



Louiseanne Wong: Who am I when I stand up and when I fall?



Louiseanne is a dancer, movement artist, choreographer and coach with Esprit Concrete. She sees her movement practice as a way of self-discovery, exploring topics such as authenticity, identity, and heritage. Join Louiseanne and explore movement qualities, identity, and heritage, to aid self-discovery and reflection through a guided interactive movement session.

TOP EMBODIMENT TIP: Stay curious and stay authentic.

Movement Practice: Context & Origins

- **Esprit Concrete** method is based on psychology that underpins movement. Our movement, perception, emotions, environment (both physical and psychosocial), and the things we say or don't say tell a lot about ourselves.
- The method uses dance, Art Du Déplacement (the origins of Parkour), and how we embody the past, the present, and see the future within us.
- **Breath** means "to breathe upon". Breathe while expressing, while processing, while doing.
- **Standing & Crumbling/Falling:** These polar opposites can be seen as strength or vulnerability, depending on you. There are no wrong answers, just information and feedback.
- **Visualization & Imagery:** Use images of water with different qualities depending on its environment and container. Water can be cool, smooth, and calm or it can be fast and powerful like a waterfall. It can be destructive.
- **Krump Dancing:** Originating in Los Angeles, Krump is an emotionally-charged, non-violent act of expression that gives permission to make noise. It brings awareness to breath, noise, the floor and the vibrations from the floor. Think about the chest while you do these movements.
- **Krump Stomping:** Scoop and Stomp, Back Stomp, Gallop Stomp

Reflection:

- Consider the similarities between yourself and the floor. Was there a change within you from Crumbling to Krump?
- Moving / dancing without music: Having to 'unlearn' / re-think the embodied relationship between music and dance. Without music, movement still exists. Am I still me? Am I still a dancer?
- **Crumbling & Stomping:** When crumbling, you try to put as much of your body in touch with the floor as possible. Whereas, stomping requires you to leave the floor before coming back in touch. There is a duality between leaving the floor and being on the floor.
- **Esprit Concrete Method & Object Relationships:** Physical touch with an object or obstacles gives you feedback, and the sensation of 'being in touch' with something provides reassurance that your body is here and that object is here. What does the response to the objects, to the floor, say about you? How do your body and your emotions respond to leaving/returning to the floor, crumbling to the floor?
- **Krump:** There are levels of self-discovery and self-esteem that you can observe in your body and that embodied sense. Assertive, authority training through Krump.

Resources

- ❖ **Website:** espritconcrete.com
- ❖ **References:** [Krump Dancing](#), [Kasturi Torchia](#), [Gogoly Yao](#)



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