

Inscrição : 25 €
Para se inscrever, por favor dirija-se a
O Século, Centro de Arte Avançada
Rua do Século 80-88
1200-436 Lisboa

Tel. 213 478 160 Domingo, dia 24 de Fevereiro
www.oseculo.com das 15 às 18 horas

Rhythm/ Communication

Workshop by Steve Buchanan

This workshop is primarily about rhythm or more specifically what our perception of that phrase means.

Rhythm is of course one of the basic materials which constructs and binds our universe, as we know it, and indeed it might well be the only one. Certainly time as we know it, is this material. It is an extremely broad principle with infinite variation and to understand just that much can lead one quite far. In fact, the title of this workshop is an oxymoron since rhythm is in and of itself communication and in fact there simply cannot be communication without rhythm. In short, rhythm is not only a language there is no language without it. Nor could we exist a single moment without it.

Rhythm/Communication

The basic inquiry of this workshop will be to help sharpen and clarify our perception, definition, utilization of rhythm. Though our practice will center on music and dance, our goal will be a much broader interpretation of what rhythm is and can be. Primarily this means a work to discover and discern one's own personal rhythm and then to express that first to oneself and then to others. Whether be on "stage" or in everyday life.

The day's work will consist of:

- 1) Physical and mental exercises
- 2) Vocabulary development
- 3) Individual and group work

Although the work will be based on my percussion instrument (2nd line), all other sounds are to be generated solely by that which the body can produce.

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Stories

I have chosen as a base format, the structure of story and story telling. Often to find and tell one's own story is also to find and determine one's own rhythm. After all, recounts of history and myths are someone's story, unfortunately in most cases not our own. The relation here to rhythmic definition is obvious. However, its interpretation and manifestation is not. Story telling is perhaps one of the oldest cultural forms we share, therefore I find it a sure and solid terrain from which to start.

Structure:

- 1) Intro: (language, phrase, utterance, clapping, gesture, movement.)
- 2) Tell a story with emphasis on gesture.
- 3) Tell a story with emphasis on utterance.
- 4) Comment and cross talk on story being told.
- 5) Start in middle of another story like a fugue.
- 6) Sing the story.
- 7) Clap and tap the story.
- 8) Use only movement in space to tell story.

Stories can be: every day life, poem, family tale, tall tale.

- 1) Story does not have to be true, but telling and tone of delivery must.
- 2) Story must really be yours, honesty is not prerequisite, attention and presence is.
- 3) Remember your story, not so much word for word but the sense and shape. It is the retelling of story which not only relates past but creates present.

Exercises

- 1) Vaudeville dialogue.
- 2) Story mundane.
- 3) Story emotional
- 4) Story ancestral
- 5) Tell one sentence in many ways.
- 6) Syllables and morphemes.
- 7) Begin story, one person interrupts and tries to explain but with different parameter.
- 8) Continuity - one begins with word next with gesture, next with clapping, etc.
- 9) Act as translator: one tells story, other explains to group but with different means.

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The locus of this work is primarily about rhythm, which is of time, and perhaps time itself. In any case rhythm is surely a basic building material of the universe; just as surely we could not live or function a moment without it. The research for this workshop has had the effect of both clarifying and strengthening my thoughts and work. A major effect has been the realization of how deeply historical perspective has formed me, in particular that of western culture. This has led me to a distinct abhorrence of slavery and all of its insidious manifestations. Equally clear is how deeply this detestation has formed and influenced not only my work and ideas, but my valuation of human life and dignity. Consequentially I understand that this realization cannot remain only abstract note or a conceptual dance piece. I believe it is vital in these dangerous time, to speak and share all one knows no matter how much or how little. It is a crucial era of responsibility for all freedom loving beings, one in which the necessity to seek out one another speak and share is perhaps paramount to our very survival. The rhythm we are educated in is one of fear, isolation and solitude. We are trained not to touch, nor gather and certainly not to love. Though it is true we have little protection from external coercion, we fortunately still have the possibility of internal choice and decision. We can still choose what we accept, what we believe. We still can choose what we agree with and vitally where we stand. Important to bear in mind is that all laws created by man are subject to scrutiny, debate, inquiry and finally change... if and by means necessary. It is precisely the reason why all manmade laws through out written history have been backed by ideology, empire and force arms. At our present juncture of history, the particularly insidious form of self-censorship and containment effectively supplants more obvious forms of suppression. Using the Christian concept of sin as example, if anything is sin it is surely the self-censorship of ones own mind, body and spirit. In conclusion I will state that though this workshop is serious in intent, this does not mean we should take our selves seriously. I maintain that this is a problematic flaw especially in western culture and if anything leads to isolation, separation, then to elitist self-adoration, ending finally in violence and war. In English there is a funny joke about the sound of one hand capping, is this not the sound of the isolated ego...? The search for ones own rhythm is to firstly know your own, then to integrate it with others. Remember we were born of others, all we have learned comes from others and form this ocean we came from and will return. Our contribution to this is both necessary and important, but it must truly be of each ones own tone and own rhythm. This is the true meaning and function of the word harmony. Each of us is born with the divine right to sing, to dance and to love, these being direct paths to creation itself. Do not be misled into believing you need a middleman or an interpreter. No one can give or take away what is truly yours, but you can be tricked into giving it away worse selling it.

Steve Buchanan