

The University of Michigan- Ann Arbor
Double Skin/Double Mind Lab
DANCE 100.016,128-016,228-006,328-006 & 428-006
Winter Term 2019
Department of Dance- Studio B- Friday 10:00 AM- 12:00 PM

DS/DM is a way of preparing the body for dance that is inherent to your thinking and your imagination. It needs a connection with your own choices, also during the improvisation with other elements and materials. The experience creates a condition and an opening, it is not something fixed by rules that say: this is how you should dance. It is rather the opposite, you use it, and then you contrast it in an open field of intervention and manipulation".
- Emio Greco-

Instructor: Kelly Hirina
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Office hours: by appointment

Course Description:

Double Skin/Double Mind (DS/DM) is a dance method developed by Emio Greco and Pieter C. Scholten to discover the sensitivity of the body through four basic principles: Breathing, Jumping, Expanding and Reducing. This awareness of the possibilities that the body can generate is necessary when creating new choreographic material. Because of this, the DS/DM method is the basis of every individual performance by Greco and Scholten. The DS/DM method is offered as a masterclass, a training or a workshop to both amateurs and professionals. Experiencing the DS/DM method can lead to a new physical and mental awareness in which intention and form coincide. DS/DM also provides insight into the artistic work of the two choreographers.

<https://www.ickamsterdam.com/en/academy/education/ick/double-skin-double-mind-the-method-20>

The DS/DM Lab will explore all of the principles of the Method in practice as well as spend time either improvising or developing movement material with the goal of learning how to work deeply on our own personal physical constructions. The aim is not to `choreograph? a work but find out how detailed focus and specificity alter our sense of the material and its possibilities for larger work. This work requires patience and curiosity. A high-intensity physical experience with the slowed-down pace of consistent research and questioning.

Kelly Hirina, a former member of ICKamsterdam, danced with Emio Greco and Pieter Scholten in Amsterdam, the Netherlands. She has been certified to teach the DS/DM Method as of early 2017.

Course Objectives:

The goal of this class is to engage physically in the practice of Double Skin/Double Mind: The Method while improving each of the following:

Creative expression

Poise and body awareness

Spatial awareness

Focus and discipline

Increase in daringness to move through space and learn new ways of doing so

Explore your creative potential in the physical body

Possibly playing with the concept of 'movement' within other art forms, if so inspired.

Course Requirements:**Attendance and Participation:**

This is an experiential course, and therefore it is required that you attend and fully participate in every class meeting. Full participation requires more than the mere presence of your body in space. A portion of your grade will include assessment of your concentration skills, self-motivation, and attentiveness. Arrive early to allow yourself time to change, use the restroom, and enter the space before the beginning of class.

Assignments:**1) Reaction Paper:**

You are required to watch the film Emio Greco: Double Skin/Double Mind.

This film is available on youtube and can be found by following this link:

<https://www.youtube.com/watch?v=Cv4Kyr9VVfc&t=2303s>

After watching the film, you are to write a reaction paper to this film, what is discussed, what you notice, how this affects your practice, and link it to our practice together in terms of dance language, autonomous movement, intention, and the creative process.

Due: February 22, 2019

Form of Submission: Canvas

Format and Word Count: 2-3 pages, 12 font, double spaced

3) Final Performance (REQUIRED)

APRIL 20, 2019

2:30-4:30 PM

STUDIO A

In this 'performance' we will share the creative works we have developed throughout the semester.

Grading:

Grading Criteria:

60% Class Engagement & Attendance

15% Reaction Paper

25% Final Semester Movement Project

Grading levels:

A range – Outstanding & Excellent Student exhibits a hunger and passion for learning; willingness to take movement risks; integration and application of corrections; exceptional growth toward course objectives; active participation in group assignments with leadership, cooperation, commitment, creativity, and enthusiasm; and punctual submission of assignments and course work.

B range – Very Good & Good Student's work shows uniform solidity, dedication, concentration, and consistency; student demonstrates improvement toward some skills throughout the semester and actively participates in group assignments with satisfactory leadership, cooperation, commitment, creativity, and enthusiasm; student submits all assignments on time.

C range – Average & Adequate Student actively participates in class activities and exercises but lacks energy and commitment toward improvement; work habits are inconsistent; student participates in group assignments with minimal leadership, cooperation, commitment, creativity, and enthusiasm; assignments are hastily completed with minimal effort.

