

Budapest Contemporary Dance Academy

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**2016/2017 II. SEMESTER
FIRST IMPRESSIONS ON BCDA
OF NEW AND OTHER MOTIVATED STUDENTS**

Selection by topic

Angelus Iván

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Iván: Our general opinion about the partnering class did not change since the last semester but in our opinion it is a bit senseless to have only two classes a week. In that time we can not learn something new or really develop some skills. This could not only be used for partnering but in general for all classes. We think that we could use a bit more of technical and stronger contemporary classes where we can both learn and dance it out. That would be possible if we would have longer or more concentrated period of one teacher/class. Also, in this category we would put some additional classes like yoga or pilates which would, in our opinion, be very useful for our bodies and mind/focus as well. (But not in the way of replacing it with contemporary classes, but adding on the schedule as a non obligatory activity). PLUS! Some more impro classes and common classes with the other group would be stimulating and not so demanding to organize as well.

Written by Virva, Alejandra:

Iván: His approach of composition was a good section of the topic to see different ways how to create and manipulate a composition and the length of it was a perfect length.

Bakó Tamás

Written by Concetta and Franziska

Dear Tamás,

You are sensitive and available for making a training depending on our mood and technical level.

In the CI you give us many and quite specific materials to practise, which offers us tools to find the principles for the Impro. Sometimes the rhythm of the Contact Impro brought us into an introverted energy.

Especially in the contemporary training the organisation of directions and limbs is so sophisticated that we feel our brains sparkling. This is pushing us to go for it and it brings a very encouraging learning process.

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Tamazs Bako: The first few classes of contact were quite succesful and interesting. He gave us a lot of tools and interesting body knowledge which could easily be used in other classes. It is not a question of Tamazs teaching skills, because he is a very pleasant and skillful teacher, but however, we felt a slight disconnection between the start and ending of the classes. It was hard to use given physical inputs from the technical part of the class in the improvisational part, which we also find to short to actually get into the group as well as into ourselves.

Debreczenyi Marci:

Bakó Tamás

Contact classes mainly gave me chance to experience qualities, gravity, and the ability to bring my own movement and ideas in relation to others initiatives. It is always a challenge for me to at the same time give space to my individual work and ideas and receive my partners impulses and I have to harmonize them time to time. This process naturally give my actions in movement a sharp focus and a release at the same time, because that is the state I can initiate and receive the most efficiently. It also made me realize the feeling of intimacy on a higher level, how difficult is it to release into each others space , and be comfortable to show my self as I am. It was a great research work for me, a research of ideas and movement qualities at the same time with exercises and instructions that really helped me to tune on different states of mind.

Written by Virva, Alejandra

Tamás: CI classes were really good experience for us and the way how he introduced the subject to us was great. We think he is a very good teacher both CI and contemporary. We would like to have more classes with him.

Farkas Zoltán Batyu

Written by Vitya, Julija:

Batyu

On his classes we usually feel very good and it's very good energy. We like it and we feel easy on Batyu classes, because it's kind of serious work with some "fun", it makes our body move automatically. Sometimes it's hard to catch what Batyu is doing, problem with a coordinations, rhythmical and music. It helps a lot in general! And we also like Batyu's attitude on a classes, it makes very good energy and light atmosphere.

Csaszyi Blanka

Written by Concetta and Franziska

Dear Blanka,
the material you have taught to us was truly beautiful.
The material was very long and the way we approached it was too fast in order to us being able to embody the quality.

Written by Virva, Alejandra:

Blanka: She has good, young energy. Her explanations were clear and she found answers to the students' questions well. However, sometimes more detailed information would have been beneficial so in this sense it was good that we had had Joe before, who really opened up the key elements of the movements. Maybe this comes with more experience of teaching.

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Blanka Csaszyi: The first class with Blanka seemed quite confusing and kind of fast forward, which brought a lot of doubts about this workshop. But, coming to the next class appeared to be much lighter and clearer in the body movement and memory, which was, as she said, exactly what she wanted to do with us. The flow of Blanka's teaching is very constructive and clear, but sometimes we started forgetting that instead of learning the repertory, we are learning a technique. We are having mixed feelings with the structure of the class because in a way it is quite interesting to learn the technique through sequences, but also we felt like focusing on memorising and dancing the sequences all the time is taking our attention from understanding the body laws of this technique. Maybe it would be more constructive to take a few classes of pure body laws and short exercises and then by the end of the workshop make it a dance. What we could also use more is feedback and corrections.

