness jumps to running and passing through each other, running forward backward and around creating a dance web. The highways of the room are warming up. When you are moving, the whole room is moving.

The body is constantly spiraling, whether running or standing. These spirals help the dancers into the floor and out of the floor. These spirals already exist; this workshop focuses on finding them. The spirals help the dancer see themselves and the room from all sides. The dancer knows what is behind him/her as he/she goes forward. To activate these spirals, students locate their center and move all of their joints from this center. Arms, legs, hands, toes, elbows, feet become extensions of the center. The spirals propel the class all over the room, both on the ground and upright. This is the flying low technique.

MILAN HERICH

Born in Slovakia, **Milan Herich** began his first dance steps in the Slovakian traditional children's dance company Dumbier and graduated at the Banska Bystrica Dance Conservatory. Later in 2002, he continued his dance training at the renowned school P.A.R.T.S under the direction of Anna Teresa de Keersmaecker, in Brussels.



He worked with different choreographers and companies like Ultima Vez / Wim Vandekeybus in the creation *Puur* (2005), *Booting Looting* (2013) and Sidi Larbi Cherkaoui to create the show *Myth* (2007).

Since over 19 years, he is in continuous collaboration with David Zambrano as an assistant in classes and workshops and as an interpreter in the works: *12 flies went out at noon*, *3 flies went out at noon*, *Rabbit project*, *Soul Project* and *Holes*.

Milan Herich is co-founder of Les SlovaKs Dance Collective creating the works *Opening Night* (2007) *Journey Home* (2009) *The concert*, live concert of traditional music and singing (2010) and their last show *Fragments*.

Since 2013 he has also collaborated with the choreographer Anton Lachky on the creations *Mind Gap* and *Side Effects*.

Milan created together with David Zambrano *A Solo for Mr.Folk* making presentations in Europe and Latin America.



For many years, he has been coaching and choreographing in works of renowned circus company Rasposo in the productions *Morsure* (2014) and *La Dévorée* (2017).

In end of 2018 he directed and choreographed a full evening performance together with Petr Forman *Turn over a new leaf* for the circus school ESAC in Brussels.

Session 3

FIGHTING MONKEY PRACTICE - with ANTONIS STROUZAS

This is a workshop that serves as an introduction to the studies of Fighting Monkey Research, developed during the last 15 years of practice / research that we call F.M. It is aimed at dancers, artists, martial artists and people interested in human development.

The training mainly experiences "movement situations" and irregular training methods to provoke and increase the adaptive value of the dancer's behaviour habits and strategic planning. We work on complex structures to improve movement qualities and increase creative variability. We want to help understand the underlying principles of human movement, and how stress and pressure affect our perception, behaviour and actions. Also, the attention to be creatively adaptable in complex situations. The objective of the course is to promote improvisation, imagination and creativity, which are vital for solving problems. What is vital for adaptability, longevity and sustainability is to play and expose yourself to difficulties.

ANTONIS STROUZAS

Antonis Strouzas began practicing martial arts at the age of 14. After years of dancing, he was accepted into the Greek Gymnastics Academy. At 24, he graduated with a specialization in Gymnastics and Tae Kwon Do. His continuous effort in academic and athletic development is materialized in the graduate program of the Gymnastics Academy, with a focus on "Maximizing Efficiency and Quality of Life in Exercise". He has also researched and



experimented with various combat sports such as Judo, Boxing, Greco-Roman Wrestling and Wrestling, Kick Boxing and Tai Chi Chuan.

In 2006 he began studying at the State Dance School in Athens under the tutelage of Jozef Fucek and Linda Kapetanea. This represented a unique opportunity to investigate the combination and fluidity of movement between martial arts and dance. After graduating, he has been working under the direction of Josef in the Fighting Monkey Practice to the present.