



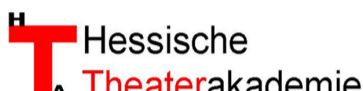
TanzSprint

09. - 15.07.2012

Hochschule für Musik
und Darstellende Kunst
Frankfurt am Main

Absolventinnen und Studierende des Master Zeitgenössische Tanzpädagogik (MAztp) organisieren den TANZSPRINT 2012 an der Hochschule für Musik und Darstellende Kunst Frankfurt am Main (HfMDK). Unter der Leitung von Prof. Ingo Diehl wird auch in der fünften Edition eine Woche in drei Studios und 23 Workshops miteinander getanzt. Die 20 Dozentinnen aus dem internationalen MAztp Netzwerk vermitteln einen aktuellen Einblick in verschiedene Tanztechniken und Arbeitsmethoden. Zeitgenössische Austausch- und Vermittlungsformate sorgen für vielfältige Erfahrungen mit der Kunstform. Teilnehmer aller Altersstufen und mit unterschiedlichen Vorkenntnissen sind herzlich zum TanzSprint 2012 eingeladen um miteinander zu trainieren, zu improvisieren oder sich mit anderen Interessierten auszutauschen. Der neu ausgerichtete MA Studiengang wird im Verbund der Hessischen Theaterakademie und in enger Kooperation mit Tanzlabor_21/Tanzbasis Frankfurt_Rhein_Main und The Forsythe Company/Motion Bank durchgeführt. Wir danken den Mitarbeitern der Hochschule für Musik und Darstellende Kunst und allen Unterstützern.

Now in its fifth edition, TanzSprint 2012 is organised by students and graduates of the Masters of Arts in Contemporary Dance Pedagogy (MAztp) at the Frankfurt University of Music and Performing Arts. Under the direction of Professor Ingo Diehl the workshop week is coordinated and led by the international MAztp network. A melange of 23 workshops and 20 teachers will offer a kaleidoscopic insight into current dance techniques and working methods. Contemporary and interdisciplinary formats of exchange ensure diverse experiences of the art form and participants of all ages and of various skills and interests are warmly invited to train, improvise, discuss and share with each other at TanzSprint 2012. The newly restructured MAztp program is interconnected with the Hessian Theater Academy and operates in close co-operation with Tanzlabor_21/Tanzbasis Frankfurt_Rhein_Main and The Forsythe Company/Motion Bank. We kindly thank the staff at the Frankfurt University of Music and Performing Arts and all our supporters.



Workshops

Levels: **Open for All/Offen für Alle** **Basic/Anfänger** **Experienced/Erfahrene** **Professional/Profis**

ws1 Pilates Ball Class

Mo-Fr 8:30-10:00 **Siri Clinckspoor**
Pilates Ball Class is an optimal mix of breath, stabilisation/mobilisation, muscle coordination and relaxation. In this training we strengthen our body from the centre outwards. This makes our movements integrated, gives us balanced, functioning muscles, which are strong and flexible, therefore protecting us from injuries. For everyone who wants a stronger body with better posture or simply a better quality of life starting with a great body-feeling.

ws3 Dancing Kids

Mo-Fr 8:30-10:00 **Zoé Alibert & Patricia Gimeno**
Dies ist eine Entdeckungsreise in die Welt des zeitgenössischen Tanzes für Kinder im Alter von 6-8 Jahren. Im Kontakt mit anderen sammeln sie Erfahrungen im Umgang mit Balance. Kleine Bewegungsabläufe stimulieren die Kreativität, fördern Phantasie und Körperbewusstsein. Einzeln, in Paaren und in der Gruppe entwickeln sie durch Übungen und Spiele ihre Musikalität und ihren Spaß an der Bewegung. Wir tanzen barfuss - bitte bequeme Trainingskleidung (T-Shirt & Jogginghose o.ä.) mitbringen.

ws5 Ballet_connected

Mo-Fr 10:00-11:30 **Miranda Glikson**
Starting point for this course is a friendly use of ballet technique together with warming and stretching for the aware and open body. We strip away the unessential to explore integrity and authenticity of movement. Breath and dynamic interplay of energies help us establish movement-efficiency and access our own resources. We will focus on the core components conducive to an autonomous decisive body and examine how dance languages can work for our individual bodies – our own specific corporeality.

