



# NYBK NEW YORK BUTOH-KAN Training Initiative Program

58 Grand Street  
Brooklyn  
New York  
11211

718 388 6780

[www.CAVEartspace.org](http://www.CAVEartspace.org)

[www.leimayactslab.org](http://www.leimayactslab.org)

The **New York Butoh-Kan: Training Initiative Program (NYBK)** is a joint effort of CAVE and Garnica LEIMAY (LEIMAY) to strengthen resources for the study of Butoh dance in NY. The NYBK facilitates rigorous physical training, enriching students with the first person historical context from international masters. The NYBK endeavors to set forth an integrative training opportunity for the dancer, actor, and/or interdisciplinary performer, creating a platform for the future development of new work.

**The second phase of this initiative will take place at CAVE's studio in Brooklyn, NY during the months of October, December 2008 and January 2009.** This phase consists of five introductory training sessions led by international guest teachers, along with one Choreography-Performance session and one Intensive session.

The integrative training is based on Butoh Dance philosophy and practice and Noguchi Gymnastics—a Japanese gymnastic method of the relaxation of the body.

**CAVE** opened its doors in 1996 and is one of the longest-running experimental art spaces in Williamsburg, Brooklyn. For the past seven years CAVE has organized nearly 50 Butoh workshops, giving the opportunity to 800 local / international dancers to study with some of the greatest masters of this art form. To date, CAVE has produced three editions of this biennial international New York Butoh Festival; each festival has presented historical / educational films, as well as lectures and workshops with Japan Society, The Noguchi Museum, New York University, Yale University, Fordham University, and the Martin E. Segal Graduate Center of the City University of New York.

**Garnica LEIMAY (LEIMAY)** is a performance lab, dedicated to the exploration of the actor-dancer craft, training practices and performance possibilities through the creation of art installations, dance-theater pieces, inter-media collaborations, improvisational studies and training projects.

Considered one of Japan's major contributions to the performing arts of the 20th century, **Butoh** is a form of avant-garde performance that originated in the late 1950s and evolved in the turmoil of Japan's postwar landscape. Over the last few decades, Butoh has evolved to include individual artists and groups devoted to teaching and performing not only in Japan, but throughout the world. Butoh defies easy definition and embraces paradox. It fuses the traditional with the avant-garde, complex choreography with improvisation, and wild physicality with meditative stillness. The New York Butoh-Kan Training Initiative is the only program in the United States currently dedicated to study, explore, and expand the practice of this potent contemporary form, which challenges conventional definitions of dance/theater. **The Noguchi Gymnastics Method** is a base technique for Butoh training. These training techniques constitute an approach not limited to dancers, to generate fluidity and relaxation through the body. It encompasses a philosophy and set of exercises developed by Michizo Noguchi in the 1960s, based on a unique concept of perceiving the human body as sack of water (skin) in which the bones and organs are floating.



CAVE master workshops are supported, in part, by public funds from the New York City Department of Cultural Affairs. The New York Butoh-Kan is an initiative of CAVE and Garnica LEIMAY.

## ALL SESSIONS HELD AT CAVE:

**58 GRAND STREET, BROOKLYN, NEW YORK 718 388 6780**

Take the L train. Exit at the first stop in Brooklyn: *Bedford Avenue*. Walk South along Bedford Avenue towards *Grand Street* (you will pass streets numbered S7th, 6, 5, 4, etc...). Turn Right onto Grand Street. Continue just past Wythe Avenue and you will see CAVE (a black door) on your left. (It is 9 blocks from the subway station, and about 20 min. time from Union Sq. – from the station to our door)

### 2 WAYS TO REGISTER:

1. Register online via e-mail and pay via PayPal: [www.leimayactslab.org](http://www.leimayactslab.org)

2. Mail registration and payment to:

CAVE / NY BUTOH-KAN, 58 Grand Street, Brooklyn, NY 11211

**IF you need more information please contact: [training@caveartspace.org](mailto:training@caveartspace.org) or 718 388 6780**

## SESSION I

### MARI OSANAI (NOGUCHI GYMNASTICS)

#### Session I Introductory (12hr)

October 3 - 5

(Fri 6:00 pm - 10:00 pm / Sat-Sun 11:00 am - 3:00 pm)

The Noguchi gymnastics method is not limited to dancers, everyone can use it to generate fluidity and relaxation throughout the body. Japanese founder Michizou Noguchi envisioned the body as a sack of water (skin), in which the bones and internal organs float. Based on his philosophy and training methods, exercises explore the use of minimal effort: to awaken receptivity, explore fine-textured movement, and change the concept of "flexibility" by developing strength via inner responsiveness.

