

Notes on de-patterning and freedom by Jakob Lohmann.

While improvising with the phrase in couples working towards a duet, we (Fer and Me) worked with supporting each other to stretch out the falling, using the other person as a “safety net” to be able to commit to the fall more easily.

During this work, through repetition, I started to develop the expectation to be caught and supported during certain parts of the sequence. This expectation in combination with trusts towards Fer made me release into the fall entirely and allowed me to focus on my movements without activating the safety mechanisms to catch myself, which would limit my movement.

The key moment of the workshop happened to me when at some point Fer didn’t “catch/support” me. The moment very much surprised me, yet it was too quick for me to change anything about my movement and my body continued the sequence as in the previous times when Fer was there to support. Rather than falling through (in a bad way that is), the movement of the phrase itself brought my body towards a new, safe position following the flow of the choreography.

At this moment I very much experienced the sensation of freedom. Of not needing a safety net to rely on but the realization that I was able to rely entirely on myself and my body. Freedom from the fear of falling and joy in the falling itself. Extending the fall far beyond what I had thought I was capable of doing.

Additional thoughts about the path my body took in that moment as well as towards the “new safe position”:

The support Fer gave me allowed me to let the internal succession of movements happen to myself rather than being in control of it. (Bound flow/Free flow) Without Fer, it was gravity and the action of allowing my body to fall which created the same effect. In this case, the falling of my hand and the causality this caused in my body could ripple through me without my mind interfering with tension to protect myself. As the last part of this succession, my body would be turned 180 degrees and I could step underneath my centre again with my feet or guide my body towards the floor keeping the logical succession alive without blocking the energy at any moment. While I was blocking and shortening the movement before, I was forced to add new body impulses to maintain or regain my balance the hard

way. Now, I was able to manipulate the existing energy into a new direction for the same result.

In a way, it was unlocking a new tool inside of my body, a “new” safe position and “safe” in the sense of “in control” (mentally in control even though the body might not be in a stable position), without force, with ease.”