



Jesse Danger: Constructive Chaos



Jesse Danger is one of the first practitioners of parkour in the United States, founding the discipline in 2004. This session explores creating a Game through Systems Thinking and how it supports and sustains non-linear growth across the individual practice and the movement community.

TOP EMBODIMENT TIP: Don't be bored

Constructive Chaos: An adaption of an activity design from Brendon Trombley through the Institute of Play

- **Game:** A motivational system. In this case a movement activity, and my argument is that all movement activities are some level of motivational and can fit within the systems I'm sharing, though any number of systems could be created. The system you choose will shape your results
- **Finite and infinite games:** (James Carse) A finite game has a winner and a loser, a beginning and an end. An infinite game continues. A game of chess is a finite game. Being a chess player is an infinite game. We aim with all of our sessions to support the infinite game of being a mover, and note that everyone is able to move in any capacity is a mover
- **Systems thinking:** A way of helping a person to view systems from a broad perspective that includes seeing overall structures, patterns and cycles in systems, rather than seeing only specific events in the system
- **Non-linear pedagogy:** A constraints led approach to skill development letting the behavior, in this case movement, dictate the success of the programming, and letting the programming be in the shaping of the environment that the student navigates through. Even with intentional linear growth we create results outside of our intention

Mental Model: What is the focus of the game?

- There are four categories: Exploration, Play, Drill or Challenge
- The sliding scale of teacher-directed or self-directed to simplicity to complexity

Parts of the Game: Which is the most important factor?

- There are six factors: Movements/Actions, Space, Goal, Rules, Tolls, Challenges
- Any of these can be the goal of the Game performance

Resources

- ❖ **Courses:** [Youth](#) | [Adults](#)
- ❖ **Website:** [The Movement Creative](#)
- ❖ **Social:** [Yelp](#) | [FB](#) | [Instagram](#)



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

