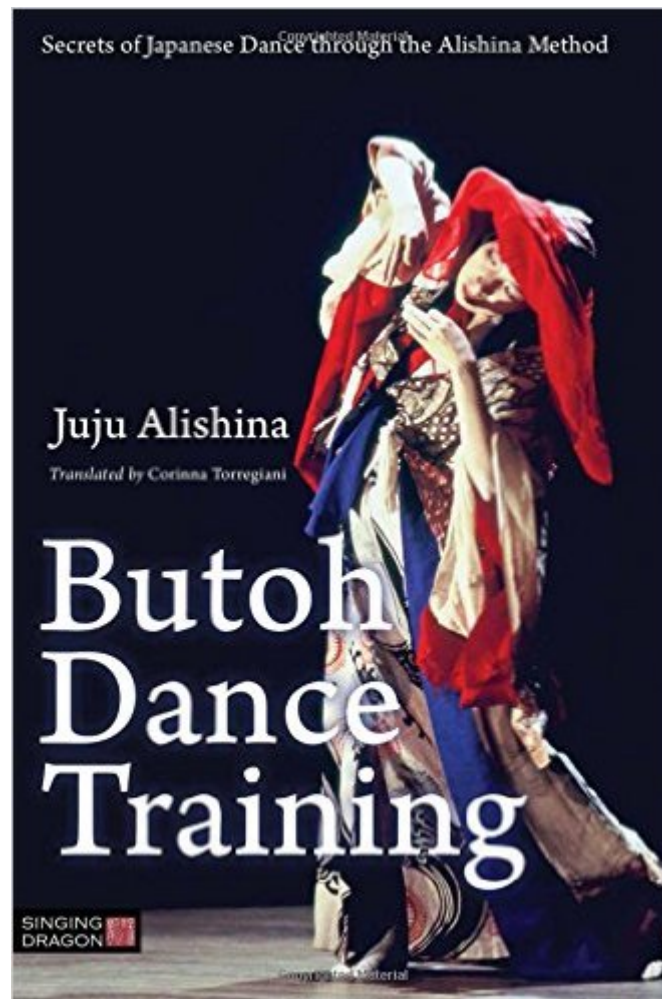


The book was found

Butoh Dance Training: Secrets Of Japanese Dance Through The Alishina Method



Synopsis

Drawing on avant garde and classical Japanese dance traditions, the Alishina Method offers a systematized approach to Butoh dance training for the first time in its history. With practical instruction and fully illustrated exercises, this book teaches readers: • basic body training and expression exercises • exercises to cultivate Qi (energy) and to aid improvisation • about katas (forms) and how to develop your own • the importance of voice, sound and music in Butoh • to collaborate and be in harmony with others • techniques to manipulate time and space • how to develop the imagination and refine the senses to enrich performance. This authentic approach to Japanese dance will be compelling reading for anyone interested in contemporary dance, performance arts, Japanese culture or personal development techniques.

Book Information

Paperback: 296 pages

Publisher: Singing Dragon; Tra edition (July 21, 2015)

Language: English

ISBN-10: 1848192762

ISBN-13: 978-1848192768

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #856,211 in Books (See Top 100 in Books) #16 in Books > Arts &

Photography > Performing Arts > Dance > Notation #45 in Books > Arts & Photography >

Performing Arts > Dance > Choreography #79 in Books > Arts & Photography > Performing Arts

> Dance > Modern

[Download to continue reading...](#)

Butoh Dance Training: Secrets of Japanese Dance through the Alishina Method I Love to Eat Fruits and Vegetables (English Japanese bilingual, Japanese baby books): japanese children books, japanese kids books,japanese bilingual ... Bilingual Collection) (Japanese Edition) I Love My Mom (japanese kids books, japanese children stories, bilingual japanese books): japanese for kids (English Japanese Bilingual Collection) (Japanese Edition) I Love My Dad (English Japanese bilingual books, japanese children books): japanese kids books,japanese children stories (English Japanese Bilingual Collection) (Japanese Edition) Childrens Japanese book: Lisa can Read.ã ã•ã •ã•ã•ã “ã•§ã ãã •ã <ã ~: Children's English-Japanese Picture book (Bilingual

Edition) (Japanese Edition), Japanese children books, Japanese ... English picture books for children
9) I Love My Dad (Japanese Kids books, English Japanese bilingual, Japanese children books bilingual, Japanese children stories) (English Japanese Bilingual Collection) I Love to Eat Fruits and Vegetables (English Japanese bilingual, Japanese children books, Japanese kids books, Japanese kids language) Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Peekaboo baby. Japanese Baby Book: Children's Picture Book English-Japanese (Bilingual Edition) Bilingual Picture book in English and Japanese ... for children (Volume 1) (Japanese Edition) My Daddy is the best!: (Bilingual Edition) English Japanese Children's Picture Book Bilingual Picture book in English and Japanese, Japanese kids book ... for children (Volume 7) (Japanese Edition) I Love My Mom (Japanese Kids books, bilingual Japanese books, Japanese children books bilingual) Living Language Japanese Complete Course, Revised & Updated (40 Lessons on 3 Compact Discs * Coursebook * Japanese-English/English-Japanese Dictionary) (English and Japanese Edition) Basic Japanese Through Comics Part 1: Compilation Of The First 24 Basic Japanese Columns From Mangajin Magazine (English and Japanese Edition) Hijikata Tatsumi and Butoh: Dancing in a Pool of Gray Grits (Palgrave Studies in Theatre and Performance History) Dancing Into Darkness: Butoh, Zen, and Japan Singing Lessons for Little Singers: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children I Love My Mom: English Japanese Bilingual Edition (English Japanese Bilingual Collection) (Japanese Edition) GENKI I: An Integrated Course in Elementary Japanese [With CDROM] (Japanese Edition) (English and Japanese Edition) Teach Me Japanese & More Japanese, Bind Up Edition (Japanese Edition) Bilingual Book in Japanese and English: Pig Learn Japanese for Kids (Japanese Edition)

[Dmca](#)