Csuzi Márton

Written by Vitya, Julija:

Marci

What We really like on Marci's classes, that he always does with us, it makes works much more easier for us! Sometimes it's impossible to do everything what go does, but we try) We are trying to do all things, what he ask, because it's dangerous to do without that knowledge for that's element. So, we are paying a lot of tension for listening him.

Virva, Alejandra:

Marci: He has calm energy and he was able to get us in the zone of concentration very well. It was also good that he was able to be strict for example when it came to finishing the exercises. Our bodies felt so strong after parkour and felt the benefit in the other classes. It was a perfect combination to have partnering and parkour in the same week as we felt strong

in partnering, but having parkour after folk wasn't the best fit for us because in both classes we jump a lot and use explosive energy so when we get tired we sacrifice the technique.

Written by Debreczenyi Marci:

Csuzi Márton

It was a great base training . I loved the training of my body, it helped my dancing process, I felt my whole body more connected, in harmony after each class. The effect of parkour on my mind was even more interesting , it released a playful child who is not experimenting between a given spectrum of tools that somehow are already familiar for him, but giving new possibilities to his body to try out new things with some extra force. It helped my improvisation and research process as I was instinctively more up for creating postures, movements that I had to train before really dancing them, I had to experience how I can bring them into my comfort zone, how I can make them the repertory of my body language.

Written by Franzisk

The urgency of the movement caught me. Your energy and spirit really amazed me. Mostly i felt quite safe and always able to do and develope. Once i didnt like the ironhooks coming out from the stones, that spot felt a bit risky. The parkour courses were the best training for me. I felt my connections very well in the Ballettclass the next morning. We all got strong and more capable for all kind of movement (Partnering).

Written by Concetta

Very clear and precise in explaining exercises and in the way you structure the class. In your approach, I found a good balance between “irony” and “strictness” which kept me focused.

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić
Marton Parkour: The class was mainly divided into two parts. First was the warmimng up that included a lot of physical work and muscle training. And the second part wich we were learning the parkour technique. The warm up has been challenging for us almost allways but felt within the limits of our ability. We felt that we were developing in the physical and mental way a lot. Even though the physical requirement was difficult, the atmosphere that Marton and the class created was hardworking and motivational. The technique was built in a gradual and responsible way in our opinion. We started with simple exercises that were built logically into more complex exercises and we could find the connection between them. The exercises often confronted us with fear and Marton always encouraged and challenged the class according to the level of each one ability. Fort his we appreciate him very much. In general, we feel that the class was built in a creative and correct way. The content has always been variable and the different courts made a lot of interest. Marton was able to give feedback to everyone and demand accordinly for each ones skills. We think this class is very important

because it gives us concrete body knowledge and it shows us that most of the physical borders actually come from our mind, not from our body. Also, we loved the last class because we got the freedom to actually be dancers inside of what we learned with Marci by improvising and experimenting outside. It is nice to have him.

Hód Adrienn

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Adrienn Hod: We had a very intensive one week workshop about energy & release, low & high levels, tension and attention as well as the transitions inbetween. The classes were clear structured and build up in itself and on each other, using tasks and instructions to lead the improvisation. From individual and very little movement leading into a very active explosion of movement/energy. She gave us tools and pictures to change the actual feeling. It was very interesting to experience this different states of being and impressive how much energy one can actually create. At the end of each class we had a conversation about it which gave us time for reflection and exchange of our experiences.

Written by Concetta

Working with you it was so interesting and stimulating for me. You gave me a fresh energy by showing a deep approach to improvisation. The tasks gave me the opportunity to face myself, my boundaries, fears, judgments and constantly fighting to put them aside. In this way, I felt connected with myself and with the others in the room.

It was interesting to work with shapes and to explore ways how to find shapes and movements outside the habits.

It would have been nice to have you here for longer, in order to continue working with the same idea and see where it could lead with a further exploration.

Written by Franziska

Dear Adrienn,

It is difficult for me to write something about your training in words, because i do not understand you in words, rather in a poetic way...

The week with you was exhausting, but i have recognized my potencial for energy and explosion. It was a lot theatrical in my understanding and i appreciate this approach very much.

