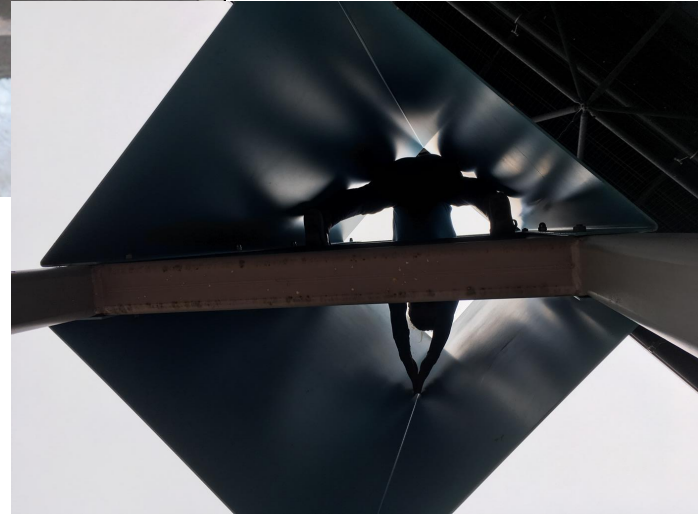


METHOD.MOVEMENT.URBAN



RESEARCH QUESTIONS

How are moving bodies seen in urban space?

How the urban space performs in the mover and contrary?

How the various movers and their abilities are taken care in planning spaces?

How to make users of the urban spaces reconnect with their body and movement abilities?

What new ways of moving in urban space are possible to achieve after raising body awareness and spatial awareness of the participants?

How to break the silence social rules for accepted moving in urban environment and turn everyday moving patterns upside down in urban layering?

After placing interventions in hot spots of urban environments what effect those shortly performed urban acupuncture could have in a long run?



HOW BODIES ARE SEEN?

IN ARCHITECTURE: standardized (modular, Le Corbusier) with minimum spatial need and movement possibilities (Why? throughout low-cost and fast ready principles). City planning Le Corbusier presented the free model; man do not need streets.

- reduced without gender, culture or ability
- primary visual, nearly static
- Public space analysis often combined with social behaviour of the spaces or other factors (utilization, connectivity, transport)
- Why planning in public spaces the bodies are often ignored?

IN MOVEMENT STUDIES: organism that requires complex movements to stay healthy

- need for movements from purely aesthetic and imaginative reasons as well as functional

- Body requires to move from own purposes and from functional purposes

- in constant movement in relation to other and the space

- Laban described human movement (how, quality, where we move, who and what we move in relation with)

Why movement studies approach?

- environment reflect the reductive way of being
- freedom to move circumscribed
- planning places that makes us sick (2050 ⅔ world population lives in cities)

WHEN DID YOU LIE LAST TIME HORIZONTALLY IN PUBLIC SPACE?
WHEN DID YOU LAST TIME SKIPPED IN PUBLIC SPACE WITHOUT
VALIDATION OF TRAINING CLOTHES?

- It is not a play. This is what we are as humans, it's our essence.
- cross sensory approach as body as centre of engagement with environment
- awareness of emotions and sensories to the buildings of our mind and creating the sense of space

Architecture and dance interact often in performance

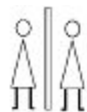
- closed space

- not interfere how world is

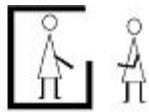
- JFK terminal renewal by choreographer J.Mitchell designing passengers flow

- >use of knowledge of movement makers

PLANNERS AWARENESS OF THEIR OWN BODY ABILITIES AND
MOVEMENTS CREATES PLACES WHERE MOVEMENT IS INCLUDED.



wall



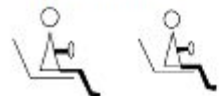
no wall



long distance



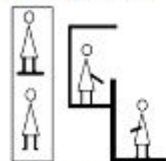
short distance



high speed



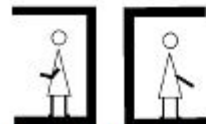
low speed



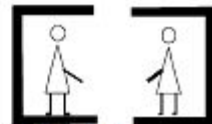
different levels



same level



back to back position



face to face position

a. preventive situations

b. supportive situations

Type of Activity	High quality of physical environment	Low quality of physical environment
Necessary activities		
Optional activities		
Social activities		

Source: Gehl (1987, 2010)

Gehl
(1987,2010)

-importance of movement range and varieties focus only when talking about designing houses inside (utilization)

-city-planning often focuses of the mass movements or the interaction and utilization of the spaces

HOW TO PLAN PUBLIC SPACES THAT AWAKENS THE SENSORY PERCEPTION OF THE USERS?