ws7 Strong grounding - Free moving

Mo-Fr 11:30-13:00 **Lili Mihajlovic**
Based on the strength of our center and arms, this contemporary technique class offers short phrases of transitioning into the floor and coming up again, and moving across the space using that principle. Learning dance sequences and creating our own serves as material to improvise with. We explore impulses and impacts of the movement, the quality and logics of it, in order to dig into our own expressive power, performativity and presence. The idea of the class is getting/keeping ourselves in a state where we are capable of quick changes and transformations.

ws9 MAL SO oder ANDERS

Sa & So 12:00-15:30 **Karen Piewig**
MAL SO oder ANDERS bietet Raum und Zeit, um den Körper zu erforschen. Das Warmup beinhaltet Bodenarbeit, Yoga-Elemente und freies Bewegen, die Sequenzen spielen mit unterschiedlicher Dynamik und den persönlichen Qualitäten der TeilnehmerInnen. Improvisierend trainieren wir die Wahrnehmung des Gegenübers und des eigenen Ist-Zustandes - und treten miteinander in Kommunikation.

ws11 Contemporary Ballet & Repertoire

Di-Fr 14:00-16:00 **Erica Charalambous**
Dies ist ein fließender, zeitgenössischer Zugang zum Ballett-Training. Mit Hilfe der klassischen Aufwärmübungen finden wir Wege, die Muskeln und Gelenke von unerwünschten Spannungen zu befreien. Danach führen wir einige anspruchsvollere Bewegungskombinationen von bekannten klassischen und neo-klassischen Variationen aus und entdecken dabei jene Momente, in denen wir uns der Schwerkraft widersetzen und sie als Werkzeug und Partner benutzen können. Gelingt es uns, eine Balance zu finden zwischen Freiheit und Struktur?

ws13 Individual and Collective

– Improvisation and Presence Work
Mo-Fr 15:30-17:00 **Zoé Alibert**
The aim of this workshop is to explore and develop group awareness as well as to play with individual expression in relation to the group. We will explore individual movement patterns and give space for them to evolve. We will also learn some sequences and utilize them as a base with which to play, deconstruct and reorganize. We will incorporate these sequences into group improvisations. Games and tuning exercises will allow us to open and engage our senses while encouraging awareness for the group.

ws15 Get into the Groove –

Urbane Tanzstile für Erwachsene **(Alter 25+)**
Mo-Do 18:00-20:00 **Hannah Dewar**
Get into the Groove richtet sich an alle bewegungsbegeisterten Erwachsenen über 25 Jahre, die ihren Tag mit viel Bewegung und Musik ausklingen lassen und sich in urbanen Tanzstilen ausprobieren wollen. Elemente aus Tanzstilen des HipHop und des Street und Jazz Dances werden in verschiedenen Übungen und Kombinationen ausprobiert. Vielseitige Rhythmen und Kontraste bringen den Körper in Schwung. Das Ziel ist es, die verschiedenen Bewegungskombinationen zu einer Choreographie zu verarbeiten.

ws2 Yoga Practice

Mo-Fr 8:30-10:00 **Natalia Mariel Gomez**
This workshop offers a basic insight into the practice of Ashtanga Yoga. The intention of the class is to share a great practice to create harmony through a sequence of movements. The term „ashtanga“ comes from the Yoga Sutra of Patanjali, meaning eight (ashta)-limb (anga) practice. The eight limbs are restraint, observance, posture, breath control, sense withdrawal, concentration, meditative absorption, and „Samadhi“, „to put together“ or „bring into harmony“.

ws4 Walk the Line

Mo-Do 10:00-13:00 **Jason Jacobs**
Walk the line explores the fine line between dance and theater. How do we communicate with movement? We challenge ourselves to break habitual patterns and cultivate an awareness of space, time and possibilities. Walk the line consists of a comprehensive warm up, a seamless journey in and out of the floor, and guided improvisations motivated by visualizations. The participant is encouraged to make unexpected choices. Together we create a repertoire of unique movement qualities and engage in intuitive, theatrical exchange.