Written by Virva, Alejandra:

Adrienn: She has really good energy and the way of leading the class and each task. The one week intensive was perfect as it helped us to get deeper into the tasks. So for the future this kind of intensive work would be more effective way than having 2-3 classes a week.

Written by Vitya, Julija:

Adri - improvisation

Improvisation class in which we allow ourselves to enter another dimensions and provoke and evoke parts of body and mind that would not be tuchet other way. Adri gives us time and space to explore, experience and find our own ways of self couriosity and investigation of experiments. We find her classes very necesarry also for longer periods.

Horváth Nóra

Written by Virva, Alejandra:

Nóra & Mate: The first session we had this semester we felt the energy from both sides wasn't as good as in the previous session. We had times when we felt insicure with this lack of energy, but in the last session the energy was really good and we could feel how we progress in the excercises. Definatly we think partnering is great for us and it would good to have it more intensive, so not just 2 times a week.

Written by Concetta and Franziska

Dear Máté and Nóra,
we have enjoyed the last both trainings with you very much. Maybe it has also helped us, that we were just in a period of parkour training and had the strength.
We appreciate Norá's feedback. It was a bit less and more distinct corrections now and that helps us even better.
It is nice, if there is some humour present and the confidence to fail.

Kováts Tibor

Written by Vitya, Julija

Tibi is very inspiring end enthusiastic teacher, his input is very constant and effective each class. We found it very usefull to progress in ballet technique when he gives personal correction or instruction with images and describes the way you should feel certain movents in the body. He encourage us also to find our own way of feeling but still demands very strict form of movements.

Written by Alejandra, Virva:

He is a good teacher and he explains the details well and how to use the energy and the right muscles. Many times he has great energy and he knows how to joke but to work hard at the same time. When he has a bad day, though, it drops down the energy of the whole class and it affects the way of our working.

Lemesánszky Mónika

Written by Franziska

Dear Móni,

i feel that you understand my process well. You let me go, when you observe that i am stuck or bored, but especially in the last weeks, when my body was working well and i developed my consciousness you gave me many corrections and feedback. I learn a lot in your training and i feel a big trust.

Written by Debreczeni Marci:

Lemesánszky Mónika

The last periods I felt next to the forms I could more easily go with the music and evolve my postures by inner sensations. I really like the every week changing exercises as they always contain something new and also the exercises which helps me learning by repeating one movement on and on. I am also really thankful for the personal feedbacks and corrections on each

of the classes, I think i can pay attention and realize them better and better and they really help my learning process.

Marco Torrice

Written by Vitya, Julija:

Marco

On the Marco's classes we are always in tension. A lot of new things! New tasks, new construction, new coordination... It was very nice to do impro with techno music, reggeton... when we were doing, we've been dancing really with music, it was deep inside of our body. And also was very nice to see a new possibilities and to improve the possibilities. We learnt a lot and very enjoyed his classes

Written by Virva, Alejandra:

Marco: We have different opinions of his class. The practise of presence and walking was good but one of us would have wished for raising up the level after the first couple of classes, but to the other one of us thought his approach was beneficial to dig in the principles of moving and that it was good to keep up with this exploration in class.

Written by Debreczeni Marci:

Marco Torrice

I really enjoyed in your class that I had space for doing the same sequence again and again, getting more the quality, the coordination of the movements, rather than the form. For me this initiated a new process of learning, gave me experience in how i can connect to someone else's

movement materiel in a more personal, direct way. How can i apply his or her movements to my

body. Also the long analysis of my walking, running and off balance situations made me realize my

own structure. Instead of trying to make my body to be something else during dancing, i started to

feel relaxed about using it in my own way , by its nature but at the same time following the given

form.

Written by Franziska Doffin

The training was very precise and proper. I appreciated that you gave us the duration we needed to find the principles you wanted. Next to that calmness you have kept up the energy with your funky mood. Perfect. I liked that we were working with the music as well.

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Marco Torrice: We agreed immediately that Marco's class is something we would need on weekly bases. He was laying a foundation and then added the structure and shapes to the material until reaching the level of detailing the movement. Besides that he also focused on coordination in the body – which body parts are leading, which are realising. By showing exercises he encouraged us to bring the awareness of opposition, weight points and the way to increase the effectiveness of movement. After that he was teaching us how to transform the movement into space and relate it also with music and dynamics. The structure of the class was building up very good. We think the knowledge he is offering is really functional for a contemporary dancer.

