

WORKSHOP HOW TO MAKE A GROUP ACT IN ONE HOUR

by Niels Reynaerts

Lay down a pattern of 8 or 9 or 10 or any other number of fixed points.

NOTE: don't use too much of these points in relation to the number of persons involved, because that will make the pattern too complicated.

You can use objects, but it is also possible to make crosses with tape or chalk, etcetera.

Everybody chooses his/her own starting position, this is position 0.

Then everybody walks from his/her 0 to his/her 1, and from 1 to 2.

Give everybody the proper time to memorize his/her own pattern, by building it up in a tempo that everybody can follow, so:

0-1

0-1-2

0-1-2-3

et cetera.

Once the patterns are there, you have a wide range of possibilities. While walking the patterns, people cross each other's paths and you can use these steady encounters but you can also look out for new possibilities, create new encounters. In every encounter you can do something together (either acrobatics, clowning, manipulation, or anything else that comes to mind).

This way you create a steady pattern of movements in a very short time. From there you add creativity by introducing 'rewind', 'freeze', dance movements or technical solos, et cetera.

Works well with jugglers, acrobats, dancers and many others!

MAKE A NUMBER IN 1 HOUR!

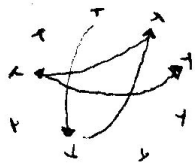
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PHYSICAL

- Warm up : * WALK (CRAWL around + 2nd person gives resistance → 20% , 30% ...

Focus & CONCENTRATION

* PLATEAU D'EQUILIBRE



* BALL . MAKE A PATTERN

* ORGANISE MATERIAL IN SPACE : CHOOSE OBJECTS WELL

- ACROMATERIAL
- DAILY OBJECTS
- NO OBJECTS
- ...

* ORGANISE BODIES IN SPACE : - Pick one starting point (0)

MOVE ↘ choose another point (1)

MOVE ↘ " " " (2)

Now make sure everyone knows the trajet: take your time.
It saves you from confusing afterwards. ⇒ 0-1

0-1-2

0-1-2-3

...

* once the trajet is clear, open up for opportunities

- ENCOUNTERS
- STATIC/dynamic tricks
- MANIPULATION of Body's/OBJECTS
- Solo's
- Theater/jokes ...