

English version below

Un projet initié par Alanna Kraaijeveld en collaboration avec le CCOV
Deux journées d'atelier : les samedis 16 et 23 juillet 2022 de 10h à 12h30

JOUR 1 : LUTTER

Samedi 16 juillet 2022 de 10h à 12h30

Cette séance est consacrée à l'étude de la technique de la lutte. Par « lutte » ici nous parlons de l'exploration de la compacité, de la compression et de la pression en tant que qualités utiles et nécessaires à la pratique du mouvement.

Alanna animera la séance. Elle a travaillé avec l'ancien lutteur olympien et champion du monde Guivi Sissaouri pour mettre les artistes participants en relation avec :

- une position ou posture de travail basse
- une touche légère (qualité)
- la rapidité, l'art de saisir le bon moment, notamment par rapport à un partenaire
- la coordination, l'anticipation, l'affirmation dans des situations imprévisibles
- la répétition

JOUR 2 : Quand le son et la voix rencontrent la lutte

Samedi 23 juillet 2022 de 10h à 12h30

Cette session initiera les participants à la technique vocale et abordera le concept de la pratique de la voix en dialogue avec la lutte. Le travail vocal sera facilité par Susanna Hood et viendra appuyer la valeur de notion d'ouverture liée la pratique.

Description de Susanna (en anglais)

Similar to in our movement practice, working with voice towards expression involves a constant balancing and re-adjusting of elements that, at face value, can seem in opposition to each other. In fact, it is this very dance between contrasting qualities that allows for a colourful range of actions to occur. I translate Alanna's use of the words "open" and "closed" to the continuum of "free" and "bound" and the shifting balance between those poles. Our vocal practice will begin by prioritizing "freedom" and "flow" in order to then be able to access the purchase of what "bound" has to offer with the least amount of over-working.

Starting with breath and non-pitch-focussed sound making, we will move through resonance, to relation to pitch and, hopefully, into a bit of song. I am very curious about how we can then begin to play with choice-making as we reintroduce elements of the wrestling practice. What does the reintroduction of physical force, compression and impact offer to our sound-making? What does it require of us in our balancing of bound and free? What physical, emotional and aesthetic choices can we make? What does it

mean to sustain? What value do we give to that at any given moment? These are just some of the questions I bring with me. I am looking forward to the others that arise through the experience of the participants.

Nous intégrerons et explorerons notre savoir autour de la pratique de la lutte et du son au cours d'une co-animation entre Alanna et Susanna.

L'objectif de faire dialoguer ces différentes disciplines et approches techniques est d'explorer comment l'ouverture et la compression ou de la compacité se manifestent dans des pratiques apparemment disparates et comment ces qualités offrent des possibilités à notre physicalité et à notre expression.

Two workshop days:

DAY 1: WRESTLE

Saturday July 16, 2022 from 10 a.m. to 12.30 p.m.

This session is devoted to study wrestling technique. Wrestling here will underpin exploration of compactness, compression, and pressure as useful and necessary qualities for movement practice.

Alanna facilitates the session. She has been working with former Olympian and world champion wrestler Guivi Sissaouri to bring participant artists in connection with:

- a low working position or stance
- a light touch (quality)
- speed, timing, especially in relation to a partner
- coordination, anticipation, assertion in unpredictable situations
- repetition

DAY 2: SOUND AND VOICE meets WRESTLE

Saturday July 23, 2022 from 10 a.m. to 12.30 p.m.

This session will introduce participant artists to vocal technique, and bring voice practice in dialogue with wrestling. Voice work will be facilitated by Susanna Hood, and will underpin our exploration of the value of openness as it relates to practice.

From Susanna:

Similar to in our movement practice, working with voice towards expression involves a constant balancing and re-adjusting of elements that, at face value, can seem in opposition to each other. In fact, it is this very dance between contrasting qualities that allows for a colourful range of actions to occur. I translate Alanna's use of the words "open" and "closed" to the continuum of "free" and "bound" and the shifting balance between those poles. Our vocal practice will begin by prioritizing "freedom" and "flow" in order to then be able to access the purchase of what "bound" has to offer with the least amount of over-working.

Starting with breath and non-pitch-focussed sound making, we will move through resonance, to relation to pitch and, hopefully, into a bit of song. I am very curious about how we can then begin to play with choice-making as we reintroduce elements of the wrestling practice. What does the reintroduction of physical force, compression and impact offer to our sound-making? What does it require of us in our balancing of bound and free? What physical, emotional and aesthetic choices can we make? What does it mean to sustain? What value do we give to that at any given moment? These are just some of the questions I bring with me. I am looking forward to the others that arise through the experience of the participants.

We will integrate and explore our learning from the wrestling session into the sound session. Alanna co-facilitates with Susanna.

The goal of bringing these different disciplines and technical approaches into dialogue is to explore how both openness and compression or compactness manifest in seemingly disparate practices, and how these qualities offer possibility to our physicality and expression.