ws6 Tanztee für Junge

Mo, Mi, Fr 10:00-11:30 **Sabine Zahn**
Dieser Kurs ist eine Einladung an alle Junggebliebenen, die Lust an Bewegung, Tanz und Ausprobieren haben. Sportlichkeit ist keine Voraussetzung! Wir widmen uns dem sanften Aufwärmen verschiedener Körperteile und ihrer Bewegungsmöglichkeiten. Gleichzeitig stimulieren gezielte Übungen Imaginationskraft und Aufmerksamkeit für körperliche Prozesse, woraus wiederum ungeahnte Bewegungen entstehen. Aus einem Spiel wird ein Tanz, aus zwei Gesten eine spontane Choreographie. Aus einfachen Bewegungselementen entwickeln wir Schritte, Folgen und ein kleines Tänzchen zum Abschluss.

ws8 BACK TO THE ROOTS

Mo-Fr 11:30-13:00 **Ola Scibor**
Deriving from the Jurewicz Movement Technique, contemporary dance and natural movement, this workshop brings us back to the roots and lets the body remember what it has forgotten. It explores fundamental relationships between the centre and extremities, connecting body parts and putting the body into a centered state. Referring to the principles of ‚in and out‘ and ‚up and down‘, it facilitates grounding and allows realness to resolve. Using simple movement patterns and changing levels and speed, we get connected with the floor. We come back to the source(s) and get grounded.

ws10 Hunter and Gatherer

Sa & So 15:30-18:30 **Monica Munoz & Berit Jentsch**
We are powerful beings, able to explore, learn and develop. In this workshop, we offer a platform to discover new physical experiences which support finding a fuller range of your movement abilities. Through body research, collective games, improvisations and awareness exercises, we will maintain an on-going process of sensing, searching and finding. Participants will be encouraged while dancing, improvising, making, playing and risking - to never stop exploring.

ws12 Contact Improvisation:

Basics and Essentials
Mo-Do 15:30-18:00 **Patricia Gimeno & Jungyeon Kim**
This workshop offers essential principles of Contact Improvisation. We will explore topics such as rolling point of contact, use of spiral, center to center connection, shared axis, and invitation to fly. We will develop safe and fluent ways of dancing CI to increase our sensitivity and confidence. The course welcomes those who have basic experience with Contact Improvisation and want to refine their skills, as well as those with experience in other forms of physical practice who are looking for a chance to discover another source of mindfulness in moving.

ws14 Composition's Essentials

Mo-Fr 16:00-17:30 **Gregory Livingston & Erica Charalambous**
We will improvise and set group-dynamic games into motion using „scoring“ strategies that will be manipulated with space, shape, time, and energy. In a last step, to strengthen the dancers' skills and practical use, we will set cornerstones of our very own real-time composition that will be analyzed & discussed. *Please bring comfortable clothing & shoes for in and out-door activities

ws16 REAL?yYou

Sa-So 11:00-15:00 **Anja Bornsek**
The workshop focuses on exploring the tools which deepen our moving and performing experience. We will stimulate our sensorial perception, tap into our imagination, find ways to communicate with sensations arising through movement and ways of translating those sensations into images. We will look at the material we are creating and see how the personal connects to the reality, authenticity of expression? How does movement feed the story - and how does it unfold in space?

Anmeldung - Registration

Bitte lesbar ausfüllen und bis zum 1. Juli 2012 senden an:

Hochschule für Musik und Darstellende Kunst Frankfurt am Main
Fani Girizoti
Fachbereich 3
Darstellende Kunst
Eschersheimer Landstraße 29 - 39
60322 Frankfurt am Main

Weitere Information:
tanzsprint@hfmdk-frankfurt.de
www.tanzsprint.de

Bitte überweisen Sie die Kursgebühr bis zum 1. Juli 2012:

Hochschule für Musik und Darstellende Kunst Frankfurt am Main
Bank: Helaba
Konto-Nr. 1006451
BLZ: 500 500 00
Verwendungszweck:
TanzSprint Auftragsnr. 3132001 + Workshop Nr./Festival Pass

