

CI Lab Manual

Definition

CI is a **research-based** dance form, labbing is an invaluable way to deepend our investigation. A group of people inquiring through dance, talk, reflecting together.

Adequately **warm up** to prevent injuires:

- Read the nuance of **sensation**.
- Get the core **muscles** fired up.
- Move at heightened **heart rate** (watch out for adrenaline; overestimating your competence)

Start with a **question**/hypothesis:

- Permit yourself to have **wild** ideas.
- Physical or emotional questions... clothed or nude...
- Proposals can be half baked; things don't need to work in the end.

Work in **groups** of 3 to 4 people.

Work in **rounds**.

1. First given by the facilitator; e.g. "find alternative pathways" (identify, pause, research)
2. **Brainstorming**: Each person brings a question; give time/focus on each question.
3. **Consent** on a single question all want to tackle with.

Work together for about **1 hour**.

Bring **findings** to the entire class:

- Offer an oral **report**, give a **demonstration**, or do both.
- Or lead the group to do a simple **exercice** to demonstrate the findings.

Questions

"How can i invite/encourage people to trust entering their backspace with me?"

"Can you fly on someone who is already off-balance and falling to the floor?"

"Can you survive a fall from benches/tables/stacked-tables?"

"Can anger be used so small people can lift bigger ones?"

Slap each other, creating some "super powers", and then lift them

But: This will leave you in an emotional mess for a week!

Guidance

Generosity is key: Be generous in listening, with your knowledge and presence.

Equal contribution: The talkative one's need to give space to the quiet ones.

Harvest what's there: Some people know already something; let them empty their pockets.

Notice envy: If another group has another, nicer question in the room, notice your emotions.

Title it: Rephrase your question into a title, giving it more focus.

E.g., *"the mechanics of little lifts"*, or *"allowing instability to invite the unexpected"*

Find balance: Between talking, movement research, and free flow ("fuck it, let's dance")

Inspiration hole: Need to a question, or need more info for your lab question? Just dance!

Deepen the question: It's ok to not find "the answer"; deepen understanding of the question.

Courage and humility: You are venturing into an area where you feel unfinished.

Truth over comfort: We prefer to jump to simple answers, to release tension.

Welcome the discomfort, stay longer in the unresolved. Allowing surprising discoveries to arise.