

# Axis Syllabus Workshop Cycle Basel 2022

Feb 18 / 19 / 20	Jerome D'Orso	Tumbling down to fall over backwards
Mar 18 / 19 / 20	Maria Mora	About sensing fascia Axis Syllabus and Contact Improvisation
Apr/May 29 / 30 / 1	Frey Faust	Falling Up - best coordination for effective uses of gravitational potential
Sept 9 / 10 / 11 / (12)	Kira Kirsch	(workshop description will be published soon)
Okt 21 / 22 / 23	Francesca Pedullà	Time Curves - Negotiations between internal and external rhythms – Collectivity
Nov 25 / 26 / 27	Diana Thielen	(workshop description will be published soon)

## Location:

Warteck, Burgweg 15, 4058 Basel

## Costs:

Regular Workshop price in swiss francs	220
Early Bird – until one month before	200
Core group price – if 5 or 6 of the workshops are booked	180
Possible reduction for people not living in switzerland	-20

## Schedule:

Friday 18.00 – 20.30 / Sa & Su 10.00 – 16.00

## Registration and Questions to:

Livia Kern, [livia.kern@hotmail.com](mailto:livia.kern@hotmail.com)

## tumbling down - to fall over backwards

For the bipeds that we are, walking on our hands, or dancing with our hands as support, certainly requires a sharp look at our arms as a structuring architecture. The comparison with the legs shows similarities, and obvious differences.

The situation of a passage by the hands, possibly perilous, questions our sense of balance, the physical power of an articular alignment, the confidence... and allows daring tumbling, by this inversion, where arms and legs exchange their usual role. The deal with gravity becomes more important, our sense of adaptation is newly solicited.

With a look at the anatomical functions of the hand, the elbow, the shoulder, the spine, I propose to explore our arms as a support, and to play with combinations where the passages through the upper limb offer a multitude of options.

Through games of balance and partnership, exemplary dance sequences, with personal researches and group retransmissions, let's experiment together the art of falling backwards, according to all sorts of modalities, supports and motors.



### JEROME D'ORSO

Actor, acrobat, dancer, tightrope walker - Besides holding diplomas in biology and psychology, Jerome has been a professional performing artist since 2001. His artistic interest lies in three areas: circus arts, strongly influenced by Jonathon Sutton's acrobatic theater; "The Axis Syllabus" movement analysis system for which he holds the teacher's certification; and the traditional Vietnamese martial arts of the Sa Long Cuong school, as taught by Luong Truong My. In 2001 he co-founded the collective Les Arts Felus, with whom he created several performances for the theatre and the street. He also worked alternately as a dancer, coach, and rehearsal director for several companies.

He has always felt that his study and practice as an artist were synonymous with the pedagogical transmission of what he was learning, and today, besides offering open workshops, he teaches in hospitals, prisons and grade schools, and manages and staffs an Axis Syllabus teaching program in Drôme, France. He teaches tight-rope, dance, contact improvisation, acrobatics and circus. He has never lost his passion for questing the aerial space defined by a 12mm cable under tension, and for the transposition of today's dance into this medium.

## About sensing Fascia - Axis Syllabus and Contact Improvisation

Fascia is the substance that connects every part of our bodies to every other part, an integrated mega-system that provides continuity and proposes collaborative relationships. Through the understanding of fascial architecture, we can experiment with and apply the knowledge to our movements. We can explore the body's elastic potential and how it can energize our choices efficiently. We will explore the underlying, fundamental principle on which our bodies are designed: the use, creation and loss of tensegrity, tensional/integrity. We will apply these studies in the context of Contact Improvisation, dancing with others; using the tools we find and learn how to use to the context of shared weight reducing injury risk, lowering the muscular effort we need to move, carry and lift.



### MARIA MORA

She is a certified teacher of the Axis Syllabus, dancer and improviser. She studied Axis Syllabus in Brussels from 2008 to 2012 and contemporary dance in Hybrid Studio and Jette Studio. Mora works in different companies and has created different shows in collaboration with other artists (Free't Collective, Duo Arima, En Transite). Currently, she studies the sounds of human motion in walking, Contact Improvisation and movement improvisation, searching for techniques to a deeper listening of the body. She has been teaching Axis Syllabus en CI in different countries (Spain, Belgium, France, Hungary, Greece, Germany) She is also training in Biodynamics Craniosacral Therapy.

## Falling Up - best coordination for effective uses of gravitational potential

Some 40 years ago, having dutifully followed his teacher's instructions and getting injured anyway, Frey Faust saw that he could heal, avoid further injuries and improve his skills by correcting the misinformation and changing the way he was moving. Similarly, he also found that well-meaning experts on diet and medicine were often hopelessly out of date with regards to available knowledge or research results. Frey then reconsidered his relationship to authority and came to the conclusion that one should never give up one's own prerogative to decide on a personal path to health and well-being. As a teacher and choreographer, he also made the decision to continue to study and regularly review his own convictions and information sources, to be as sure as he could that suggestions and counsel to his collaborators, colleagues and students would be evidence supported. This was when he began the consolidation of the information access project, the Axis Syllabus. The project began in earnest some 35 years ago and got its current name in 1997. Today, The AS is a well known user's manual for efficient, design integrated, injury diagnostic/rehabilitation, preventative training and preparation of the human body. The AS has the enthusiastic support of thousands of people world-wide, from East to West, from North to South.

