



video notes on notes taken in the landscape of viljandi  
20th european contact improvisation teachers exchange, viljandi estonia 2005

video DIETER HEITKAMP  
editing ANDREA KEIZ

### about the project

the idea for the concept of this documentation came up in a studylab on documentation, that was facilitated by konstantinos mihos during the last day of the 19th ECITE in athens 2004. andrea and i have both participated in this studylab. during this lab i filmed participants, whom i had asked, if they could read from their journals, notes written during the conference.



*how to document*

*deborah sbeiz reading her notes* 19th ECITE athens 2004

<http://www.youtube.com/watch?v=ZJZjQcoj4Dw>

the filming of *scapes* is following a principle, that i experienced in a video dance workshop with lisa nelson in berlin in the early `90ies. it is comparable with the contact improvisation exercise „rolling point of contact“. the camera is following a line continuously without jumps – outlines of bodyscapes, notebooks or lines found in the environment.

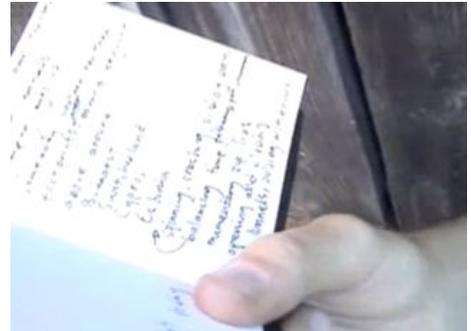
another aspect besides close ups of the dancers/teachers and their notes, is something, that strongly draw my attention in viljandi – the lively „skin“ of wooden houses. colourful walls, somehow magical and very beautiful, witnesses of time passing.

after the ECITE in viljandi had been going on for a few days, i invited the participants to share some of their notes in this video documentation project. they had to choose which notes and also a location/a specific wall, where they wanted to be filmed. making/breaking rules.

this is a very subjective approach towards documentation and i am very thankful for the generous contributions. a big thank you also goes to andrea keiz, who edited the takes and filmed my notes and also to norbert pape, who uploaded *scapes* via *contactencyclopedia.net*.

part 1 [http://www.youtube.com/watch?v=TuKi\\_8p\\_mpl](http://www.youtube.com/watch?v=TuKi_8p_mpl)

9:00



sini haapalinna

*evening air never plays the same, ancient animals jumping eyes up....*



christina klissiouni

*3rd day coteaching - we work on weight - the portrait of weight....*



gesine daniels

*how does contact continue after class in our everyday life....*



martin keogh

*when we arrived in this village, the first thing we did.....*



mary prestige

*so some notes from the session about weight, talking about weight, letting go weight.....*

**part 2** <http://www.youtube.com/watch?v=Qsv45UCzXhc>

7:20



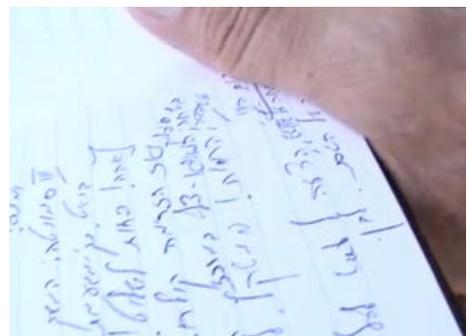
peter aerni

*this is an image of putting your eye into your hand.....*



caroline waters

*i don't know how to write about sensation,, my perception of weight is solid.....*



arye bursztyn

.....



sybrig dokter  
*wanted to move. this space. my space. stepping into spaces.....*



catherine massin  
*when blue desert tracing i have been rainy day house.....*



sergey golovnea

.....



andrea keiz  
*first colour above old marks they stay as little scars.....*



dieter heitkamp

*the task is seeing each other at first I did not understand we have been seeing each other....*

