

2018 Weiwuying Circus Platform CNAC x Acrobatic Dance Professional Training Programme

In the diversity of circus disciplines, the acro-dance creates its own path. Here the acrobatics becomes the alter-ego of dance. The leap is no longer presented as a performance, but as a way of expression of a state-of-mind, a feeling, a narration. In this two-way exchange, the dancing gives the acrobatics its choreographic dimension, and in return, the acrobatics gives the dancing a different vocabulary, which is more massive and more perilous. It is, therefore, a vast universe composed of as many visions as there are interpretations.

Among all these possible interpretations, this course will try to answer several essential questions :

- Which kinds of acrobatics qualities do I own?
- What is my relationship to the movements and the dancing ?
- How and in what proportions do the acrobatics and the dancing merge?

■ Course Objectives

- Improve technical skills in acrobatics and dance
- Enrich everyone's repertoire with new figures
- Develop « body fluency »
- Take good use of the space
- Learn from dance and acrobatics, find connections between them
- Work on physical preparation and recovery

■ Dates for all Courses

Nov.12 (Mon.) - Nov.15 (Thu.) | 09:30 – 17:00 (6 Hours per Day)

Nov.16 (Fri.) | 09:30 – 12:30 (3 Hours)

Nov.16 (Sat.) | 09:30 – 12:30 (3 Hours)

Six days in total (30 hours), The participants should engage the entire course.

▼ Venue: Studio in National Kaohsiung Center for the Arts (Weiwuying)

▼ Address: No.1, Sanduo 1st Rd., Fengshan Dist., Kaohsiung City

■ FEE ^{NT\$} 7,200

■ Qualifications

- ★ 20 participants In total
- ★ Participants must be at least twenty-one years old; the workshop is designed for performers for disciplines and not restricted to circus artists. Actor or dancer who has a basic background regarding movements of physical bodies are especially welcome.
- ★ participants who have completed the workshop will receive a certificate from Centre National des Arts du Cirque (CNAC) x Acrobatic Dance Professional Training Programme.

※ Please see the official website (www.npac-weiwuying.org) for any updated terms and conditions. Weiwuying reserves the right to change the terms and conditions of all the events.

■ Registration

LINK: <https://goo.gl/fhNbUp>

★ Registration Process

Fill in the Form Online → Await Confirmation from Host → Receive Confirmation → Pay Registration Fee → Registration Successful.

★ Contact Lydia Chang at +886-2626816 / lydia.chang@npac-weiwuying.org with any additional questions.

Agenda of the Week

The group will be divided into 2 homogeneous subgroups.

- Every morning (3 hours), one group will work on the acrobatics with the acrobat teacher and the other group will work on the dancing with the dance teacher.
- Every afternoon (3 hours), the groups will be swapped. Therefore, each participant will have a dance workshop and an acrobatic workshop every day.
- The last two days will be devoted to combining and composing everything that was seen in the acrobatics and the dancing at the beginning of the week in order to mix disciplines.

Date	Dance Workshop	Acrobatics Workshop
Nov 12 (Mon)	<p>The weight, the transfer of support and the relationship with the floor</p> <ul style="list-style-type: none"> ● The weight and different ways to transfer weights of the body. ● The flow, the circulation, the path that goes through the body. ● Between doing it and letting it do. ● The meaning of movements. ● Work on the supports of the body weight, the flexibility, the rhythm and the different approaches to the floor. ● Divert from one's common understanding, look for others possibilities, the parts of the body that rarely touch the floor, the parts of the body that rarely initiate movements, or those not usually 	<p>Discovery and application of the vocabularies of zones 1 and 4.</p> <ul style="list-style-type: none"> ● Zone 1: (all that with the back in contact with the floor). ● Forward and backward rolls, a section of rolls, backward roll with equi head. ● Zone 4: (all that takes off from the floor). ● Somersault, preparatory Cartwheel to leap, Cartwheel without hands, umbrella. ● Time of combination and composition between zone 1 and zone 4. In awareness of rhythm, space and meaning.