Workshop:
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Name:
Vorname:
Adresse:
.....
E-mail:
Telefon:

Kursgebühren in € - Course Fees in €:

WS 1	60/45 €	WS 8	60/45 €	WS 15	64/48 €
WS 2	60/45 €	WS 9	48/36 €	WS 16	64/48 €
WS 3	30 €	WS 10	48/36 €	WS 17	24/18 €
WS 4	96/72 €	WS 11	64/48 €	WS 18	48/36 €
WS 5	60/45 €	WS 12	80/60 €	WS 19	72/54 €
WS 6	27 €	WS 13	60/45 €	WS 20	72/54 €
WS 7	60/45 €	WS 14	60/45 €	WS 21	60/45 €
				WS 22	48/36 €

••• SprintPass (all workshops): 250/200 € •••

ws17 I am so f#!?ing contemporary! - A bodily exploration

Sa & So 10:30-12:00 **Berit Jentsch**
Is it important to be contemporary? And if so, how do contemporary ideas express themselves in movement? Have no fear, our two intensive sessions are not going to turn into theoretical discussion rounds. We will dance, move and play. A structure based on both clearly communicated movement ideas and group reflection of our physical experience offers a construction for exchange and for turning our body and thoughts upside down, allowing us a change of perspective.

ws19 Beneath the cobblestones, the beach! Site-specific Exploration

Fr-So 15:30-18:30 **Sabine Zahn & Miranda Glikson**
In this atelier we examine how perceptions are awakened through engagement. In set interactions of the body with an environment and a photo camera we ask, „What world is composed through the constant transference of information and inherent knowledge?“ We will construct parameters for listening and perceiving; a contrived place from where action can arise. In collaboration with a photographer, we will explore situations inside and outside of the studio and examine these through images and physical memories.

ws21 Modern with Gregory

Mo-Fr 14:00-15:30 **Gregory Livingston**
This is a contemporary approach to the Limón movement principles, concentrating on breath, alignment, dynamics, musicality, focus and emotional intent. We will explore, take risks and embrace the joy of dancing, while still focusing strongly on the precision of technique.

About us...

Jungeon Kim has completed her studies in MAZtp. She taught at Korea National University of Arts, National Academy of Arts, Culture & Heritage in Malaysia and HfMDK Frankfurt a.M. Her dance works were shown in Projektensemble PET5, Sommerwerft, Borneo Cultural Festival, Alps Move Festival among others. She teaches in dance schools in Frankfurt and in independent workshops.



ws18 Flying Flow

Sa & So 10:30-13:30 **Siri Clinckspoor & Anastasia Kostner**
The genius complexity of a fluid and controlled dance displays a harmonious balance between different elements of movement. We will look at motion, kinesthesia and emotion as the most basic concepts that are the fundamentals of all our movements. Through a playful investigation we will incorporate their direct relation with time, weight and space. Through improvisation, movement tasks and intense exploration of given material, we will work towards an incorporated understanding of qualities and coordination.

ws20 Body-Mind & Contact

Sa & So 14:00-19:00 **Jungyeon Kim & Nira Priore Nouak**
The workshop combines resources from Body-Mind Centering and Contact Improvisation. Focusing on the skeletal and the muscular systems of the body, we will investigate how these systems support our movement and vitalize our expression. The activities involve a gentle warm-up, hands-on work and movement exploration as individuals, pairs and groups. The workshop is for those who want to develop more sensitivity and quality in Contact Improvisation, as well as for those who are eager to discover more of the body's innate mobility and intelligence.

ws22 MERGING

Mo-Do 14:00-15:30 **Tatiana Marchini**
In MERGING, we will bust the myth that classical dancers cannot relax - and contemporary dancers don't like ballet. Drawing from both worlds, we will use an approach to contemporary technique through exercises that embrace the base of ballet. This is a moment of new sensations.

ws23 Open Class

Mo-Do 18:00-19:30

Jason Jacobs (US/DE) danced with North Carolina Dance Theater, Complexions (NYC), Carte Blanche, Johannes Wieland's Staatstheater Kassel, and Hofesh Shechter. He has choreographed for JET, the youth company at Tanzhaus NRW, Hofesh Shechter's In Good Company 2011, and others. He focuses on body awareness, developing dynamic movement qualities and relationships between theater, life and dance.

