U32 212 Contact Improvisation
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Who Can Take This Class?
Though no specific level of dance training is necessary, at least some previous movement training is preferred. If you have questions as to your qualification, contact the instructor. This course is offered only through University College, Washington University's night school division. It is only offered in the spring semester, and may not run in a given year due to unavailability of instructor or studio space. Check Spring U College Catalogue or call for details.

What is Contact Improvisation?
Contact Improvisation is an exciting movement art form, exploring the vast potential for movement generated by two or more people, communicating spontaneously through weight, motion and touch. While it does not require the same set of traditional skills as that of other dance forms, "contact" does have a kind of "technique" that can be studied, learned and practiced in order to accomplish its highest potential. Although Improvisation often evokes impressions of aimless free-for-alls, in which its participants just "do whatever they want," further investigation and experience quickly illuminate that, while a mover certainly has the freedom to do anything they wish, it is not usually very successful, satisfying or even safe for them to approach contact with such an attitude. While freedom of choice is often regarded casually as an escape or release from rules and restrictions, in contact improvisation we will learn that the idea of freedom also carries enormous responsibility, not just for the quality of the performance, but also for the safety of our partners. Consequently, it is the aim of this course to introduce, study and practice a qualitatively conscious, intentional, intelligent and aware form of expressive human movement, exploring the responsibility of freedom called "improvisation."

Studio Practice
Each Class will begin with a brief warm-up activity to engage muscle, tune balance, stimulate your senses and your awareness of others. Following warm-up, a specific skill will be introduced and practiced. Finally, class will conclude with a 20-30 minute period of open dance to apply and practice what you have learned.

Topics To Be Covered
Sensitivity to the Flow of Kinetic Energy
Trust and Trustworthiness
Sensitivity to Touch: Listening and Speaking through your skin
Sensitivity to other Senses: Sight, Sound
Learning the difference between Responsibility for "Self" and for "Other"
Initiating and Receiving Movement Impulse
Giving and Receiving of Body Weight
Counterbalance and Oppositional Supports
Use of Fulcrums and Levers

What to Bring, What to Wear in Class
No Shoes or Socks Contemporary dance, unlike other styles, is traditionally practiced bare foot. This gives us an ideal sensitivity of our relationship to the ground, and also better traction and control. Clothing should be appropriate for movement, allowing a full range of motion. Please no Jeans or pants with metal rivets that can damage the floor. No shorts; pants will provide you adequate protection of your skin for floor work. These could be many variations on sweat and athletic, or yoga pants. I also highly recommend long sleeved shirts to protect skin from scrapes. Knee Pads are strongly recommended. We can place a group order for knee pads to facilitate the kind of movement we will be doing in this course. Water Bottle with close-able cap is helpful to keep hydrated.

Attendance Policy
Since studio time is the sole basis for my evaluation, attendance is mandatory. You are allow 1 absence with no consequence to your grade. After that, each absence lowers your grade by one step (A to A-, e.g.)