



Academy of Theatre and Dance
Amsterdam University of the Arts

BA in Choreography

Course description

Course: Alexander Technique

Teacher(s): Uli Neumann

Year group: 1

Study year: 1

Period: 6th of May – 28th of June 2019

Weeks (block:) week 19 - 26

Time: 14.00 – 17.00

Hours: 10x 30 minutes (5 hours) per week

Total amount of contact hours: 40

Total amount of self-study hours (reading, writing, homework tasks, etc.):

Starting date: 6th of May 2019

Date of completion: 28th Of June 2019

Study points: Student acquires credits/study points based on minimum of 90% participation in the course (in case of excused absence the minimum required is 70% presence). The full course study points are awarded if student participated in the above mentioned amount *and* in relationship to the quality of participation and development expected for the course.

Note for teachers: your course description needs to be sent to SNDO admin esther.arribas@ahk.nl two weeks after the course is confirmed and no later than three (3) weeks prior to the course commencement. This form (must be) available to students in the weeks prior to the start of the course.

Content (concept and week to week outline):

What does Alexander Technique do?

AT is a practical method to detect and change inefficient habitual patterns in body and mind, based on a simple principle, the primary control : an ideal relationship in movement between the neck, the head and the back.

It functions like a natural law, a universal given principle.

Working with the primary control informs a student about his body awareness, what his body is about , how he uses it and how he can use it more efficiently.

Additionally, since the AT is a holistic practice in the sense that it acknowledges a human as a whole and not just as a body , it also helps to build a student's self awareness, awareness about who he is. Because habitual patterns on a mental, emotional, psychological and spiritual level (however conscious or unconscious these are) are connected to the patterns on the physical level, and so they automatically can break and change as well.

How can AT be a bridge to making work at the SNDO?

The pattern or habit itself is important but only relatively so, it should not have the main focus, since this , after clarifying the habit, only confirms the form of the habit and with that its stuckness. The moment of breaking a pattern/habit is the important moment and should have the main focus because that moment brings the liberation from something old and the possibility of something new, it is a moment of expansion in a person, a moment of inspiration, and is in fact the moment of the creativity itself..

How it works: during an AT lesson a student is encouraged to use awareness or pay attention to what he is thinking while moving and while staying present in the moment by watching the environment that he is in. Doing this strengthens the proprioceptive sense of the student, the sense of Self, himself in relation to the world around him. A stronger sense of self not only means a stronger presense and a bigger confidence but it also means a stronger or better connection to the student's being, his essence, which ultimately is his creative source.

The moment of breaking a pattern/habit is like tearing something open that was closed or stuck, like creating a gap where essence and creativity can come through. To say it in other words, AT works on creating more space in the body as the blocks dissolve that keep the patterns in place. This goes along with creating more inner space.

In the holistic sense this means there is no separation between outside and inside, no boundary between subconscious and conscious. More inner space means more room for essence/being.

Working with AT gives students the possibility to come out more as the person that he is, while he is more in touch with his creativity.

AT can improve presentation and performance skills. It doesn't teach you something new to do, but it teaches you how to bring more practical intelligence in what you are already doing and how to eliminate stereotyped responses.

Objectives and assessment criteria: (the student is able to..): see above

Literature, websites, background: (as reference or actual course material):

<https://alexandertechnique.co.uk/alexander-technique>

The use of the self by F.M.Alexander

The Body in Motion by Theodore Dimon

Body learning by Michael Gelb

Freedom to change by Frank Pierce Jones

Skill and Poise by Raymond A. Dart

Note for teachers: your course description needs to be sent to SNDO admin esther.arribas@ahk.nl two weeks after the course is confirmed and no later than three (3) weeks prior to the course commencement. This form (must be) available to students in the weeks prior to the start of the course.

Teaching format:

- ☐ technique class
- ☐ task directed education
- ☐ learning through performance project
- ☐ seminar / group work
- ☐ stage / work placement
- ☒ individual advising
- ☒ instruction, self-study, feedback
- ☐ peer to peer feedback
- ☐ various
- ☐ other: please describe

Form of students output:

- ☒ process
- ☐ product
- ☐ presentation
- ☐ report
- ☐ essay
- ☐ (theory) exam
- ☐ other: please describe

Assessment by whom:

- ☒ teacher
- ☐ group
- ☐ someone else: please describe

Assessment:

(dialogue / progress oriented / sanction, repeat or re-doing)

Which competences of the seven described below the course contributes to (for further reference on the competences, check the page 18 of the SNDO study guide):

- ☐ I CREATIVE POTENTIAL – The graduate is capable of making choreographic work that expresses their personal artistic vision.
- ☐ II CRAFTSMANSHIP – In their work the graduate applies expertise and broad range of instrumental skills in a professional way.
- ☐ III INVESTIGATIVE AND REFLECTIVE ABILITIES – Through research and reflection the graduate gains understanding and knowledge about how they function as a professional and can use such insights in an artistic and social context.
- ☐ IV POTENTIAL FOR GROWTH AND INNOVATION – The graduate has the ability to constantly develop and deepen their artistic practice and way of working and thereby contribute to the development of their professional field and society.
- ☐ V ENTREPRENEURIAL AND ORGANISATIONAL ABILITY – The graduate can effectively shape their ambitions in an interdisciplinary and international filed.
- ☐ VI COMMUNICATIVE ABILITY – The graduate is able to interact within a wide range of professional contexts.
- ☐ VII COLLABORATIVE ABILITY – Following on from their function, the graduate contributes constructively to the realization of an artistic product or process.

Conditions:**Remarks:**

Note for teachers: your course description needs to be sent to SNDO admin esther.arribas@ahk.nl two weeks after the course is confirmed and no later than three (3) weeks prior to the course commencement. This form (must be) available to students in the weeks prior to the start of the course.