

INTRODUCTION to the WORKSHOPS in the MIRRAMU MARCH PROJECT 2023

Ku & Dancers

Best known as the only professional dance company devoted to the development and exploration of improvisation dance performance in Taiwan, Ku & Dancers was founded in 1993 by dancer, choreographer, and educator Prof. Ming-Shen Ku. The practice of improvisation and contact improvisation form the company's training core. Besides improv dance works, the company also do set choreography and is well-known for collaborations with artists of various disciplines. Since 2011, the company has been organizing i-dance Taipei, a biannual international festival of dance improvisation featuring various improvisation dance artists from all over the world.

The CI Workshop (Leading by Ku & Dancers)

Contact Improvisation (CI) was developed in the early '70s in America. It was one of several enterprises during the late '60s and early '70s in dance, theatre, therapy, and athletics, trying to realize a redefinition of self within a responsive, intelligent body. The central characteristic of CI remains a focus on bodily awareness and physical reflexes, with traces of influence from eastern philosophy, aikido, athletics and even tai-chi. After years of development by various teachers, the techniques of CI became extended and refined—a well-established system of body training in its form. Nowadays, many contemporary choreographers use CI as a significant resource for movement. It becomes a must-learn technique for professional dancers or anyone appreciating somatic movement. CI is a dance between two or more people. They remain in physical touch, mutually supportive and innovative, meditating upon the physical laws relating to their masses: gravity, momentum, inertia, and friction. There is no “standard” movement in CI. It is an improvised dance form for everyone. In the CI workshop enriched by our unique Eastern movement culture, we wish to establish the participants' awareness, enhance the partnering skill, extend the potential of body movement, break through the limits, and find freedom in dance. The context of which is designed and adjusted for professional dancers, the general public and somatic therapists accordingly.

Dancecology = Dance + Ecology

Dancecology is an interdisciplinary group combining performing and visual art. Their works are based on the ecological concepts of “circulation” and “symbiosis,” presenting unconventional issues of nature and humanity's concerns. Their work includes site-specific or environmental theater, video art, dance film, and installations. They've been touring internationally with performances and film screenings. Artistic director Peng Hsiao-yin received a B.A. in Agronomy and M.F.A. in Choreography. She was inspired by Dr. Elizabeth Cameron Dalman OAM, focusing on Ecology dance through research, teaching, and choreography in performance or dance film.

The Dance in Nature workshops will be led by Elizabeth Cameron Dalman and Peng, Hsiao-yin. Inspired by natural elements and ecological concepts both artists have developed their choreographic and teaching practices over many years. Using meditation, Nature Moves methodology, the practice of Mobius Kiryuho (the Art of Flowing Movement) and Ecological Improvisation participants will be invited to observe nature (the external space) and their own bodies (the internal space). They will experience many ways of connecting to the natural environment and each other through their own bodyscapes.