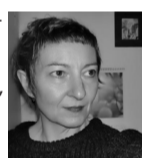


Ola Scibor graduated from the School of English (AMU, Poznan, Poland). Currently, she is an MAZtp student. Between 2005-2011 she danced with Alter Dance Theatre. Ola trained with W. Jurewicz (Alter), J. Owczarek (PF) and N. Charnock (DV8). She is a certified contemporary dance teacher interested in BMC and social work through dance. She explores advanced movement, improvisation and Contact Improvisation.



Berit Jentsch studied dance at the Palucca Schule Dresden. Since then she has collaborated with Galili Dance, Ultima Vez, Luc Dunbeery and Van Grimde Corps Secrets. Since 2009 she is involved as a dancer, performer and choreographer in the artistic works of Armin Petras. Next to her artistic career she regularly teaches workshops in several contemporary dance companies and educational institutions.

Karen Piewig born in Berlin, dance diploma from HfMDK Mannheim-Heidelberg in 1985, since then working as a freelance dancer, assistant choreographer and workshop instructor. She is a graduate of the MAZtp 2009. Her master thesis was titled: "When words move, when bodies speak."



Natalia Mariel Gomez (Argentina) completed her MAZtp in 2011. She graduated in 2009 from San Martin Theater, Buenos Aires. In 2011 she was a DAAD (German Academic Exchange Service) grant artist. Her work is influenced by Roberto Galvan and Paula Rosolen. Intensive training in Yoga, Eutony and a dance based research approach to movement skills.



Anja Bornsek graduated from Salzburg Experimental Academy of Dance and is a certified Somatic Movement Educator (BodyMind-Centering). Her research focuses on principles of performativity, understanding of movement and paradigms in relation to the pedagogy of it. Her work has been greatly influenced by Frey Faust, Martin Sonderkamp, Julyen Hamilton, Snjezana Premus, Matej Kejzar and Mala Kline.



Monica Munoz, born in Barcelona, studied Contemporary Dance at the Folkwang Hochschule in Essen. She has been working professionally as a dancer for 14 years with Cie Toulou Limnaios, Rodolpho Leoni Dance, Irina Pauls, Cie. Drift and Cois Ceim Dance Theater. After finishing her MAZtp in Frankfurt in 2011, she has been engaged in different projects as a coach and movement pedagogue.

Gregory Livingston (NYC) received his BFA from SUNY Purchase and is a guest artist with the Limón Dance Company. Since 2001, he has been performing & collaborating in Germany & internationally with Roberto Galvan, Joseph Tmim, Tanzlabor_21, K3, the Limon School, Balettakademien Stockholm, Folkhögskola Härnösand, Codarts, Korean National University of Arts & NY Institute of Dance & Education.



Tatiana Marchini was born in Carrara, Italy. She studied with Luciana De Fanti, Sacha Ramos and Menia Martinez and won the international competition (junior modern category) in Rieti. She worked at the Musiktheater-im-Revier, the Staatstheater Darmstadt, and with Felix Landerer, Fernando Magadan and Simone Deriu. She collaborates with Theater Moller Haus in Darmstadt and the Eisfabrik in Hannover.



Hannah Dewor arbeitet freiberuflich als Tänzerin (Diplom Moderner und Zeitgenössischer Tanz) und Tanzpädagogin (MAZtp 2012). Sie leitet u.a. Tanz-in-Schulen Projekte („Herderboys“). Derzeit erarbeitet sie mit dem Künstlerkollektiv „Universal Law Of Impermanence©“ eine neue Tanzproduktion, gefördert durch das Netzwerk apap (advancing performing arts project).



Nira Priore Nouak arbeitet seit 1987 in Deutschland. Nach Germanistik und Philosophie studierte sie Gebärdensprache und begann im Bereich frühkindlicher Bewegungsentwicklung zu forschen. Nach ihrem Master an der HfMDK liegen ihre Schwerpunkte auf sensomotorischer Körperarbeit, Bewegungsanalyse und BMC. Sie leitet das Weiterbildungsprogramm KitaTanz für Erzieher in Frankfurt.

