



Body politics

Réka Oberfrank
Tier 4

Indirect politics in dance:

politics=public matter

you change a lot of perspective in dance physically

you sense even your little finger, you pay attention inside and outside at the same time

constant breathing

check in the body everyday

we can easily change rythm, isolate bodyparts and go with the unknown, adapt fast to new situatuions especially in improvisation

we work with the right amount of power in the muscles, we relax and active them playfully and for something;

touch, lead, follow → we practice all the roles

just that the state and the condition of the body is important for us, we care

our practice is mostly leaning towards research, give time to ideas, go deeper

FOR ME THE LIFE OF A CONTEMPORARY DANCER WITHOUT ANY EXTRA PURPOSE SAYS A LOT OF POLITICAL VIEWS IN CONNECTION WITH SOCIETY.

TASKS:

What a body can mean in different contexts, cultures, ages, sexes, views?

Story of our bodys (scars, or the form of your leg, pain, eyes, wrinkles etc. what is the story behind? What is your connection and relationship with your body parts? What happened there?

Body-voice /voice body

Position-sound/voice-character

Positions – feelings

Rage - passive actions, weakness - impotent protests

industrial life always promises that new inventions will help people's life and save time for them but in reality the speed is just increasing -----> a task could be that there is a dancer and partners pretend to help but in reality they just make the situation harder

STORY OF THE BODY

Ur own life

Ur family's life

the transformation from a free minded child to a grown up adult

our views about beauty

what is really me/not me

norms, beliefs

cultural and social antropology

what do u believe in, what do u carry, what is you message as a person, teacher, kid, family member etc.? how do you behave and what it says.

STOMACH



pull in and out the stomach, cannot eat too much, frustrations, checker position everyday in the mirror

identity research, what is sexy, the unknown sexy, why a position is weak or strong?

voice travelling in the body releasing emotional tension and anger that may be there since years....just as a masseuse releases your strained points.

LOUDNESS



ASS