



Break dance

Associations

Martial arts: The person that is able to break his/her rhythm by a light hesitation or an unexpected movement is more likely to win a fight because attack and defence depend on more than just speed or strength.

Breakdance: Breakdance, also known as *breaking*, *b-girling* or *b-boying*, is a street-dance style, evolving as part of the hip-hop movement that originated among African-American and Latin-American youths in the South Bronx of New York City during the early 1970s. DJs would create *breakbeats*, a broken rhythm, to create something new, a new direction or song: the dancers respond.

Ideas

Rhythm: pulse, breath, heartbeat, nature; old and new rhythm patterns, breaking old rhythms; take a break; putting brakes on; break out; make space for new ways of finding your rhythm; old and new patterns of habits, routines – what is helpful? Coronaryrhythms in lockdown; what is the ‘new normal’ for you?

Practice

- 1 Focus internally, in a comfortable space.
- 2 Feel and observe your own body rhythms: start with pulse, breath, heartbeat... meditate.
- 3 From that visceral experience start a movement, with emphasis on rhythm, time and space. It can be sudden, slow, accelerated, decelerated, big, small, and everything in between; whole body or body parts. Notice images or words that might emerge; note them down or draw if you feel like it.
- 4 Find a piece of music that you like, especially in rhythmic terms (including arrhythmic or non-rhythmic)... why do you choose this?
- 5 Find a repeatable rhythmic movement that suits you at this point in time (with or without music).
- 6 Break it: change that movement and rhythm abruptly and see where it takes you.
- 7 Your own conclusions.

All these points are suggestions; please feel free to ignore, or change the order, or just stick with one or two points... hope you enjoy.