Mészáros Máté

Written by Vitya, Julija:

Maté - contemporary

His class is always challenging in many aspects. We appreciate a lot the structure of it (how the class is logically build up). Very clever decision on order of exercises! Maté is always cheerful and friendly but also has wide range of readiness and awareness of what is going on. His corrections are totally on spot.

Written by Virva, Alejandra:

Nóra & Mate:

The first session we had this semester we felt the energy from both sides wasn't as good as in the previous session. We had times when we felt insecure with this lack of energy, but in the last session the energy was really good and we could feel how we progress in the exercises. Definitely we think partnering is great for us and it would be good to have it more intensive, so not just 2 times a week.

Written by Concetta and Franziska

Dear Máté and Nóra,
we have enjoyed the last both trainings with you very much. Maybe it has also helped us, that we were just in a period of parkour training and had the strength.
We appreciate Nóra's feedback. It was a bit less and more distinct corrections now and that helps us even better.
It is nice, if there is some humour present and the confidence to fail.

Mikó Dávid

Written by Concetta

The movement material was very interesting and different. The floor work was challenging for me but your way of teaching it helped me in clarifying the sequences.

I felt that working with the muscles memory was causing too much tensions, especially in the shoulders, so it was not easy to follow that part of the class.

Written by Virva, Alejandra:

David: We can see he knows a lot about floor work in detail and he can explain the key elements very well. Sometimes we felt though that he wasn't so confident how to meet us but in the open workshop at MU he seemed to step up with this issue. The flow of the class could have been more energetic and more doing less explanation as we had been given the information already in the previous classes, though it must be difficult to step up with the pace when he sees the students don't have the details yet in the body. But we think his class was really beneficial and good for us as we are into this kind of floor work and we are hungry to learn more and we definitely would like to take more classes with him.

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

David Miko: The first part of the class was focusing on building muscle memory and breathing which we find useful for training and a warm up before a performance. It was a nice way to prepare the body for the material of the technique. Part of the warm up was calming the body down and building the concentration. The material of the class was interesting. We were working on the positioning the body, using the muscle memory for going into the material. His presence was encouraging the calmness and softness of the movement even with more complicated steps or tricks. Following that, the class in MU with David was also a very good experience. After bringing back the memory of his classes we could realise that the change in the bodies is happening not only when forcing the training but also when leaving the material to settle down for some period of time and then coming back to it. We would like to have more of his classes.

Sessi Krisztina

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Sessi: Sessi is Sessi! The structure of her class is as strong as it was from the beginning of the year. She puts a lot of effort in giving us both physical knowledge and motivation for completing each class. Her level of energy and ability to keep the class up and awake is pretty much amazing. Thank you Sessi.

Written by Márton Debreczeni

Sessi Krisztina

I would say in the last few periods i started get the taste of folk dance, the rhythms started get

inside and gave me the groove for dancing each combination. Getting safer with rhythmicity also widened the spectrum of my creative work. I enjoy being in the class with you, I am having a hard work without making my mind struggle and you really help to create a circumstance for it, and it is really pleasant. I also realized how much i am into pair dances.

Written by Virva, Alejandra:

Sessi: We really like her class. She has good energy, and the way of teaching and we feel we improve all the time. It is also good that she challenges us to find our own way how to dance.

Written by Concetta and Franziska

Dear Sessi,
You bring a lot of good energy and warmth to the classes. When you make us repeat/show rhythm and steps individually, it pushes us a lot and makes us understanding better the point. We enjoy a lot when we improvise in the circle with certain steps, because we embody the steps more and also work with the aspect of performing.

Szegedy-Maszák Zsuzsanna

Written by Concetta

Your way of presenting the classes is clear and well structured.
It is nice to have connections and comparisons between different genres in different eras.
The use of the list of terminology helped me in keeping track during the class and made it easier to follow the discourse.

Written by Vitya, Julija

Zsuzsa - art studies

The art studies with Zsuzsa has become a theory subject in which each of us can find many interests for several different art fields. We appreciate a lot her wide knowledge and ability to integrate very quickly and easily to our needs and wishes. She is very open for compromises and interaction with all the students.

Written by Zsuzsa (Art History)

You have a very nice freshness and humour and your presentations are interesting.
It would be good for us to learn some methodology how to analyze and interpretate objects.
For me it could be as well inspiring to go deep into a subject instead of having such a wide general overview, maybe this could be a trial for next year.

