

AERIAL RESEARCH - BRIGITTE

Protocol - Aerial Silk Class

4th session

Date: **23.03.2021**

Objectives:

- Introduce Rhythms of Movement Quality
- Building a simple aerial path
- Listening to Improvise - Musicality
- Introducing focus (arm)

TASKS

- * Start the warm up going till the very end of the silks. this will improve your awareness of aerial space.
- * Search for different rhythms in your warm up improvisation, don't let one rhythm to take place if its not a choice.
- * Imagine a path on silks (up and down, stoping in different heights) then expand the exercise to the mattress.
- * Listen to a whole piece with closed eyes
- * Create space with one body part, focus your paths on it, see where it leads you.

OBSERVATIONS:

- Making an improv without listening to a music can lead to unexpected movements and paths. then listening to it again for a second improvisation will narrow the material found and maybe even fix paths.

- Stay up in the silks as long as you need while warming up, it's important to feel what your body is ready to work on that improvisation, how you feel the height that day.

- Look to the space where you are when you warm up, notice the objects and people around, check how they are positioned and how it possibly affects your work. all of that is important to connect yourself with the outside.

- Apply sequences of technique more often, it's important to work on movement but also very important to be able to bring your technique into a new corporality.

- The focus exercise is made for you to find new ways of moving your articulations, new ways of exploring the aerial space and slowly learn to bring the audience focus to it, whenever you want. We will work more often with focus.

- Taking the silk out of the vertical is the first tip for you to explore the space, from now one we won't forget that your working space isn't only at the silks vertical, but also around you.

HOMEWORK:

- **Choose one minute from the final improvisation of the class and work on it, make it clear and if you can, improve its small movements, details.**
Don't change the paths of the sequence.

Well Done!