#### Session I Intensive (30hr)

October 6 – 10 (Mon – Fri 10am – 2pm)

October 13 – 17 (Mon – Fri 10am – 12pm)

Participants will deeply explore Noguchi gymnastics. In order to benefit more from this practice it is highly recommended although not mandatory that if you haven't taken Osanai's class in the past, you should take the 12/hr introductory session before this intensive session.

*"The essence of body movement is inner change. By breaking down the contact area within, this responsiveness allows freedom of movement, with finely tuned textures. The reality of change, the tendency to try to catch all things, that which comes to life, is the meaning of Taisou (Gymnastics)." - - Michizou Noguchi.*

## SESSION II

### Mari Osanai (CHOREOGRAPHY-PERFORMANCE) (40hr plus performance time)

October 13 – 24 (Mon - Fri, 10am – 2pm) on the 24<sup>th</sup> (12pm-4pm), with days off: Oct 18&19

Performances: October 24, 25 & 26. Call is at 6pm for the 8pm performances.

This session is open to participants who will be taking the Session I Intensive or Introductory and/or to those who took Mari Osanai's Intensive session during the first phase of the NY Butoh-Kan. During the first week two hours per day will be concentrated on Noguchi's practice, the rest of the time participants will explore how Noguchi's methods can be used for dance choreography. Osanai will create choreography specific to the participants of this session and it will be presented to the public in a double-billed program with Mari Osanai's solo performance.

Participants will be required to volunteer two-three hours of their time towards tasks related to their performance. (\*note\*: there is a special discount for those taking both the Session I Intensive and Session II)

### SESSION III

Tadashi Endo (**BUTOH MA: "emptiness" and "the space between"**)

#### Session III - Introductory A

**December 16 – 18 (Tue - Thurs: 6pm - 10pm)**

This session is open to all. Tadashi Endo's method aims to make the invisible visible. The minimum amount of movement lets the expression of feelings and situations grow to highest intensity. Emphasis is placed on the balance realized with energy, tension and control. *"The dancer shall not dance - but should be danced"*

#### Session III - Introductory B

**December 19 – 21 (Fri 6:00 pm - 10:00pm / Sat-Sun 11:00 am - 3:00 pm)**

Same as Introductory A.

*\*Please note that both of these sessions will also serve as an audition for those interested in being considered for a European opera project that will be choreographed by Tadashi Endo, to premiere in April/May 2009. Endo is looking for 7 dancers. This project is a cooperation of the Butoh Centrum MAMU Göttingen with the International Händel Society Göttingen and will have its premiere on May 26, 2009 at the International Händel Festival in Göttingen. It will also be performed at the International Festival in Edinburgh. Director: Doris Dörrie; Choreographer: Tadashi Endo; Conductor: Nicolas McGegan.*

### Session IV

**DAIJI MEGURO**

**January 16 – 18, 2009 (Fri 6:00 pm - 10:00pm / Sat-Sun 11:00 am - 3:00 pm)**

**Exact dates to be announced. 3 days of 4 hours each day.**

During this session participants will explore warm up exercises focusing on the isolation of body parts. Images are used to create impulses from inside the body, to then observe the possibilities of connection between body parts with the outside world. Daiji's approach to dance practice is influenced by his ongoing work with master Ko Murobushi as member of his three man company: *Ko and Edge* and by his experiences studying under Akiko Motofuji at *Asbestos Kan* in Tokyo.

### SESSION V

**XIMENA GARNICA (THE ELUSIVE BODY)**

**January 23 – 25, 2009 (Fri 6:00 pm - 10:00pm / Sat-Sun 11:00 am - 3:00 pm)**

This introductory workshop focuses on improvisation and how it can develop choreography. Training is based on Butoh and Noguchi gymnastics methods. Awakening consciousness by exploring the unconscious domain, allows us - as dancers, choreographers and theater artists - to expand our understanding of the body, and our experience and understanding of daily life. Consequently, we enlarge the realms of perception, creation, and discover the possibilities for interaction therein.

