

SOMDANCE MANUAL



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The Sомdance Manual

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The Sомdance Manual is the product of a two year, government funded research project title "The Sомdance Project". The project investigated developing an approach to contemporary dance training in a tertiary dance context that integrated somatic education principles into the curriculum in a way that promoted developing graduates who are skilled learners, dancers and performers, individuals who are prepared to function effectively along whatever path they choose to take. More specifically, the intention was to produce a program in which somatics could serve the needs of dance training not only as a supplementary study but woven into the fabric of the dance technique class.

The manual is in three parts. Part 1 includes a description of somatics and its relationship with dance. It gives an overview of the Sомdance Project and discusses in more detail how the manual can be used. Part 2 describes the somatic principles that you are invited to work with, complemented by a discussion of functional anatomy. Linked to each principle is a series of activities designed to help you physically experience that principle. The focus in Part 3 shifts to how somatic principles can service dance training.