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Man, you can say that about Free Play: Improvisation

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in Life and Art. The thing about play in art, is it's a sign of strength to spare, wind to spare, like someone running a marathon who breaks out into a pirouette. Sometimes working on a long project, the task just seems monstrous--like trying to build a gothic cathedral all by yourself.

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Free Play: Improvisation in Life and Art is a book written by Stephen Nachmanovitch and originally published in 1990 by Jeremy Tarcher of the Penguin Group. Free Play is the creative activity of spontaneous free improvisation, by children, by

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artists, and people of all kinds. According to Stephen Nachmanovitch, free play is more than improvisation.

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jeremy tarcher of the penguin group free play is the creative activity of spontaneous free improvisation by

Free Play is about the inner sources of spontaneous creation. It is about where art in the widest sense comes from. It is about why we create and what we learn when we do. It is about the flow of unhindered creative energy: the joy of making art in all its varied forms. Free Play is directed toward people in any field who want to contact, honor, and strengthen their own creative powers. It integrates material from a wide variety of sources among the arts, sciences, and

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spiritual traditions of humanity. Filled with unusual quotes, amusing and illuminating anecdotes, and original metaphors, it reveals how inspiration arises within us, how that inspiration may be blocked, derailed or obscured by certain unavoidable facts of life, and how finally it can be liberated - how we can be liberated - to speak or sing, write or paint, dance or play, with our own authentic voice. The whole enterprise of improvisation in life and art, of recovering free play and awakening creativity, is about being true to ourselves and our visions. It brings us into direct, active contact with boundless creative energies that we may not even know we had.

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A conceptual framework for understanding the development of improvised dance in late 20th-century America

Over the last few decades, the notion of improvisation

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has enriched and dynamized research on traditional philosophies of music, theatre, dance, poetry, and even visual art. This Handbook offers readers an authoritative collection of accessible articles on the philosophy of improvisation, synthesizing and explaining various subjects and issues from the growing wave of journal articles and monographs in the field. Its 48 chapters, written specifically for this volume by an international team of scholars, are accessible for students and researchers alike. The volume is organized into four main sections: I Art and Improvisation: Theoretical Perspectives II Art and Improvisation: Aesthetical, Ethical, and Political Perspectives III Improvisation in Musical Practices IV

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Improvisation in the Visual, Narrative, Dramatic, and Interactive Arts Key Features: Treats improvisation not only as a stylistic feature, but also as an aesthetic property of artworks and performances as well as a core element of artistic creativity. Spells out multiple aspects of the concept of improvisation, emphasizing its relevance in understanding the nature of art.

Covers improvisation in a wide spectrum of artistic domains, including unexpected ones such as literature, visual arts, games, and cooking. Addresses key questions, such as: - How can improvisation be defined and what is its role in different art forms? - Can improvisation be perceived as such, and how can it be aesthetically evaluated? - What is the

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relationship between improvisation and notions such as action, composition, expressivity, and authenticity?
- What is the ethical and political significance of improvisation?

In most forms of dancing, performers carry out their steps with a distance that keeps them from colliding with each other. Dancer Steve Paxton in the 1970s considered this distance a territory for investigation. His study of intentional contact resulted in a public performance in 1972 in a Soho gallery, and the name "contact improvisation" was coined for the form of unrehearsed dance he introduced. Rather than copyrighting it, Paxton allowed it to evolve and

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spread. In this book the author draws upon her own experience and research to explain the art of contact improvisation, in which dance partners propel movement by physical contact. They roll, fall, spiral, leap, and slip along the contours and momentum of moving bodies. The text begins with a history, then describes the elements that define this form of dance. Subsequent chapters explore how contact improvisation relates to self and identity; how class, race, gender, culture and physiology influence dance; how dance promotes connection in a culture of isolation; and how it relates to the concept of community. The final chapter is a collection of exercises explained in the words of teachers from

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across the United States and abroad. Appendix A describes how to set up and maintain a weekly jam; Appendix B details recommended reading, videos and Web sites. Instructors considering this book for use in a course may request an examination copy [here](#).

Derek Bailey's IMPROVISATION, originally published in 1980, now revised with additional interviews and photographs, deals with the nature of improvisation in all its forms--Indian music, flamenco, baroque, organ music, rock, jazz, contemporary, and "free" music. Bailey offers a clear view of the breathtaking spectrum of possibilities inherent in improvisational practice.

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Upton Sinclair, one of America's foremost and most prolific authors, addresses the cultivation of the mind and the body in this 1922 volume. Sinclair's goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: The Book of the Mind covers such subjects as faith, reason, morality, and the subconscious. Part Two: The Book of the Body develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures .

