

Performativity Lab

Performer's Tools

A laboratory into performativity. Researching the interplay between physicality, vocality and mentality to create performative expression

About the Lab:

Our tool is our body. Our body has 3 roots: Physicality, Vocality and Mentality. We must respect, and care for our body. Training is shaping the body to do more work. A tool's purpose is to create.

Our body (physical, vocal and mental) has 3 qualities:

- volume
- pitch/intensity
- rhythm/dynamic/tempo

Combined those 3 qualities create expression. Our goal is to become aware of all qualities in our body and to master them to create our work. Mastery requires self-disciplined training and devotion.

Throughout the Lab we will be working with those three different qualities, exploring our range within them and applying them to the three roots of our body to create expression, and the creation of tools to design specific expression that can be used for everyone's work. Focus here will be the creation of awareness and to transform the countless unconscious choices we make into the realm of the conscious.

Lab vs Workshop

Unlike a workshop where a certain knowledge is being transferred from the teacher to the student, a lab does not have a designated teacher. We all teach each other. We all learn from each other. To focus the work, I will be directing the Lab.

Working Principles

We will be working under a set of principles/rules that will form a mutual contract between all participants. This contract may evolve throughout the lab. As a departure point the following rules are set:

Rule 1: Find a place you trust, and then try trusting it for a while.

Rule 2: (General duties as a student) Pull everything out of your teacher. Pull everything out of your fellow students.

Rule 3: (General duties as a teacher) Pull everything out of your students.

Rule 4: Consider everything an experiment.

Rule 5: Be self-disciplined. This means finding someone wise or smart and choosing to follow them. To be disciplined is to follow in a good way. To be self-disciplined is to follow in a better way.

Rule 6: Follow the leader. Nothing is a mistake. There is no win and no fail. There is only make.

Rule 7: The only rule is work. If you work, it will lead to something. It is the people who do all the work all the time who eventually catch onto things.

Rule 8: Do not try to create and analyse at the same time. They are different processes.

Rule 9: Be happy whenever you can manage it. Enjoy yourself. It is lighter than you think.