HOW TO PLAN PUBLIC SPACES THAT DON'T HAVE PRE-DESIGNED MOVEMENT PROPOSAL?

HOW TO TAKE CARE OF INDIVIDUAL MOVERS (NOT ONLY THE NECESSARY MINIMUM MOVEMENT ACCESSIBILITY)?

METHODOLOGY

Starting point the users of urban spaces, the target group.

Workshop plan:

1. Observing
2. Mapping
3. Improvisation
4. Interventions in urban space
5. Feedback



CROSS-DISCIPLINARY

MOVEMENT

Workshop part based on movement research and sensory awakening.

Raising understanding of individual movement possibilities.

Analysis of the body awareness in space and how the space affect to the body and contrary



URBANISM

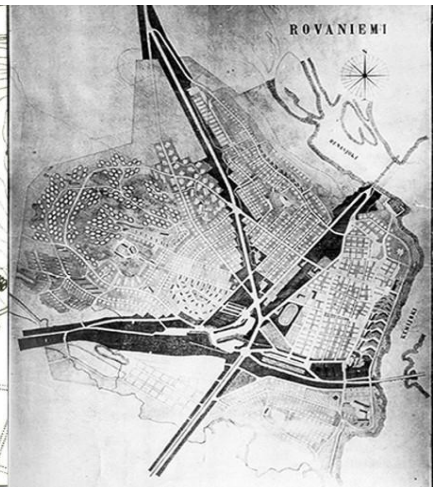
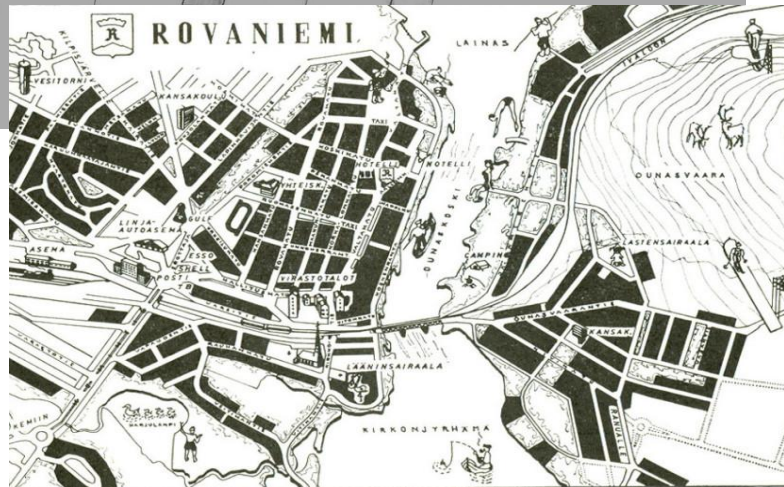
Urbanistic research of the public spaces that target group chose:

How they developed during the years (the cartographic history of the city and the general history of the city).

What kind of factors (social-, economical-, climate-, political-) have affected their design.

How various bodies and movers are taken care of in the spaces.

Is there any plans for future or collaboration with the public in planning development of the spaces.



METHODS TO USE

- sketching of the spaces and drawing by the participants
- mapping: participants maps, already existing maps and my own interpretation
- discussing with target group
- movement research (improvisation, movement analysis in body and in space)
- scientific research of the development of the spaces
- documenting by video and photos

PARTICIPANTS 2018-2019

- SWEDEN: Kalmar, Jenny Nyström Dance High School 2 groups,
Bergkvara, community members, seniors
- FINLAND: Rovaniemi, Professional dance education program
Lapland Education
- PORTUGAL: Lisbon, local school from social neighbourhood Bairro
Padre Cruz
- BELGIUM: Antwerp, local teenagers from Arlekino
- GERMANY: Braunschweig: University of Arts students

Cologne: Un-Label inclusive dance company

Munich: Ab-Art inclusive dance company

Lahr: Szene-2wei inclusive dance company

-HOLLAND: Tilburg, MA Urbanism Students Fontys University



OUTCOMES

- to build a solid methodology that offers result to build a information and/or workshop for urbanist students
- to reform the understanding of the body possibilities in urban space
- to raise awareness to the participants about their own environment
- to stop ignorance of bodies in city layering

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