Good Morning.

As a choreographer, I find inspiration by observing the emotion interaction between people in different setting and situations. This concept I researched, abstracting the information and intent of pedestrian gestures and movement into my own choreographic vocabulary.

This past fall, I created a solo modern dance work, *Running...Blank*, as a part of my senior B.F.A. project. The project required me to create a dance work, pulling from my own inspiration and movement vocabulary, as well as using the tools I have learned from the pervious choreography courses.

The creation of the solo began with making the movement vocabulary first. The work contains three movement phrases.

*Show movement phrases*

*While Showing movement phrases*: Each phrase contains an element of spiral within the spine as well as the whole body, a tension between being on balance and off balance, and quick shifts in directions

After creating the movement, I then added the music. The music, by guitarist Gustavo Santaolalla, aided in establishing my overall concept for the work. Instead of having my movement dictated the music completely, I used the music as both
ambience. The music evokes a sense of urgency and anxiety in the movement; from this finding, I was able to establish the beginning of the intent of the work. How does stress affect a person?

After establishing a connection to the music, I manipulated the phrases using primarily fragmentation and retrograde. I began with the first phrase, moving through the actions until I found a place to insert a new movement. From there, I let the movement evolve, natural changing directions in space and speeding up the tempo of the movement as a result. Fragmentation in work represents the idea of being interrupted by stress. Retrograde, the idea of taking movement and reversed it as if being part in rewind, represented another idea of stress in the form interruption. The movement follows a steady forward pace, until it retrogrades or goes back on it self. It also illustrates the idea of doubt and indecisiveness.

In rehearsing the final product of the work, I was able to solidify my research in the work. The main purpose for the work was to investigate, through the manipulation of movement, the limits of the mind and body as it relates to stress. The combination of music, choreographic tools, and movement vocabulary illustrates a person who is completely overwhelmed in both mind and body by their own stress. By the end of the work the person is so exhausted that his body and mind reach a point of reboot, going blank. This is where the title originated.
To conclude my presentation of my choreographic, I would like to present *Running...Blank*; the struggle of a man dealing stress to the point of physical and mental exhaustion.

*Show solo work: 5min 9sec*

** For the symposium presentation, I would like to present this project as a video, from a DVD. Whether the work be shown on a television or projected on a screen (both with sound) is flexible to the available accommodations. The piece itself is 5 minutes and 09 seconds, and I would like to give a live oral introduction.