

4th Rehearsal/ 1st zoom meeting.

Videos with the fixed point instruction have been shot and shared on our messenger group before this meeting. The meeting itself took place to discuss the videos.

- So, what happened in this session?
- I had difficulty in doing this at home, my body never stood, there was no process before.
- I tried to think of body members that give a liberty of movement. The head is restricting, the foot has resistance, so I ended up with the hand... It gave me lots of food for research, giving many axis in the space.
- I worked with the limitations of using the head, which was good because I had limited space too.
- I got confused with using nazia and fixed point together, too much information. Looking at myself on the video was weird too. I became a slave to the music but when the music was not close to what we're doing, it was more liberating.
- What is this NAZIA?

Explanation

- *DO you want it to be here right now or not? What is its purpose? It reminds us more of tsifteteli. DO you want it to disappear or not?*
- *The category NAZIA has indeed its roots in tsifteteli and I'm not interested in removing it to bring it back but working on it as an instruction, without thinking of the original form. It is also interesting to think about what happens to sub-categories like fixed point. When one does "fixed point" for example do they keep NAZIA or not?*
- *Actually, when you rotate the elbow, for example it changes position it this fixed point.*
- *It has to do with body limitations. So, fixed point is also a way to discover these limitations.*
- *I feel like these limitations are more felt when resistance is introduced from this fixed point.*
- *The body is limited, you can do specific things.*
- *Maybe we should have an actual online rehearsal*
- *Next time, we should work with resistance.*
- *The hand is a border, it allows one to move around their movement sphere. The head is also in the edge of the body.*
- *You cannot change levels at all when you fix the head*
- *The gaze is suddenly locked when you fix the head.*
- *For the foot: you can do everything but you can go nowhere*
- *One foot could be on the air, but that needs full control*
- *I used the hip last time and had no choices.*
etc

Tasks for next time:

- ➔ a video with fixed point small NAZIA movement

Next time, a zoom rehearsal will take place, working on Resistance from fixed spot.

My thoughts:

How to protect the dancers from the intruder that is my theoretical research?