

MB-Training

What is MB and what is it for?

MB = muscles/bones, mind/body - technique originally created by Japanese dancer/choreographer Min Tanaka.

MB is a dynamic body and mind training through the space that effects different dimensions:

1. the own body
2. the connection to the body of the working partner
3. the collective body and
4. the awareness of the space and environment around

In the MB-Training are used: dance techniques (from modern to traditional asiatic dance), aerobic, martial arts and imagination work.

The training is based on circles across the working space. It follows a clear spacial and dramaturgical structure.

music plays an important role for the dramaturgie of the training. It helps to guide the energie and the rhythm of the certain parts of the training.

It enhances and develops flexibility, creative physicality, endurance, precision, coordination and connection with the partner while creating awareness of the group and the space.

Structure

short warm up of the articulation in a circle

common opening of the session in the circle

positioning in two lines face to face with a working partner

start to move in the spacial structure:

warm up of feet, knees, hip, upper body

jumps/ endurance

exercises on the hands (head upside down)

turns

koordination

imagination work

power work

common closing of the session

short break with warm tea

manipulation (stretching and massage in couples or alone, depending on the circumstances and wishes of the participants)

Who can participate?

The training has a very clear structure, that all can follow. But the exercises I'm putting into this structure can change, depending on the participants. That's why the MB-Training applies to very different target groups: children from 4 or 5 years on, teenagers, adults, people with special needs. Professional dancers/ movers as well as not trained people. It's possible to do the training with everyone across language or cultural barriers. The only precondition is the willingness to move.

Collective dimension:

The MB training is a training that is carried out in a group.

Connection and rhythm are more important than the correct realisation of certain exercises. Its important to keep the connection with the working partner, to have him/her always beside. And its more important to keep the rhythm in the group than just the forms of the movements.

So the individual is part of a bigger enviroment and affects the rhythm and the energy of the working partner and the group.

It is a collective experience that I would not have had on my own. A very specific energy arises in the space, which only comes up from the collective. The group moves and works together, each individual is supported and empowered by the surrounding and the rhythm of the group. That has a social and a political dimension.

I realize that there are things that I can do for myself. I can steel my body, I can perform, I can act as an individual in this society. But there are things that take place outside of being alone, that only work out in a group/ collective/ society.

The MB-Training is first and foremost a collective experience.

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