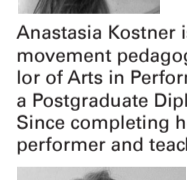
Miranda Glikson. Degree in Dance Performance, Queensland (AUS). Performance work with companies in Australia, New Zealand, Singapore, Germany, diverse dance theatre projects and ongoing choreographic work. Company Trainer & Choreographic Assistant Tanzcompagnie Oldenburg/NordwestTanz and now teaching for companies in Germany and Australia. Photographic work includes several exhibitions in Germany.



Zoé Aibert (F/D) graduated from Salzburg Experimental Academy of Dance (SEAD). A scholarship for postgraduate studies led her to Berlin and New York. She works as a performer, choreographer and teacher. Her main focus lies on floorwork, improvisation, composition, stage presence and somatic practices. In her photographic work she merges a strong interest in both performing and visual arts.



Patricia Gimeno. Dancer, Performer and Dance Pedagogue. After fifteen years of dancing ballet in Spain, she continued her education with modern, contemporary, jazz and Contact Improvisation in Holland, USA, Italy, Germany and France. A graduate in psychology, she performed with several companies in different countries before deciding to enrich herself by starting the MAZtp.



Anastasia Kostner is an Italian contemporary dancer and movement pedagogue. After graduating from two Bachelor of Arts in Performance in Linz, Austria, she completed a Postgraduate Diploma at the Laban Center in London. Since completing her MAZtp, she has been working as a performer and teacher in Europe and Korea.



Sabine Zahn. Diplom an der Hochschule für Körpertheater in der Schweiz, Stipendium an der Akademie von Peter Zadek. Ihre eigenen Arbeiten kreisen um die Frage nach der Konstruktion von Welt. Im Zentrum steht der Körper, seine unendlichen Fähigkeiten des Eindrucks & Ausdrucks, der Bezugnahme und des spielerischen Potentials. Methoden aus Alexandertechnik, Improvisation und Utopie.

Lili Mihajlovic (Slovenia) received her BS in physics. She was a recipient of the Nomad Dance Academy scholarship, rewarded with a residency at Centre Choreographique National de Montpellier as part of the program WILD CARD (Jardin d'Europe), and is a recipient of the first prize of the National Competition of Young Dance Creators Slovenia. She recently graduated from MAZtp and works as a freelancer in Frankfurt.



Siri Clinckspoor graduated from SEAD, danced with Ultima Vez youth projects, coaches dancers and musicians at the HfMDK Frankfurt. A certified Pilates Trainer, she studied dance therapy in Belgium and received her MAZtp in 2011 from the HfMDK in Frankfurt a.M. She teaches dance workshops in Belgium and Germany and performs her own works around Europe.



Erica Charalambous ausgebildet zur Diploma-Tanzpädagogin in Athen, schließt derzeit ihren MAZtp ab. Als Bewegungsforscherin etablierte sie Tanzworkshops wie „Manifesting Movement“, „Re-directing Ballet“ und „Crossover Dance“. In ihrer Praxis verbindet sie Tanz, Philosophie und kognitive Wissenschaften. Sie lebt und arbeitet auf Zypern.

Programm

www.tanzsprint.de

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8:00							
9:00	ws1	ws2	ws3	ws1	ws2	ws3	
10:00							
11:00	ws5	ws4	ws6	ws5	ws4	ws6	ws17
12:00	ws7	ws8	ws7	ws8	ws7	ws8	ws18
13:00							
14:00	ws22	ws21	ws22	ws11	ws21	ws22	ws11
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16:00	ws13	ws14	ws12	ws13	ws14	ws12	ws13
17:00							
18:00		ws23		ws23		ws23	
19:00		ws15		ws15		ws15	
20:00							

Adresse:
Hochschule für Musik und Darstellende Kunst Frankfurt am Main (HfMDK) Eschersheimer Landstr. 29-39 60322 Frankfurt a. M.

Verkehrsverbindung:
U1/U2/U3 Haltestelle Grüneburgweg plus 100m Fussweg stadteinwärts.