Mod 6: 8pts Assigned.

Your document is being very temperamental with me…if I try to add text or move stuff about it bumps me around & I don't want it to! Can you send text that's less 'insistent' in its formatting?
I turned the sound off…
I've read your paper and your observations are very good – as your work generally is...
I'm going to look at your video
#1 – good – force is less extreme than are space and time…
#2 Good
#3 OK – your impulses are fast…can you initiate your movement SLOWLY?
#4 Put it in your core. If I took your arms away what would we see? Your 'typing' solo was very interesting!
#5 The initiations are fast…then you slow down. Time gets away from you.
#6 Good
#7 You've got this
#8…time again. What is REALLY SLOW?

Great work. It's so obvious that you love to move. Exploring extremes in time….an objective

Paula Johnson

I found movement exploration #4, working through the different combinations of space, time, and force, extremely enjoyable. I look forward to re-visiting all of the movement explorations, myself and with students. It would be interesting for them to discover their own movement behavior profiles.

In particular, I found it most challenging when trying to use a weak force with fast movements. In order to move fast, you need to use strength. **Well…you need 'strength' to do any movement….it's a matter of degree.** It is hard to separate the two. I had to continually remind myself to stay relaxed and loose.

I had an affinity for all movement combinations that had a strong force. The only one I highlighted that had a weak force was combined with large and slow.

After reading your feedback on the last reflection paper, I agree that I am, “a burst undulate with a better sense of restrained than sustained.” Thank-you for the feedback on my movement behavior. **You’re welcome**

Video of Movement Exploration #4: Space, Time, Force: https://vimeo.com/806555841

(There is a chart in my document that didn't copy into this space.)

SPACE	TIME	FORCE
Small 1	Slow 1	Weak 1
Large 2	Fast 2	Strong 2

Favorite	Second Favorite	Third Favorite	Fourth Favorite
Green	**Blue**	Yellow	**Pink**

Yeah….I watched these in silence.

Large Fast Strong (Smashing Pumpkins: Bullet with Butterfly Wings)

Out of breath

Hard to move big in body movements and take up space on the stage

Moving quickly in all my shapes and body movements is difficult to do big.

Tried to use a lot of force and punching movements came out.

Trying to forcefully use levels was hard - going down and up.

This did not feel beautiful

This felt angry and exhausting

Force seemed the hardest for you to get at as an EXTREME…

Large Fast Weak (Smashing Pumpkins: Bullet with Butterfly Wings)

This was difficult. I started on the spot using big movements in the space I was in.

Trying not to be forceful and fast

Forceful and fast more naturally align.

I had to force myself to be weak but that made my feet not go fast.

I noticed I was going too slow - I told myself to quick feet but then had to remind myself to do that weakly. Which was awkward

When I watch the video of this, I know I could be weaker. I found it difficult to be loose and weak, especially with fast.

Good observations……dang! The formatting is taking over – the text just started shifting its margins…..I'll just add comments to the top….send me documents I can mess with

Small Slow Strong (Smashing Pumpkins: Disarm)

I really liked small slow and strong.

I started low to take up less space. I had to restart because I started to go fast right away.. Or medium.

Maybe that means I will like small fast and strong.

The force came from the tension in the muscles and the movements

I had to remind myself to go slow. I am using music so sometimes that naturally effects my tempo - but it is more enjoyable with music.. So I will just keep reminding myself of the speed and to ignore when I have to the builds in the songs.

My movements were in towards the body and never fully extended.

I played with gestures and eye line as well which was enjoyable.

Small Fast Weak (Jane's Addiction: Been Caught Stealing)

I started low and had to remind myself to go weak.

This felt really relaxed by hard to keep small

To keep small I played with shoulders, hands, and head again.

I got up and tried making my feet and legs small movements but that was more difficult to keep small. Maybe if I was laying down or in a ball and not standing.

Weak is difficult. We are so used to moving with force - stronger force.

I had to remind myself to keep it loose.

Large Slow Strong (Bon Iver: Holocene)

I like large slow and strong.

I had to remind myself to go slow - again music - and then pulling myself back.

Strong force came from the tension in the muscles again - going low to the floor and coming back up with muscular tension

Also force came from large, round movements - filling in as much space as a I could - I guess that means that going large also helps make tension if you are trying to do slow and controlled.

I like moving like this. I could have danced the whole song.

Large Slow Weak (Bon Iver: Hey Ma)

This was difficult to keep consistently slow

This was difficult to keep weak

Both I had to remind myself of.

I had fun moving this way - even though it was a challenge, it was enjoyable

I challenged myself halfway through to try and go slower - asking myself - how slow is slow?

Is this slow?

Small Fast Strong (Nirvana: Lithium)

This one makes me feel like a crazy person - which I kind of like… sometimes. Gets a yellow.

I just didn't want to stay small.

But -small was less tiring than Large fast strong which was exhausting.. But now that I look back on it more free - making it more fun. Maybe that should get a yellow too? Maybe that gets fourth place? Pink - good for short period of time.

Small Slow Weak (Smashing Pumpkins: 1979)

This isn't even fourth place. This is sleep dancing.

This is no fun - too hard - maybe ok if you are really sleepy and waking up - beginning of a warm-up or end of a cool down. Definitely not now… when I just want to dance and be free.

Small - low to the ground - moves are in towards and not extending all the way

Not moving in space too much

Slow - is hard - what is slow - reminding always to go slower

Weak - weak is hard to be consistent with too - had to keep reminding to stay loose.

Paula Johnson_M6P2_Reflection- Exploration #4.docx