

Matrix VERSION 2

Changes and Additions:

Revision 7 basic movement qualities

Additional comments from Lise

Comments by Uli and Jonathan

Seven basic movement qualities associated with ballet	Dance	Dance	Botany	Botany	Botany	Music/ soundscape	Landscape	Landscape	Landscape
	<i>Human movement potential</i>	<i>Choreographic structures</i>	<i>Individual plant form or habit</i>	<i>Plant community form</i>	<i>Plant dispersal method</i>		<i>Systemic attributes (extended site)</i>	<i>Configuration of, or gesture of space/ Surface conditions</i>	<i>Movement through space</i>
Bending	<p>Joint flexion, landing from jumps</p> <p>Lines bend, sharply or more as a curve.</p> <p>Organs bend and curve around each other.</p> <p>Soft, hard, sharp, sudden, slow, minute (relaxing a joint), dangerous in certain situations, dangerous not to do in others.</p> <p>In one body, in certain parts of body, in one body part in answer to another, to relate to other body.</p> <p>Can be rhythmic.</p> <p>Breathing requires bending, in expansion and relaxation of diaphragm, lungs, spaces between ribs</p>	<p>Curving a straight line.</p> <p>Bending lines of activity, overlapping (bending) movements: originally a sequence of 6 events = one action.</p> <p>Curved or spiralled floor pattern.</p> <p>'Folding' a floor pattern—like taking a street map out of tracing paper, and using the result after folding as the map of the town.</p>	<p>Tropisms= plant response to light, gravity, and in some cases touch.</p> <p>Plants can be id'd by 'ideal' characteristics of habit and form. However, plants may need to bend to capture more light, or to bend away from excessive heat. There are also architectural parallels to plant habit which could be interpreted as a type of bending.</p>	<p>Plants rely on each other for support in meadows. An individual plant might outgrow the strength of its stem. Thousands of plants each leaning on its neighbor = meadow communities. This is the distinction between tall and short grass prairies. The flexibility of individual plants also allows the entire meadow to be flexible: when the wind blows, an often mesmerizing and beautiful occurrence</p>	<p>Need for more light tends to make plants "stretch" out toward the light rendering them spindly and leggy. Leaves and branches are usually set according to genetics, however, when proper light levels are not available, the same leaves and branches occur farther apart in an attempt to get closer to the light source</p>	Change in pitch			

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	<p>Allows you to hold, grasp.</p> <p>Tropisms: Practicing certain forms of bending (of anything) changes the musculature and eventually the skeleton. Ballet bunions. Cowboys bowlegs.</p>								
Stretching , extending, lengthening	<p>Stretch requires opposition between at least two points.</p> <p>Length occurs with strategic relaxation. Breathing.</p> <p>Extension (height) occurs through stretch not lifting.</p> <p>Widening creates lengthening and vice versa</p>	<p>Repeating.</p> <p>Theme and variations on a theme.</p> <p>Juxtaposition.</p> <p>Slowing down.</p> <p>Adding more bodies.</p> <p>Adding more space(s).</p>	<p>Basic and important process that all plants carry out. It is vital in growth on a cellular as well as the observable level. Based on the genetic directions, exactly how much lengthening occurs can determine the plants overall habit. Plant growth is an irreversible process, one that must be carried out from germination until death.</p>	<p>Expansion of whole community.</p> <p>Roots lengthen and expand in a constant search for water and nutrients, also anchors into the ground. Trees: massive root system needed to survive high winds and rain.</p>	<p>Roots extend themselves through the soil in search of water and nutrients.</p> <p>Rhizomes extend through the soil until a suitable spot is found and a new plant emerges. A number of the exotic invasives as well as natives which we will find at our sites move via this method.</p>	<p>Lengthening of phrase</p> <p>Coda</p>	<p>Plateau, extended field, borrowed landscape (visual)</p>	<p>Elongated space</p> <p>Allee</p>	