**part 3** <http://www.youtube.com/watch?v=zCGLdK3zFxl>

7:09



maxine saborowski

*a und b abwechselnd zur musik musicality of the body ausprobieren.....*



markus hoft

*why Contact? what kind of teacher? what works? .....*



susanne martin

*to create a history of dance relationships public and documented.....*



ilze žirinja

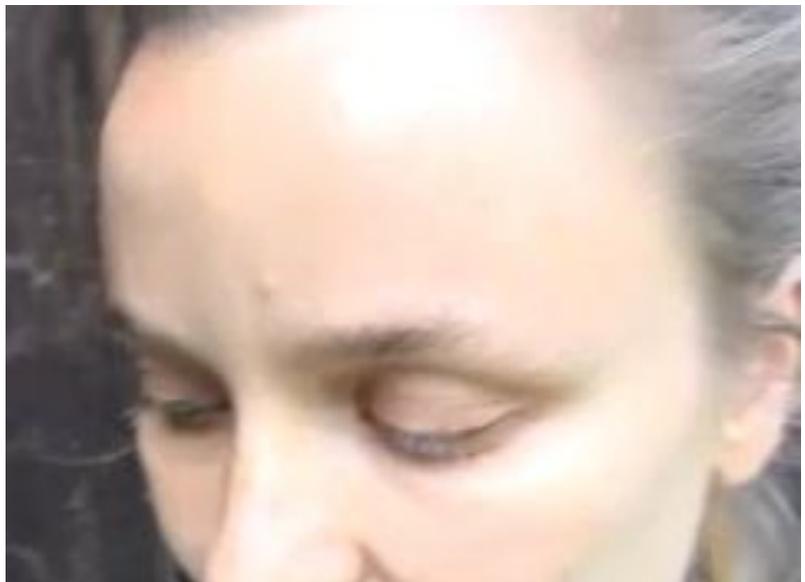
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elske seidel, barbara stahlberger  
*skin touch yes I discover.....*  
*secret places construction meets deconstruction.....*

#### 4 trans\_scripts

sini haapalinna  
mary prestige  
andrea keiz  
dieter heitkamp



*evening air never plays the same  
ancient animals jumping eyes up  
somebody, another, neither  
footprints, finger  
behind, beyond, above, around  
budapest, switzerland, cyprus, estonia  
balancing time  
pathways for unknown  
spinning, crashing, sliding bodies  
momentary siplipps  
opening and closing  
cracks, tunnels, passing windows  
evening air never plays the same  
words birds? high  
no rain today*

sini haapalinna

*so some notes from the session about weight*

*talking about weight*



*letting go weight*



*watching weight moving mass weight*



*controlled weight*

*losing weight*

*shifting weight*

*supporting weight*

*transferring weight*



*centering weight*

*moving weight*

*giving weight*

*pouring weight*

*fly weight*

*light weight*

*mid led? weight*

*heavy weight*

*dead weight*



*sensing weight*

*feeling weight*

*dropping weight*



*balancing weight*

*attending to listen*

*watching for the meaning of weight*

*what does it mean in one's own body?*

*looking for the sens(e)/ation of weight*



*so i have two questions*

*how does my weight feel like today?*



*i'm not sure how to answer*

*i have to use metaphores*

*it depends how i distribute*



*sometimes weightless and full of air*



*sometimes aware of having to use my muscles  
in certain ways*



*to suspend and balance my weight  
perceptions of weight*



*sometimes fluid  
sometimes i can sense weight from the surface*



*when i'm leaning balancing on something  
sometimes like being suspended from above  
and therefore floating  
or hanging  
draping  
head very intense*



*burning empty  
give up to the floore*



*of gravity  
often i cannot perceive  
that i am giving or taking weight*



mary prestige



*first colour  
above old marks  
they stay as little scars  
once notes  
little bits of paper  
as a proof*

andrea keiz



*viljandi 20<sup>th</sup> ECITE 2005*  
*day 1 the task is seeing each other*  
*at first I did not understand*  
*we have been seeing each other more regularly since than*  
*seeing each other*  
*as simple as that*  
*one after the other*  
*several at once*  
*not projecting on them*  
*seeing/being in the moment*  
*to be seen*  
*opening up for the camera*  
*eyes like a camera*  
*how and what do you see?*  
*two people filming the same duet*  
*different perspectives.*  
*Korgemae at the corner of Jacobsoni*  
*eyeballs singing in the head*  
*moving my eyes while moving my head*  
*moving my eyes in the head*  
*moving from the weight of eyes*  
*or more muscular*  
*moving with eyes closed*  
*stopping with eyes open*  
*making things visible*  
*doing invisible dances*  
Aufsicht  
Ansichten  
Einsichten  
Sichtweisen

dieter heitkamp

