

FROM BODY THROWS TO CREATIVITY

research by Elena

INTRODUCTION

Work the creativity with juggling in all levels using group, partner and individual research.

In all the classes preserve time for creativity. Divide the available time in two parts: one for technique and the other for creativity, introducing the technique you have worked on.

The session we did during the masterclass I usually spread out over many sessions.

The first thing you study is the property of the object you are going to play with. So you can use all the properties for the research.

- Properties of the object - balls -
 - throw and catch
 - roll
 - balance
 - bounce
 - grab
- We work with throw and catch. When you do it, there are 3 things you can modify:
 - throw
 - catch
 - the moment when the ball is in the air.

BODYTHROWS

“A bodythrow is when the throw or the catch is modified using your own body”

“A normal throw or catch is when you do it with the hand in front of your body facing upwards”

Changing throws or catches with parts of your body:

- Run through the body starting in legs and finishing in the neck:
 - Modify throw / normal catch
 - Normal throw / modify catch

***encourage students to search different body possibilities doing the same bodythrow**

- Individual research: find a movement where you modify throw and catch
 - Show and explain to the rest of the group

Modifying the moment between the throw and catch (negative space, rolling, bouncing...etc.):

- Pair research: find a movement with:
 - Special throw
 - Special catch
 - The partner modifies the way the ball goes from one way to another

*Variation

- Use the partner as something necessary for your body position during the movement. Ex: counterbalance

Magic pattern – introducing bodythrows in 3 ball pattern - 4[22]0[32]2

- Start with the hand with one ball
- Right hand does: 4 (Same hand throw) / stop
- Left hand does: 3(cross throw hand) / stop
- Left hand does: 4 (Same hand throw) / stop

Individual research:

- Play around the space introducing bodythrows in the 4 (same hand throw) of the magic pattern.
- Do magic pattern starting with 3 ball cascade
- Starting the 3 ball cascade after magic pattern

*encourage students to move around the space with this pattern while they bodythrows

Group research with bodythrow

- Groups of 4
- 3 balls in each group
- Each group has to find 4 different statues of 3 people
- The other person has to find 3 different movements with one ball using the statues for bodythrows
- Try to use all the different properties of the ball
- Change movements so it works on stage
- Add links between the different statues
- One link has to be very long
- Links can be theatre, movement, juggling...
- Add 3 ball cascade to the sequence
- Introduce space game: divide the stage in 9... and 10 is around the stage
 - Make 10 pieces of paper with numbers from 1 to 10
 - Each group gets 4 pieces of paper
 - Introduce the numbers in the sequence

* put limits of time during each exercise so that students have to make urgent decisions

* in this game you can introduce the technical part you've done on the session

* this exercise is good to introduce theatre concepts meanwhile you juggle.

* you can ask that the 3 statues or photos of the beginning tells a story.

* you can introduce acrobatics in the research.