

## 23.6 Paper Presentation V “Process”

### 以墊上嬪柔與太極導引方法重新探索身體動力的連結

By Yu-Ting Huang

As a practice researcher, I pay attention to how adult foreign learners enter into the body language of Odissi dance. Based on the principles of Somatics, I use Laban/Bartenieff movement analysis and Body-Mind Centering® to introduce Odissi dance into the analysis of knowledge and experience, converting the movement quality from body inertia.

In this presentation, I will share two different movement systems, the Gyrokinesis® Method and Taichi-Dowing. The first is how Gyrokinesis® activates the relationship between the pelvis and the lower limbs to enhance the pelvic-femoral rhythm. The second is how Taichi-Dowing uses rotation to connect the fingers to the scapula to improve the scapula-humerus rhythm. The last is using diagonal spiraling movement to connect the lower and upper part of the body completes the kinetic chain. Based on personal experience, developing bodily experience with the help of different movement system has a positive effect on performing Odissi dance.

### **Utilizing the Bartenieff Fundamental to exam and train the piano player**

By Yu-Chen Chou

This study will examine body coordination that affects the ability of piano playing based on the theory of Laban Movement Analysis (LMA) especially the Bartenieff Fundamental (BF) usage. BF emphasizes the importance of body connectivity that includes the understanding of the body parts used in moving; Core Support that affect the Dynamic Alignment; and clear movement Initiation in Effort Element in order to know the best integration between movement and music phrasings. The research methodology is implemented using BF exercises that Bartenieff created based on six human behavioral development patterns. In addition, four Major Movement Themes and nine Major Fundamental Principles of LMA are applied as the observation tools to look for the changes after the BF training for the piano players. The purpose of the study is to propose a practical approach to improve students' piano playing ability in hope that the players might bring a new way and new energy in the future performance.

Keyword : Bartenieff Fundamental、Core Support、Dynamic Alignment、Effort Element