	<p>used in run-up movements or related to space.</p> <ul style="list-style-type: none"> ● Be aware of the space around you ● Explore different relationships between the body and the floor 	
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Date	Dance Workshop	Acrobatics Workshop
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Nov 13 (Tue)	<p>The falling, the balance, the catching, the suspension</p> <ul style="list-style-type: none"> ● The imbalances, the disorientation and the disorder will bring out new balances, a new order. ● Work around the falling, the balance, the catching, the suspension and the rising. 	<p>Discovery and application of the vocabularies of zones 2 and 4</p> <ul style="list-style-type: none"> ● Zone 2: (anything that requires three or four floor stands). ● Move with both hands and both feet, knees sliding, queda de rins, head movements. ● Zone 4: when being still: flic-flac, shifted somersault, backward somersault, twist, costal. When being still or in the movement, forward somersault, costal. ● Time of combination and composition between zone 2 and zone 4. In awareness of rhythm, space and meaning.
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Date	Dance Workshop	Acrobatics Workshop
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Nov 14 (Wed)	<p>The spiral</p> <ul style="list-style-type: none"> ● Develop sensations and spiral movements that connect different parts of the body ● The spiral develops the three-dimensionality in its fullness. It also facilitates more movements in action. ● The spiral goes with the acrobat. It can be dynamic, slow, sensory, descriptive, symbolic ... ● Playing around this theme with closed eyes develops a listening to the other and also leads the person to find a balance through all these paths. 	<p>Discovery and application of the vocabularies of zones 3 and 4.</p> <ul style="list-style-type: none"> ● Zone 3: (anything that has one or two floor stands). Cartwheel: on site, 1 foot, tight, Mexican style. Macaques: shifted, tight, double leg. Flags-style, reversao. ● Zone 4: flic-flac cartwheel, shifted somersault cartwheel, backward somersault cartwheel, forward somersault cartwheel, twisted cartwheel, costal cartwheel. Time of combination and composition between zone 3 and zone 4. In awareness of rhythm, space and meaning.
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	<ul style="list-style-type: none"> ● Exploring around this theme opens the door to the collectivity of acrobatic -- an acrobatic which is dynamic and creates performance in a more explored space. 	
Date	Dance Workshop	Acrobatics Workshop
Nov 15 (Thu)	<p>The relationship between the acrobat and the other and others</p> <ul style="list-style-type: none"> ● Work on the manipulation of the body. ● Shake up the standard. ● Work on sensations and games in a relationship of two or more elements. ● The interaction of the vertical bodies, face, back and side is a very rich source of collective improvisation. ● When applying the notion of weight and transfers of the support on one or several partners or in the air and the spatial dimension, it is then the whole amplitude of the acrobat that unfolds others possibilities. 	<p>Discovery and application of the vocabularies of zones 3 and 4 (continuation).</p> <ul style="list-style-type: none"> ● Zone 3: Timsaga, Maouda, Educational Nineteen / Sixteen, Nineteen, Sixteen, Plate Sixteen. ● Zone 4: Neck leap, twisted flic-flac, cartwheel flic-flac, shifted somersault, backward somersault, forward somersault, twisted cartwheel, costal cartwheel. ● Time of combination and composition between zone 1, 2, 3 and 4. In awareness of rhythm, space and meaning.
Nov16 (Fri)	<p>09:00-12:30</p> <p>The composition of a series of movements from researches and improvisation, alone or with others.</p>	
	<p>14:00-17:00</p> <p>Circus Forum – Inclusion, equality and diversity of Contemporary Circus Develop in UK</p> <p>*Register of advance: https://goo.gl/WH9AmM</p>	
Nov17 (Sat)	<p>09:00-12:30</p> <p>Presentation time with the composed movements or the improvisations of the participants, exchange and discussion.</p>	

A space for education, innovation, and research

The National Center for Circus Arts, an internationally recognized institution, was established in 1985 by the French Ministry of Culture and Communication. It is comprised of two centers—one for higher education in circus arts and the other for resources, studies, and academic research.

The CNAC, which continues to garner international acclaim, has stayed true to its roots and is committed to protecting the fundamental spirit of the circus and its values, including rigor, self-control, teamwork, and respect for others.

Offering first-class training, the CNAC endeavors to be at the cutting edge of educational, artistic, and technical innovation in order to better serve students, researchers, circus professionals, and more broadly, the field of live performance.



David Soubies

Circus artist (acrobat)

After training at the circus school of Chambéry, he was an acrobat for several companies. The body language of Mad Birds and Peddlers, Giorgio Barberio Corsetti's dramaturgy, Mourad Merzouki's Hip-Hop, Vincent Gomez's aesthetic and Maestre Prethinio's encounter with Abadà capoeira, have made his acrobatics evolve towards acro-dance. Today, his exploration continues while being an author with Daraomai company and a teacher at CNAC.

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Marlène Rubinell Giodiano

A gymnast by training, she left the competition to join the Rosny Circus School and then the CNAC Châlons-en-Champagne.

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After graduation, with Marc Pareti, she rised on a vertiginous dangling trapeze act and created the AOC Collective with five other acrobats of the same year. On her gymnastic equipment, with a full range of her carnal identity, she cultivates the mad desire for a fluidity that unleashes the force into energy, linked herself to the other. Same for the acrobat, she discovers aerobatics banquine and masters the lifiting and trampoline technique. She collaborates with Cie Anomalie, Chloé Moglia, Pierrot Bidon / the circus studios of Marseille, Mathurin Bolze and participates in several short films directed by Delphine Lanson and Jambenoix Mollet.

In 2013, she created Maalâm: in this solo trapeze and knives-throwing, she dismembers the feminine and the wound/ womb, enlarges the notion of confinement. In early 2016, she directed the graduating class of the school of scenic arts CODARTS-Rotterdam, and then performing the choreography of Vanavara, the show of the 28th CNAC promotion directed by Gaëtan Levêque.

Since then, she has been working with the students of the CNAC and the Circus School of Brussels. Starting from May 2018, at the side of Julien Fournier, Ali Ben Lofti Thabet and Melissa Von Pepy, she is the interpreter of Talk Show, Gaël Santisteva' s " conference-performance" . She is currently working as the art director of the next show of the AOC collective "on edges of self"(Des bords de soi), which will be released in November 2018.