Szemessy Kinga

Written by Franziska

Dear Kinga,

I appreciate the dance studies lessons a lot. There were question marks recently and it seemed to be a bit unclear how we could be able to speak about these themes. Anyway, it is engaged how you are aiming a way for discussions.

Written by Concetta

I like the way you create interactive classes and your attempt to make us aware of the wideness of Dance Studies field. In fact, your approach makes me questioning about whatever theme/performance we are talking about.

Tijen Lawton

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Tijen Lawton: We had only two classes with Tijen and we felt really inspired by her way of structuring the class already after the first day. She created a working atmosphere with really physical material and kept the energy up through the whole time. We think that she achieved that with coming to warm up with us and playing her music so we were able to get on the same level before actually starting to move. Also she corrected everyone and pushed us to constantly improve. She has a great physical presence and was able to motivate us a lot. We wish it would be more classes so we would be able to get to know the material more. The level of the class was quite high which was challenging and refreshing.

Written by Concetta

The classes with you were amazing in terms of energy level. I enjoyed the way you used repetition within the class: this made me explore more my own way to perform a movement sequence.

I felt connected with the movement material you offered and your way of explaining the bodily sensations within it.

It was a pity to have only two classes with you, since I felt that there was so much more I could have learnt from you.

Written by Franziska

Dear Tijen, your presence here was encouraging. You give a lot of energy during the training and the movement material as well the way we have approached it with you, although we had so little time, was joyful and inspiring.

Virva, Alejandra:

Tijein: We love her, we think she is one of the greatest teachers we had. Her approach was very good, she challenged us but she did it in a safe way. It was a pity we only had a few classes with her so we hope to have her back soon in a more intensive and longer period.

Várnagy Kristóf

Written by Alja Branc, Jerneja Fekonja, Sharon Barbakov, Gwen Becheler, Ivona Medić

Kristof Varnagy: The first session of classes we started with different warmup games and exercises which stimulated us to focus on the environment and to absorb several different influences around us while dancing. We feel that this is a very important part of our performative selves. What we like the most about Kristof 's classes is that he gives us a very clear input on how to deal with the material which may or may not be in the field of our personal interests. It is a very positive experience to have Kristof as a teacher in Goli because of his very strong, motivational energy which does not allow you to loose focus for a second. The classes are very physical and demanding for the mind as well as the body and we deffinitely would like to have more of him in the future. Kristof=COOL! What would also be nice is to get a bit in touch with his ballet classes and to try it out just fort he sake of experiencing his very interesting approach to ballet in contemporary dance. We think it would be usefull to get a few of this classes to percieve ballet in a different way and to learn it from an aspect which is a bit more closer to us as contemporary dancers and to the contemporary world today as well.

Written by Debreczenyi Marci:

Várnagy Kristóf

Your classes are enormous help for getting familiar with the practical and more internal work of an creation and rehearsal process, which are situations that I want to take part in the future. Next to being able to train my ways and strategies of learning a movement material, you really inspired me how to remain during all the processes a conscious observer of my responses to certain tasks situations. How I can put a new goal in front of me which I am willing to live through in each task, how these focus point can energize my way of learning and evolve my mind, my perspective in how I relate to things. Somehow i managed to connect to every material you brought to class and I felt the inside motivation the float in them, to melt into them, to taste them and I think your presence in each of the materials while you were showing them inspired me a lot.

Written by Virva, Alejandra:

Kristóf: In ballet classes it is good that he has different approaches for different days. Sometimes more meditative, sometimes more fast paced, etc. This kind of approach helps to learn more about ourselves and our bodies and what are the needs of us on that particular day. His ballet class has helped to find the way to link ballet to all moving. In rep it was interesting to see different choreos of different choreographers and to learn them and it was good how to find our way of doing it in the given frame. We also found the composition work (how to change a given phrase) very beneficial for us.

Written by Concetta

I really like the energy you bring in class and your encouraging approach to teaching. The use of imagery during the class helps me in a better understanding of the technique and of my own body.

I truly appreciate the use of the music as part of the training, when you ask not to simply execute the exercise but to dance it in relation with the music by making clear rhythmical choices.

Sometimes I have the impression that the rhythm of the class is a bit slow maybe also due to the splitting of the group in two. Receiving corrections during or after the exercise is stimulating, yet it would be good to be pushed more beyond my limits.