

IDOCDE

12.5.2012

training-sequence Viktoria Hauke

Informations Viktoria before training-sequence:

Topic: Tai-Chi + Gigong exercises with Feldenkrais- exercises in the context of dance-training.

Methodological structure:

- Set of exercises
- Improvisation
- Fixed choreography of Viktoria (was nit done because of too less time)

Documentation from outside view while the action: Gitta Barthel:

Fragment

teacher / Viktoria	6 participants	Documentators in space
Lying on one side, legs + arms bended 90°, hands one upon each other. Move your rippage front and back Do the movement from shouldergirdl and lungs with as little effort as possible. While you do it you can ask yourself and try to find out where the movement comes from. May be you want to connect to the area in front of your spine or somewhere else (See picture 2)	Seen from outside the movements look very equal. A participant looks to Victoria to see her movement example to know what she means	Antoine points the microphone towards the teacher like a gun.  Maja is travelling around and taking videospots