

Underboundaries/Toolbox

This toolbox is the organization of exercises that I have been practicing during the period I have been developing the research *Underboundaries*. Most of these exercises was adapted and deeply influenced by other artists and practioners that I had contact with during the last years.

During this research, I revisited these references and started to create my own way of working, which dialogues with my artistic and personal interesting. These tools are not rules! They are just doors to help me and maybe help you to create your own work. Although they are organized in two categories “Training/warming-up tools” and “Composition and creation tools/maps”, you can use them however you want and in the order you want. The important is that they work for you and for your practice.

Category: warming the body up

Shaking

Variation 1: Shaking with the feeling it is coming from inside the body, like a reverberation that is splitting through the body.

Variation 2: Shaking with the idea that the space is moving and shaking your body.

You can shake as long you want, but I prefer to keep it for at least 15 minutes until 45 minutes.

Category: warming the body up

Active Stretching

The idea is to go from one stretch position to the other, but at the same time, finding a transition and connection between them. In this exercise, the maker should listen to his body and its needs in the present moment.

Category: warming the body up – training

Jumping

The jumps generate heat in the body and activate the energy, being an interesting tool to work with exhaustion.

Jumps are one of the variations inside the Lines exercise.

One of my favorite ways of working with the jumps is walking in the space in different speeds (slow, quickly, etc), alternating jumping and rolling. The body is always in movement.

Someone should be outside and give the instructions to the group. Walking slow, quickly, running, jumping, rolling – the instructor has the function of pushing the group energy, combining the jumps with run and stops.

Category: improvisation/creation – preparation for mapping

Manipulation

The group manipulates the body of one person, transmitting the sensation of independence of the body members. The person who received the manipulation continues improvising by her or himself, being moved by the memory and imagination of being manipulated.

Category: warming the body up – training

Lines

The whole group is divided in lines and these lines move together in the space, from one side to the other of the room. The person leading the warm-up suggests the movement pattern, that the others is going to repeat.

The repetition of these patterns helps to warm the body up, activating its energy, train the muscles, activating the perception and the mind. The fact of keeping the movement in lines, helps by the concentration and by the focus.

As leader during the exercise is important to pay attention to the development of the movement patterns and how to organize them. The patterns could be organized in groups with the focus in:

- Stretching
- Jumping
- Articulating and mobilizing the joints
- Waving
- Walking
- Speed
- Effort and tension
- Rolling
- Whatever your imagination and you need to work in that day

Category: warming the imagination up/creation

Image

Image you are walking over a lake Perhaps a frozen lake.
Walking with the idea that you have butterflies alighted in your shoulders.
Feel the wind and let it moves your body.

Moving from images puts the body in movement through a process of activating the imagination.

Mapping

We understand mapping here as a graphic representation of movement, a body trajectory or body in the space. How this representation is made is personal, allowing space for each performer to find a way to create them. Maps can be composed through words or through drawing.

Until now we figured out that mappings can be divided and focused in:

- Energetic mappings
- Trajectory mappings

- Mapping based in the own movement
- Mapping created through the observation

Category: improvisation – creation / mapping

Creating mapping from experience

This strategy can be combined with image works or manipulation.
Immediately after the improvisation, you start to draw a mapping from what you experienced.
Without thinking too much and not exceeding 5 minutes time.

Category: creation/improvisation

Create a mapping from your observation.

It can be you observe another body moving, but it can be you observe an object moving.
It can be you observe someone making a mapping, the audience, the architecture of the space.
Here is the idea of creating the maps through the action of looking.
This exercise can be combined with the other improvisation exercise.

Category: creation/mapping

Mapping the architecture

Go to a place like a building or to a specific area of the city. In the context of *Underboundaries*, we choose the malls and areas in the business district area.

How this space influences your body? Which sensations does the space awake in you?

Create mappings from these sensations. Use words in your mapping.

Category: creation/improvisation

Creating mapping in the space

Moving in the space with the idea that your body is letting traces in the space.
Create a map with your body in the space as long as the body moves.
It can be combined with creating a graphic mapping.

Category: creation/composition

Use mapping as scores

One of the main ideas of the mapping is to generate scores. Take the mappings that were created and read them as instructions for a choreography in group or individual.

Mapping become suggestions, rules for a game and inputs.

Category: creation/composition

Combination

Feel free to combine different exercises and to play with them, creating games, scores or pieces.

Perhaps these tools inspire you to create a piece or to go somewhere else.

The tools here are doors, but the way of how to use them is on your hands.