Body + Cut + Rip

1. Put the shirt on with the rips in the front.
2. Think of a mood that you are in or would like to embody when performing this piece (this is an expression of yourself, to show your personality).
3. When your performance begins, start to rip pieces off of the shirt, feel to cut them as well.
4. Uses these shreds of clothing to express yourself in a new form, you can throw them individually, in a big ball, tie them on your body, cover yourself back up, give them to people, invite others to rip or hold onto the shirt while you pull away or even dance with the strips.

“In the late 1950’s and early 1960’s, body art is largely aimed towards an exhibition of the self in its full embodiment as a way of laying claim to ‘being’ itself.”

It is a “direct expression of the artist’s unique personality.”

“extreme forms of behavior”

“the artist's person was in fact the art.”