

Clash and Bang Exercises

An exploration of sound and movement



1. Make Yourself be Heard

- Whole group stands in a circle
- One person makes a simple rhythm using their body (eg clapping, tapping or stamping) and repeats their rhythm until they are confident.
- The second person then introduces their own individual rhythm, and once they have repeated a few times, the third person starts and so on.
- The whole group play their each individual rhythms alongside each other.
- The leader says 3,2,1 and everyone stops together.

2. The Sound of The Hidden Eye

Preparation exercise: **The Conductor**

- The Group stands in a circle, one person stands in the middle and is the Conductor.
- The Conductor makes gestures with their arms: up & down, sideways, strong & soft ,fast & slow.
- The group respond with sounds their matching their voices to the Conductor's movement.
- There is no right and wrong! Have a short talk after on what the experience was like.

Development Exercise: **The Interpreter**

- The group stands in the circle, one person in the middle and is the Interpreter.
- They can close their eyes, or have a blindfold if they feel confident to do so.
- The group in the circle starts to make various sorts of sounds one by one, using their voices, body, instruments or anything around them.
- The Interpreter in the middle responds to the sounds around them, using their body to move or however they want to interpret what they hear.
- Have a short talk after on what the experience was like.

3. The Canvas

Space is our canvas and performers are the paint. Express sound through movement using some of these rules:

- The group prepares a variety of music from different genres.
- One person is chosen to be the DJ in charge of changing the music
- Performers respond to the music and use their bodies to paint the canvas of the space.
- DJ or Leader may choose to guide the group by adding rules; start from restriction of choices and lead on to more freedom.
- RULES:
 - Moving in lines: straight, zig-zag, square.
 - Moving in circles: round, curves, spirals.
 - Leading with a body part: head, arms, elbow, hip, knee, toe.
 - Using levels: high, middle, low on floor.
 - Different dynamics: strong/gentle, fast/slow, legato/staccato.
 - Relationships: copy or contrast with a partner.
 - Total freedom to interpret the music.

- Have a short talk after on what the experience was like.

DEVISING MATERIAL INSPIRED BY CLASH & BANG: NOISE AND PROTEST

1. Writing Exercise:

- What is an issue that it is important to you that you would protest about?
- What colour comes first into mind associated with your protest?
- Look at the list of words (or make up your own) and chose two action/onomatopoeic words associated with your protest.
- *grunt, mutter, chatter, blab, whimper, bawl, squeal, shriek, whoop, shush, whistle, cluck, smack, crunch, munch, gulp, sputter, splutter, slobber, cough, sniff, snuffle, hiccup, huff, snort, snore, growl, snarl, howl, roar, squeal, screech, boom, bang, pop, crash, bang, clash, wham, smack, whomp, whump, thump, bump, zoom, whoosh, swoosh, zing...*

2) Putting your Writing into Action:

- Create a rhythmic motif using your body that communicates your protest?
- Find two actions for your two words
- Move your rhythmic motif using your actions

3) Development of rhythmic motif, gesture and movement phrase:

- How can you develop and expand your motif?
- Experiment with stop and start
- Different speeds
- Travelling material in curved or straight lines and different levels
- Different dynamics, flowing legato/ detached staccato

You can now find more words, develop rhythmic ideas associated with your words and translate these rhythms into movement.

Watch the Sectio Aurea **Clash & Bang Intro and Exercise videos** to see how we have used these ideas!