The AS is transmitted through both theoretical and practical sessions. The participants are invited to compare and test various methods for evaluating movement strategies and applying anatomical insights in both improvised and set material that offer short micro transitional studies for deepening knowledge and altering habit, as well as inventive, challenging phrases for the professional mover.



### FREY FAUST

Born in 1960, Frey Faust began performing at the age of 8 with his family as a traveling troubadour. He is a second generation contact improviser and an alumnus of the 80's New York dance scene. Some of his more important early influences came from: Shekhinah Mountainwater, Nita Little, Pavel Rouba, Rene Bazinet, and Janet Panetta. He has worked with and for a number of artists (order of appearance: Ohad Naharin, Donald Byrd, David Parsons, Gina Buntz, Howard Katz, Merce Cunningham, Meredith Monk, Randy Warshaw, Bob Ee, Stephen Petronio, Danny Ezralow... to name a few. He founded or co-founded three dance companies, and has created or co-created over 40 choreographic solo and group works. Following an independent study of anatomy, biomechanics, and physics, he has been able to build a pedagogical approach that has made him a sought after teacher, personal coach and technical counselor. After fifteen years of research, he consolidated his findings in a book, 'The Axis Syllabus - human movement lexicon', which he continues to edit with the help of the Axis Syllabus International Research Community. Founded in 2009, the ASIRC is a rapidly expanding group of experts from many related fields in the human movement and education sciences. Recently, his work on the AS has been focused into the construction of a symbol set with the potential to streamline movement documentation and analysis. He also makes shoes, speaks 4 languages, continues to create and perform dances.

"The AS offers support for a personal path to health." F. Faust

KIRA KIRSCH (workshop description will be published soon)

Kira Kirsch is a movement enthusiast, teacher, dancer, researcher, community organizer, mother and passionate initiator/curator living in Berlin part of Lake Studios, an artist-run dance, research, production and living space.

She is deeply invested into creating and shaping spaces for people to experience, learn about and sensitize their mind-body-movement continuum. She has pioneered, taught and continuously researched through the lens of the Axis Syllabus (AS) for almost two decades, is a co-organiser of the Nomadic College at Earthdance, leads teacher laboratories and has build a community for AS research in the Bay Area, California from 2006 to 2012.

In 2014 she started co-curating a new annual dance festival called SENSING IN and is establishing a regular educational program under the name of Movement Artisans together with Antoine Ragot at Lake Studios/Berlin. She currently has a guest-lectureship at the HZT University of Arts in Berlin and is invited to festivals and institutions such as ImPulsTanz (AT), Ravnedans (NO), TQW-Vienna or the Goa Contact Festival among many other as well as private initiatives of the grass root type.

## Time Curves - Negotiations between internal and external rhythms – Collectivity

The alchemy between rhythm and the moving body played and plays a fundamental role for all human beings and all over the world, channeling individual and collective dynamics. The intimacy with rhythm can assist in the gathering of skill and awareness, as well as engender and enhance creativity, suggesting accent, quality, muscular tone, acceleration /deceleration, delay and expressive articulation.

During the workshop we will use the anatomical and bio-mechanical tools offered by the Axis Syllabus as well as some basic rhythmical principles to find strategies to negotiate between our own inner rhythm and collective shared rhythms. We will work with both theoretical and practical stimuli, do and observe individual and group improvisations, and of course we will dance together!

FRANCESCA PEDULLÀ

Axis Syllabus teacher, dancer, choreographer and independent curator. She graduated in History of Theatre and Performing Arts. She holds a diploma as a professor of African Dance Expression - FEIDA Bordeaux, directed by Koffi Koko, she is professor of D.A.A.D ( african dance & diaspora) . Fascinated by human relationships and interested in successful, unsuccessful and unfinished dialogues she makes the body the subject and the object of her inquiry. She lives between Berlin, South Italy and Ouidah, but she is always in movement choreographing, performing and teaching throughout Europe, Israel, the USA, Canada, Brazil . She is the artistic director of TRACES, study program for dancers based in Ouidah – Benin and co-curator of the European Nomadic College and the Sensing In Festival in Berlin

DIANA THIELEN (workshop description will be published soon)

Diana is a dancer, certified Axis Syllabus teacher, dedicated feminist and student of education -/gender studies. She usually works in diverse functions within the sphere of movement. Her projects moving in and around dance/yoga/pedagogy, artistic exchange and collaborations, as well as organizing and administrating gatherings (focusing on body politics in contact improvisation, as the “Radical Contact Spring Gathering” in Sweden 2016). Diana created the blog *movementactivism* to share the intersectional inquiry of body politics, axis syllabus and yoga. Find her performance work on the portfolio <https://www.dianathielen.com>