First comprehensive overview of improvisation in

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dance. This collection of classic and new writings on dance improvisation brings together 21 essays by prominent dancers, scholars and historians. Until now, discussion of improvisation in dance has focused mainly on the postmodern form known as contact improv. Taken by Surprise reflects the development of improvisation as a compositional and performance mode in a wide variety of dance contexts, including dance traditions from around the globe, such as Yoruban masked dance, Indian Bharatanatyam and flamenco. The book also includes a thoughtful look at computer-aided choreography, a discussion of recent innovations in tap dancing and a section on improvisation in everyday life. Combining primary

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sources with critical analysis, Taken by Surprise will serve as an indispensable companion to studio work in improvisation, and a much-needed supplement to twentieth century dance histories. CONTRIBUTORS: Ann Cooper Albright, Sally Banes, Bruce Curtis, Kent Despain, Margaret Thompson Drewal, Simone Forti, Susan Leigh Foster, David Gere, Raymond W. Gibbs, JR, Michelle Heffner Hayes, Carmela Hermann, Constance Valis Hill, Rachel Kaplan, Maura Keefe, Victoria Marks, Avanthi Meduri, Steve Paxton, Janice Ross, Karen Schaffman, Nancy Stark Smith, Ellen Webb, Ruth Zaporah.

This brilliant biography of the cult guitar player makes

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you forget everything you think you know about jazz improvisation, post punk and the avant-garde Derek Bailey was at the top of his profession as a dance-band and record-session guitarist when, in the early 1960s, he began playing an uncompromisingly abstract music. As the Joseph Holbrooke Trio, with bassist Gavin Bryars and drummer Tony Oxley, Bailey forged a musical syntax which has since operated as an international counter to the banality of commercialism. Refusing to be labeled a "jazz" guitarist, Bailey has collaborated with performance artists, electronic experimentalists, classical musicians, Zen dancers, tap dancers, rock stars, jazzers, poets, weirdos and an endless stream of

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fiercely individual musicians. Today his anti-idiom of "Free Improvisation" has become the lingua franca of the "avant" scene, with Pat Metheny, John Zorn, David Sylvian and Sonic Youth's Thurston Moore amongst his admirers. Derek Bailey and the Story of Free Improvisation lifts the lid on an artistic ferment which has defied every known law of the music business. Telling the story via taped interviews with Bailey and his cohorts, gig reports and album reviews (including an exhaustive discography of Bailey's vast and hard-to-track output), Ben Watson's spiky, partisan and often very funny biography argues that anyone who thought the avant-garde was dead simply forgot to listen.

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Life is indeed a game that we all play to pass time; simply a series of days strung together, made up of how you planned or decided to spend the moments. Like any game how well it is played or whether life's circumstances are interpreted accurately, then used to the best advantage, makes losers and winners to varying degrees. Senseless insanity is alive and well within the world. The world is awash with unruly forces, that if not intent upon harming you do desire to become a destabilising force, either temporarily or over the long term. We are all participants in a charade, how life evolves and turns out all depend on how well the game is played. It is not wise or ideal to

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treat life like a game of chance, a random roll of the dice that can determine unpredictable outcomes. The cost of success is the careful application of well thought out concepts and ideas. Like any game preparation is critical; understanding the rules, knowing how to manipulate the dynamics at play efficiently to ones own advantage, understanding the intricacies of the rules and how to capitalise upon or create opportunities, pursuing whatever circumstances are present to maximise whatever potential exists to the best advantage. The potential opportunities in life are only limited by the inability to firstly comprehend them and secondly to fully utilise personal abilities to maximise the potential that is

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available. Don't wait for special times to evolve, rather create them in accordance with your true desires to experience what you wish to make real. Much like any game, the game of life has things that can be obtained, or things that can be lost. How the game is played, the value of the stakes, the opposing factions all come to dictate an outcome, be that favourable or lacking any resemblance of being lucky. A life lived based upon any reliance on luck or fate being favourable is tempting only to the over optimistic, or those extremely lucky ones or who were fortunate in the past and believe that good fortune will continue in the future. While it takes resources to control the world, the control of your own specific

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world environment is really within your potential to achieve. How you choose to control your world, as well as to what extent your desires are put into action, determine whether your life will meet your wishes or not. The amount of thought and energy you exert, the persistence of that effort, all comes to determine whether and to what degree what you want is what you actually get. In life you may win or loose at times, it's basically just like playing a game; the right mentality is chancing the wheel of life by trusting and ensuring you will win just the same.

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