

Peter Aerni – Exercise

Vision and Gravity

Personal experience:

I think that dancing with a wide eye awareness helps us to keep orientations. To warm up with a focus on colors and forms clarifies where we are in the room. Gravity is always helpful for the up and down. I encourage people to watch rather up than down, especially when they take weight or when they are lifted.

Where I want to go

Exercise

You stand in the back of your partner. You lead him to sit onto one of your thighs very close to your groin. Make sure that you get his weight.

By softening your knees you go down a little (counter movement) to turn your pelvis in order to push him up towards the other side; right thigh to left side and vice versa.

Your partner can help by riding your thigh, increasing it's body tension and reaching with the eyes to the top.

How I get there

- I lead a general warm up from standing to get moving in the room, soft arms and joints, walking on the different surfaces from the foot.

- I want to introduce grounding by vision using the eyes. See colors, follow lines, and recognize differences in the studio or different cloth on your partners. I encourage eye contact – you know where your feet are.

- Standing still with closed eyes: turn yourself to something colored red in the room. Open the eyes and check it.

- Turn your head towards the floor and walk on feet and hands backwards with a long neck, your view is turned upwards to the ceiling. Breath thoroughly and test the stability of both the legs and the arms by bending the joints. Try to jump hands first, legs first and with all four together. Make sure to land softly.

- A jumping exercise: you jump up and down and in front of you is another person doing the same. You look at each other and never to the floor or to your feet. Your partner guides you up to the top of suspension and lets you go down by yourself. The support is not pushing you forward, but gives you the chance to get a feeling of floating towards the ceiling.

- Next step: the same procedure a couple of times and then the person supporting steps to one side and pushes the person flying a bit forward. The person being pushed needs to increase it's muscular tension and not fold in the pelvis. Then land softly.

- Third step: as a supporter you catch the person while they are suspended by embracing them with your arms. You pull them firmly to your chest and release them shortly afterwards. Don't carry their weight, just catch it.

- Then I do the main exercise.

I encourage the pairs to take that as a starting point for a duet.

