

AERIAL RESEARCH - BRIGITTE

Protocol - Aerial Silk Class

7th session

Date: **22.04.2021**

Objectives:

- Creating new images with the silks
- Finding new ways to hold the silks
- Creating space from the floor to the air

TASKS

- Improvisation focused on pulling the silks up.
- Researching together how to hold the silks with other parts of our body, knee hooks, mouth, toes, arms and head.
- By pulling the silks up the awareness of height is amplified, for the performer and for the public.

OBSERVATIONS:

Creating New images with the silks

We often use our body to show skills, contorting or posing in the air, but with this exercise the focus becomes what the silks can make to get the focus.

We research how to create a certain 'mess' with the material, resulting in some nice shapes, but still its a research to be developed by Brigitte.

Finding New Ways to hold the silks

By finding new ways to hold the silks we can unfold new ways of moving in it, it can be very tiring at the beginning as we tent to tension our body to find stability.

We tried to climb with the silks on Brigitte mouth, toes.

Well Done!