

AERIAL RESEARCH - BRIGITTE

Protocol - Aerial Silk Class

2st session

Date: **10.03.2021**

Objectives:

- Increase awareness of space
- Learn basics mechanisms of research
- Learn how to conduct an improvisation
- Musicality

TASKS

- * *Climb silks with closed eyes*
- * *Play with focus on the space, acknowledging where you are.*
- * *Keep on focus on space while moving, climbing.*

OBSERVATIONS:

- Try to make clear choices, that means that you should avoid fixing your grab or changing it's path. Of course we're talking about an improvisation where mistakes can easily be a window to new paths. But when talking about a fixed sequence or technique safety is always the priority.
- Try new ways of positioning yourself in the silks, that means not always climb with your upper body facing the silks, try new paths.
- When facing a situation where you don't know where to go, allow your body to find its way out, without breaking the corporality.

MUSICS PLAYED:

Una Mattina, Ludovico Einaudi
Hana, Asa-Chang & Junray
Mothertongue I. Archive, Nico Muhly

IMPORTANT

RESEARCH SHOULD NEVER BE DONE WHEN ALONE AT THE SPACE.

As the artist is experimenting the chances of fall or an accident increases so its important to always have a mattress and at least one another responsible nearby.