

# FORMALIST AUTHENTIC MOVEMENT

It is beneficial to do a session of “basic” authentic movement before doing this dance.

## “Basic” authentic movement

According to wikipedia it goes like this:

*“When starting a basic AM session, participants start in a comfortable position, eyes closed to sense their inner **body-mind** processes. They then wait for stimuli to arise within them, and follow each impulse expressing movement or sound. individuals move through the space entirely free from any direction or expectation. This allows people to explore psychological processes as they arise into kinaesthetic responses of movement or sound.”*

I encountered AM through Jeremy Wade, with him the basic set-up was this:

### 1

It takes two, one is the dancer and one is the witness.

#### The Witness

- witness the dancer and witness their own witnessing.
- protects the dancer if their are in danger, however they try to stay unnoticed for the dancer.
- times the session and lets the dancer know when the session is over.

#### The Dancer

- Closes their eyes throughout the session.
- Waits for and follow impulses to move.

### 2

There is a timeframe, usually somewhere between 10 minutes and an hour.

### 3

After the session the dancer and the witness speak briefly about their respective experience in the order: Dancer first, Witness second.

## Formalist authentic movement

Has a similar set-up with a couple of additions for the dancer.

#### The Dancer

still:

- Closes their eyes throughout the session
- Waits for and follow impulses to move

and:

- When experiencing an impulse to move, the dancer reads the movement-form that the impulse will produce when followed,

and:

- Performs a mirrored version of that movement-form.

“I feel an impulse and move my right hand. While following that impulse I read which movement-form the impulse is producing in my right hand and perform the mirrored movement-form with my left hand.”

*note: Formalist Authentic Movement is rather about the work of reading and performing form, than looking for symmetric impulses. So far there was always a small delay in the mirrored movement, as it took more time for the dancers to read and perform a mirrored version of the movement an impulse would produce, than to follow that impulse.*