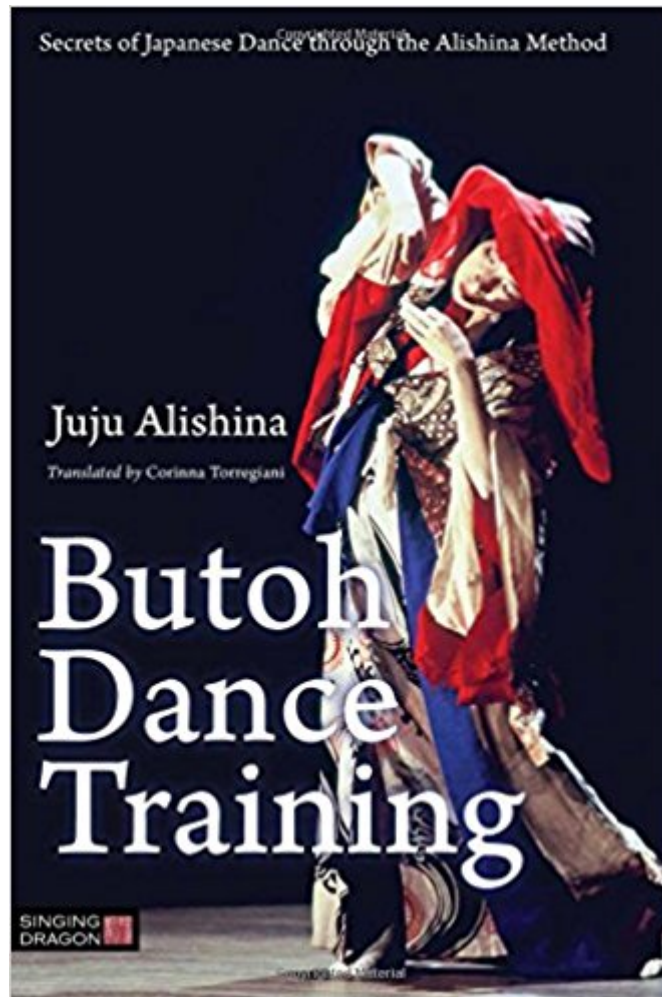


The book was found

Butoh Dance Training: Secrets Of Japanese Dance Through The Alishina Method



Synopsis

Drawing on avant garde and classical Japanese dance traditions, the Alishina Method offers a systematized approach to Butoh dance training for the first time in its history. With practical instruction and fully illustrated exercises, this book teaches readers: • basic body training and expression exercises • exercises to cultivate Qi (energy) and to aid improvisation • about katas (forms) and how to develop your own • the importance of voice, sound and music in Butoh • to collaborate and be in harmony with others • techniques to manipulate time and space • how to develop the imagination and refine the senses to enrich performance. This authentic approach to Japanese dance will be compelling reading for anyone interested in contemporary dance, performance arts, Japanese culture or personal development techniques.

Book Information

Paperback: 296 pages

Publisher: Singing Dragon; Tra edition (July 21, 2015)

Language: English

ISBN-10: 1848192762

ISBN-13: 978-1848192768

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #856,211 in Books (See Top 100 in Books) #16 in • Books > Arts &

Photography > Performing Arts > Dance > Notation #45 in • Books > Arts & Photography >

Performing Arts > Dance > Choreography #79 in • Books > Arts & Photography > Performing Arts > Dance > Modern

[Download to continue reading...](#)

Butoh Dance Training: Secrets of Japanese Dance through the Alishina Method I Love to Eat Fruits and Vegetables (English Japanese bilingual, Japanese baby books): japanese children books, japanese kids books,japanese bilingual ... Bilingual Collection) (Japanese Edition) I Love My Mom (japanese kids books, japanese children stories, bilingual japanese books): japanese for kids (English Japanese Bilingual Collection) (Japanese Edition) I Love My Dad (English Japanese bilingual books, japanese children books): japanese kids books,japanese children stories (English Japanese Bilingual Collection) (Japanese Edition) Childrens Japanese book: Lisa can Read.Ã£â Å Ã£Â•â ¢Ã£â ¬Â•Ã£Â•ËœÃ£Â•Â¶Ã£â â œÃ£Â•Â§Ã£â Ë†Ã£â Â•Ã£â â Ã£â Ë†:

Dmca