



Faculty of Fine & Performing Arts

## KONB71, Fine Arts: Power Trip, 3 credits

*Fri konst: Power trip, 3 högskolepoäng*

First Cycle / Grundnivå

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### Details of approval

The syllabus was approved by Department Board of Malmö Art Academy on 2019-01-22 to be valid from 2019-01-22, spring semester 2019.

### General Information

Lunds University, Faculty of Fine and Performing Arts, Malmö Art Academy.

Optional course for the BFA programme (KGFKO).

*Language of instruction:* English

*Main field of studies*

Fine Arts

*Depth of study relative to the degree requirements*

GXX, First cycle, in-depth level of the course cannot be classified

### Learning outcomes

Artistic creation course.

The aim is to enhance the students' ability to formulate and show an artistic wholeness.

The aim is the students' comprehensive development for artistic work.

Special importance is attributed to the object that analytical insight should be shown in the artistic creation.

## Course content

As artists we are so dependent on our ability to think outside the box, that I believe sometimes it is necessary to get out of our heads first, dive deep into our bodies and then return to a fresh pallet of thoughts. In Power Trip, we are interested in rewiring the mind through a high-energy physical work. We incorporate Japanese style body-work with training techniques from dance, theater and comedy fields.

### Structure

The course will consist of group classes and individual one-on-one sessions. There will be one group class at the start of the course and one at the end. Each student will have two individual sessions followed by a homework assignment. To keep collective spirit high, every evening we will have a quick 15 min dance party and a dinner; Both obligatory to attend.

### About group classes

It is a two-hour class; build as a flow of movements that plunges you into a strong visual imaginari-um. It may feel like someone is shooting a film in your head and streaming it live through your body.

### About Individual sessions

Think of these sessions as a studio visit in motion. We will move more than talk, while focusing on your individual creative needs. Depending on your interests, we will explore different techniques used in five modules of Power Trip training.

PT consists of five self-contained yet interconnected modules:

#### ELECTRIC BODY

How to access an extraordinary amount of energy? How to enhance energetic presents and heighten charisma?

Everything we do should enhance our energy. The key to charisma is knowing how to distribute your attention correctly. Professionalism in any creative field is based on efficient use of your resources. Knowing how to access your flow makes a fundamental difference.

This module is based on a unique synthesis of techniques from Myofascial meridian system, Tai Chi, Chi Gong and Japanese Butoh Physical Theater Training.

#### ANIMAL TRAINING

How to be mesmerizing? Unexpected? Evoke a sense of danger? How to be unapologetically sexy?

When we study how animals (reptiles/insects/fish) use their bodies and apply that to our mental and physical state, we create new patterns, access other parts of our brain, expand imagination.

This module is based on the Japanese Butoh Physical Theater techniques.

#### MODE MAXIMUS

How to expand movement vocabulary, the range of different characters, states of mind and modes? When is it time to reinvent your creative line of work?

We train the flexibility to shift through different modes and expand performative vocabulary. Naturally, we have a tendency to stay with what we are comfortable. I want you to be versatile, AND comfortable with the shifting itself.

This module is based on Ruth Zaporah Action Theater techniques, Grotowsky's techniques, Method Acting, Butoh Training, Mixed Martial arts, Belly Dance, Noh Theater techniques, Kabuki Theater techniques

#### SEXUAL SLAPSTICK

How to combine comedic timing with seduction? Can sexuality serve as a base for physical comedy and the other way around?

Comedic timing has abrupt punch lines, whereas seduction is an ongoing spiral of actions. Combining the two can be extremely liberating and expansive. Sexual slapstick serves as a very valuable training method and unique color in ones repertoire.

This module is based on the synthesis of techniques from Pole Dance, Striptease, Clowning, Physical Theater

#### THE BUBBLE

How to use alternate state of mind to enhance your performance, connect to a character, movement sequence, or a mode? How to access new sources of imagination?

The Bubble is a unique visual guidance method, in which I synthesize Butoh and Method Acting techniques.

The Bubble often transports a student to a much deeper physical understanding of various techniques used in Power Trip training. It can also serve as a visual-sensorial experience while working on a new piece, a role, a dance or a performance.

## Course design

The educational form will be workshops.

## Assessment

For the grade pass there need to be commitment, presence and participation in in all the phases of the course and a presence of at least 80%.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

## **Grades**

Marking scale: Fail, Pass.

## **Entry requirements**

General requirements for university studies in Sweden