Other Important Information:

Academic Integrity and Plagiarism:

Plagiarism, whether from the Internet or from printed sources, will result in failing the course and may be the cause of immediate dismissal from the University. If you are unsure of what constitutes plagiarism, consult the following University website:

<http://www.lib.umich.edu/academic-integrity/understanding-plagiarism-and-academic-integrity>

Dress Code:

To each and every class meeting, please wear form-fitting, athletic clothing that not only allows you to move comfortably but also allows for your instructor to see your body adequately enough for giving feedback and corrections about your movement. Avoid wearing bulky and dangling jewelry that might impede movement or potentially lead to dangerous and harmful entanglement. Gum chewing will not be permitted in this class.

Absence Policy/ Tardiness:

University of Michigan policy allows you two absences without penalty. However, given the experiential nature of dance, it is important that you attend every class session with consistent punctuality, preparedness, and presence. If you anticipate struggling to make it to class on time, or to class at all on any specific dates, (because of other commitments, or perhaps bus schedules) please speak with me directly and as soon as possible; we can negotiate a plan. After the first two absences, your grade will be lowered by 1/3 of a letter for each additional absence. One tardy will count as 1/2 of an absence, with two late arrivals totaling to one absence.** If you cannot dance, because of illness or injury, please contact or inform me as soon as possible. In this instance you may instead actively observe class by taking notes, to be collected at the end of the class period and contributing to class discussions and activities as much as possible. At the discretion of the instructor, circumstance may allow for absences to be made up. If you arrive to class late it is your responsibility to ensure that I mark your attendance for the period as 'here.' Otherwise you may be counted as an absent for the day.

**Tardiness: It is important that you arrive on time to each and every class so that you may adequately prepare your body and mind for whatever the instructor has planned for the class period. It is also a matter of respect that you maintain punctual arrival to class so as not to disrupt your instructor and classmates who have already begun class. If you arrive more than 5 minutes after the beginning of class, you will be asked to observe. Proceed by taking notes and your instructor will be sure to include you in activities wherever and whenever possible. These observation notes are to be typed and emailed to your instructor. Again, it is your responsibility to ensure that I mark your attendance as 'here.'

Dance Floor:

The dance floor is integral to our dance activities and practices. It is important that we treat it with care and respect. Please refrain from bringing shoes into the studio. Never walk on to studio floors with street shoes. We need to maintain a clean and debris-free floor for our classes and for others to use the space safely and comfortably. Open and lidless water bottles will not be allowed into the studio, as water on the floor is dangerous and detrimental.

Changing Rooms and Security:

Changing rooms and bathrooms are located on the first floor of the dance building. The lockers in the changing rooms are reserved for Dance Majors at the University. You should carry valuables with you at all times.

Movement Restrictions:

Be sure to let your instructor know if you have any disabilities, impairments, injuries, chronic pains, conditions, or etc. that might at any time require special attention or the modification of movement. For example, if you're recovering from an ankle injury, I absolutely want to know about this injury. If you have difficulty maintaining blood sugar levels and need to eat during class occasionally, please speak to me about this as soon as possible. If you would like for this conversation to be private, however minor or major the topic might be, feel free to explain through email, or email me to set up a time to meet and talk.

Corrections and Physical Contact:

Dance requires physical communication that often involves contact between/among bodies. Your instructor has a responsibility to not only observe your body to ensure that it is working as correctly, efficiently and safely as possible, but also to give you corrections and guidance toward efficiency and safety. This may require that your instructor use touch to guide your body (i.e. a hand on the head to make corrections of the neck or a hand on the ankle to guide articulation of the foot). There will also be instances in which you will come into contact with other dancers in your class, either accidentally or as a part of class activity. If you are uncomfortable receiving hands on corrections, please inform me at the beginning of class so that I can restrict information to verbal corrections.

Mobile Phones:

Mobile phones are disruptive and distracting in a learning environment. Mobile phones must be turned off or silent during the duration of the class. If seen engaging with a mobile phone during class time I will mark you tardy for first time use and absent at any subsequent use.

Door Code and Studio Policy:

The door code to travel within the Dance Building and to enter Studio B is: **478**
Please do not share this code with anyone else, unless they are enrolled in a dance class. This is important for your safety and security of items within the studios. The studio space cannot be reserved outside of class, so your time in class is the time to get moving and learn!

PLEASE NOTE THAN ANYTHING MENTIONED IN THIS SYLLABUS IS SUBJECT TO CHANGE.