**Reading in prep for Week 1:   
(week commencing 22nd September)**

**Paxton, S. Drafting Interior Techniques. In Stark-Smith, N. A Subjective History of Contact Improvisation. In Albright, A. C., & Gere, D. (2003). Taken by surprise: A dance improvisation reader. Middletown, Conn: Wesleyan. University Press. Pp.175-184:**

-What is contact improv?Over time the answer has shifted away from an experimental dance phenomenon and towards a physical practice. It is a physical event at best.

-We have to work in the area of imagination. We have to desire or image to launch a section into action. Imagery and response.

-Imagine but don’t do it, feel the effects of this on the body and the mind.

-Consciousness can be felt to change depending on what it experiences.

-Gaps are moments that consciousness goes away, full consciousness is important!

-Dizziness and nausea are signals that we have reached the borderland between these two aspects of physical control: consciousness and reflexive. When we linger in the borderland, we become our own experiment.

-Visual Continuity is one of the many ways we know where we are and not knowing where we are is experienced as an emergency situation. Contact improve constantly changes your orientation.

-‘Working Model’- articulating an experience so others could find it. Stimulating and pleasant.

-improvising cannot be taught but it can be learnt

**Heitkamp, D. (2003). Moving from the Skin: An Exploratorium. *Contact Quarterly/ Contact Improvisation Sourcebook II*, Vol. 28:2. Pp. 256- 264**

-Specific movements associated to skin? What does skin contribute to communication in dance?

-Most important element of contact improve is communication by touch. (touching and being touched)

-Not every single image works for every person. Limiting the number can be helpful.

Skin:  
inhales/exhales  
secretes/excretes  
maintains muscle tone  
holds the body together  
protects the body from bacteria   
protects from sun and cold  
surface and visual appearance

Ego-Skin:  
the skin creates a boundary between you and the outside world   
the skin is a means of communication   
it helps us (infants) form a concept of ourselves   
‘the ego is enabled to both erect barriers which become physical defense mechanisms and control the flow of information both inward and outward.’

Body Systems:  
BMC- Body Mind Centering

Touch:  
heat/cold/pleasure/pain/comfort/pressure ect.  
touch= expression  
we touch the object and ourselves, never just one thing