## PHASE II TEACHERS:

**TADASHI ENDO** was born in Peking, China. Japanese Butoh dancer, choreographer, director Tadashi Endo synthesizes the traditions of Noh, Kabuki and Butoh. He founded his own way of dance, known as *Butoh MA*. "MA", in ZEN-Buddhism, means "*emptiness*" and "*the space between*." Endo is guest professor at the "Hochschule für Darstellende Kunst" in Frankfurt Main, Germany; "The Academy of Music and Moving Arts" in Jerusalem, Israel; and at the Núcleo Interdisciplinar des Pesquisas Teatrais, Unicamp, at University Campinas, Brazil.

**MARI OSANAI** was born in Aomori, Japan; trained in Classical Ballet, Noguchi Gymnastics, Yoga, Tai Chi and Hip Hop. The philosophy and practice of Noguchi Gymnastics has had a strong influence on her creations; her unique movements are realized through interweaving these diverse techniques. She has performed in Japan, Canada and the USA.

**DAIJI MEGURO** is a member of Ko Murobushi's three-man Edge Company. He is founder of the NUDE Dance Company, in which he explores the evolving meanings of Butoh through his own choreography, expanding and stretching the possibilities of this dance form. His training in Butoh comes from five years working with legendary Butoh master Ko Murobushi and with regular training 1995-2003 at Asbestos Kan with Hijikata's widow Akiko Motofuji

**XIMENA GARNICA** was born in Bogota, Colombia. She is a dancer-actress and emerging choreographer, director based in NYC. She is the artistic director of Garnica LEIMAY in which she explores her own approach to performance. The human body is at the root of her creative work and is focused on the "total body" and its presence, synthesized through voice, body and a performance experience, grounded through the senses to discover/uncover the ambivalence of human nature. She holds a B.A. in Theater from the City College of NY, and graduated from Akira Kasai's Tenshikan Dance Institute (Tokyo). She has trained for the past 10 years with various Butoh masters from among the ranks of Japan's first generation of Butoh. As guest teacher, she led workshops at the Universidad Nacional de Colombia and the Academia Superior de Artes de Bogota.

## NEW YORK BUTOH-KAN REGISTRATION FORM

**Register before September 15 to be eligible for special tuition**

Regular registration dead line: one week prior each session

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip Code: \_\_\_\_\_

Country: \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

**Please submit (via email to [training@CAVEartspace.org](mailto:training@CAVEartspace.org) or regular mail) a brief statement describing your previous training if any and background. A deposit of \$100 for each introductory session or of \$200 for each intensive and or choreography-performance session is due with your application.**

Checks should be made payable to "CAVE Organization Inc." Deposits are non-refundable under any circumstances. Full payment is due one week before the beginning of each session. If you received special tuition and you are unable to attend some of the sessions, you will be responsible to pay regular tuition for the session (s) taken. NY BUTOH-KAN reserves the right to cancel any session, due to insufficient enrollment, in which case a full refund will be given.

**TWO WAYS TO REGISTER:**

**1. REGISTER ONLINE VIA E-MAIL AND PAY VIA PAYPAL: [WWW.LEIMAYACTSLAB.ORG](http://WWW.LEIMAYACTSLAB.ORG)**

**2. MAIL REGISTRATION AND PAYMENT TO: CAVE / NY BUTOH-KAN 58 GRAND STREET BROOKLYN, NY 11211**

<b>Session I</b> (Noguchi Gymnastics / Mari Osanai)	
<input type="checkbox"/>	Introductory Training 12/hr 192
<input type="checkbox"/>	Intensive Training 30/hr 435
<input type="checkbox"/>	<b>Session II</b> (Choreography-Performance / Mari Osanai) 40/hr plus performances <b>580</b>
<b>Session III</b> (Butoh-MA "emptiness" & "space in between" / Tadashi Endo)	
<input type="checkbox"/>	Introductory Training A 12/hr 192
<input type="checkbox"/>	Introductory Training B 12/hr 192
<input type="checkbox"/>	<b>Session IV</b> (Daiji Meguro) 12/hr <b>156</b>
<input type="checkbox"/>	<b>Session V</b> Introductory (The elusive body / Ximena Garnica) <b>156</b>

**Special Tuition for Selected Training Sessions if Register by September 8th**

Session I Intensive	413
Session II	551
Session I Intensive and Session II	696
Session IV Introductory and Session V Introductory IV & V special tuition by November 1st	240

Method of Payment

check  PayPal  money order  cash

Subtotal	
Less Deposit	
Balance	

signature \_\_\_\_\_ by typing or signing your name you agree to the charges above