



Tom Weksler: The Perspectives of Art and Craft: Moving Towards the Unknown



Tom is a dancer, choreographer and founder of Movement Archery. Tom's movement workshops have taken place in Schools, Dojos and Professional Companies all over the world. Delve into Tom's movement practice and expression of art and craft on a level which is personal, constantly changing and not dependent on established and preconceived concepts.

TOP EMBODIMENT TIP: Enjoy your body.

Contemplating Questions: Why & How Do We Work with the Body?

- What does it mean to have a craft with your body? (where the body = the material for your craft).
- Knowing the weight of your body and what happens to the weight of your body, in different situations, times, places; Understanding how the weight of your body responds to gravity, and how this leads to momentum.
- Experiencing **impulsions** and then trying to do something with them to develop your own practice, your own craft.
- **Clean Paper Exercise**; replaces the frequency of ideas with mindsets or qualities, and strives to work without preconceived ideas, judgement; but needs a 'trigger' to move, impulses, impulsions.

Integrating the Perspectives of Art and Craft: Skillful Expression of the Body - Impression, Integration, Expression

- **Craft** is familiarity with the tools and the self, and depends on repetition and practice over time. Being familiar with the materials of your artform (clay, wood, etc.), and familiarity with how you respond to these tools (which do you have more/less control). For Tom's craft, weight, gravity, and direction in space come together for momentum.
- **The craft of movement** is the accumulation of knowledge of how my weight and gravity, in the space around me, affects me. Good craft *personship* is then the ability to speculate the interactive possibilities of your weight, gravity and space. As a crafts person,
- **Art** is the study of myself in context; an understanding of the context; a responsiveness to your own context (time, place, perspective).
- Existence is a gradual process of understanding what is the self and what is there around me (quoting Morris Berman). Both art and craft ask that you respect this continuous discovery of what is the self and what is around you.
- **"Art is an act of experience"** that is multi-sensory, and we need a certain awareness of all the senses together to achieve a complete experience (re. John Dewey). Experience begins with impulsion, 'the movement of the organism in its entirety' (Dewey), an attraction that elicits our curiosity. Impulse (within our body) vs impulsion (external stimuli).

Resources

- ❖ **Website:** movementarchery.com; wondergroundcompany.com
- ❖ **References:** Morris Berman (American historian; *Wandering God: A Study in Nomadic Spirituality*, 2000); John Dewey, "Chapter 4: The Act of Expression", in *Art as Experience*, 1934)



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