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Turning	<p>Pirouettes, rolls, flips, cartwheels, etc</p> <p>Face a new direction</p> <p>Take turns to do something – whole group is engaged in 'turning over' one persons activity to the next person.</p> <p>Waltzes: built on interlocking curves: partners rotate around their shared center as they make a large circle, or series of smaller, rotating circles, around the room.</p> <p>Joints rotate-no joint in the body is a simple right-angle hinge.</p> <p>Spiraling allows more length</p>	<p>Change 'fronts' ie where dance is viewed from (proscenium situations)</p> <p>Ballet, Kabuki and other proscenium based movement forms: careful training in how the performer angles (turns) the body to accommodate the architecture of the performance space. Each movement has a relationship to the performer's own body center, and simultaneously to how the performer's central axis is related to the dimensions of the space.</p> <p>Turn the 'mood' of a dance.</p>	<p>Some meadow plants track so that their flowers always face the direct sun.</p> <p>Certain plant forms are <i>whorled</i>: either the leaf arrangement or the flowers turn around a central axis.</p> <p>Plant roots always grow toward the center of the earth in response to gravity. Even if a seed or fruit germinates upside down, the roots will turn until headed in the right direction. The same goes for a plant which may have fallen over, the growing tip will begin to turn upwards again.</p>			Inversion			

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Jumping, hopping, bouncing	<p>Use of gravity, rhythm, primarily about landing. In classical ballet technique, jumps land on the 'one' of the beat. Jump down not up.</p> <p>Jumping is a natural timing. A ball bouncing.</p> <p>Letting yourself bend.</p> <p>Percussion.</p> <p>Continuo of lower body activity/locomotion</p>				<p>Wind, animals and birds 'jump' plants from an existing site into a potential one.</p> <p>Explosive dehiscence: When the seed is ripe, it is forcibly ejected from the plant, via a sort of spring loaded mechanism. Example: Jewel weed - walk through jewel weed in late summer. The seeds appear to jump in every direction.</p>	Disjunct motion		Discontinuity Gulf,	
Darting	<p>Sudden action. Needs an endpoint. Shortest distance between two points</p> <p>Initiation = same as gliding</p> <p>Lightness. Birds dart.</p> <p>Trains quick contraction and lengthening.</p> <p>If a part of the body darts, other parts need to release.</p> <p>Tension kills darting</p>	<p>Quick exits and entrances.</p> <p>Quick changes of facing/direction.</p> <p>Sudden stopping and starting of sections of overall group.</p> <p>Oppositional patterns.</p> <p>Spatial clarity essential.</p>							

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Rising	<p>Stand. Rise onto pointe. Lift or be lifted. Jump.</p> <p>Single limb goes up in relation to: floor/rest of body.</p> <p>All rising happens in an arc and has a peak. Basis of suspension/fall & recovery</p> <p>To raise something (example: the chest) does not mean the body either goes up, or lengthens. Raising one thing can shorten another, or the whole structure.</p>	<p>Like 'seasonal rising' a piece gains dimension/density over time (or can). Memory of what happened before can thicken the immediate moment. Also literally: Trisha Brown and Accumulation – accumulating movements through repetition of series, always adding one more event to 'list' OR like D. Humphrey 'Pointed Ascent' whole piece about going from down (on floor) to up (standing and reaching upwards)</p> <p>Can use music/light/other theatrical devices to 'raise' dramatic intensity – narrative meaning – mood</p>	<p>To capture sunlight.</p> <p>Perennials complete a rising cycle every year as they emerge from root stock, grow, flower, make seed, and the return to the earth for the winter.</p>	<p>Seasonal rising.</p> <p>On a much larger time scale: process of plant succession. Plant community gains three dimensionality. Distinct layers are formed as plants like trees and shrubs rise, a little bit every year. The herbaceous layer does this every year as well, but only adds space horizontally.</p>	<p>Plants relying on wind or water for dispersal will want to get the seed heads as high into the air as possible</p>	Holding a phrase	Flood plain Littoral zone	Slope Ramp, stair	Ascending

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Gliding	<p>Ballet technique= particular relationship between floor and foot. Way of moving through space, usually from one foot to the other. Sophisticated understanding of bending and extending, rising and landing, gravity and suspension in the air. (Suspension is the top of the arc of a rise. Every rise is an arc and has a peak).</p> <p>Smooth, strong, sharp initiation Muscles glide over joints</p> <p>Soft muscles glide. Strong muscles glide. Weak muscles stutter and jump</p>	<p>Related to transitions, segue from one event to next.</p> <p>Gradual unfolding of events without alerting audience: cumulative rather than sudden awareness.</p> <p>Slow crescendo</p>							