

Extra words from Ming-shen Ku re Contact Improvisation

Move into Dance

How we can shift our weight here and there simultaneously

How one can control his/her own weight, and yet let go of the control

How one can be so gentle in touch, and yet so spontaneous

How we can look with our “skin” but eyes

How much we understand our own body

Or our body understand the world

How brave we can let go

And yet find the true freedom

Contact Improvisation has a hard core as the physical practice, through the practice we understand Contact Improvisation is not just a technique, but also a path of self-discovery as a human being. From which we learn and relearn. This workshop is aimed to enlarge our perspective, for the space we don't really “see”, or the divers factors which beyond our intel-lecture understanding. However, “body’ knows better.