09/09/2022 reflection Friday.

Today was the first day and the official start of the preforming arts year 2 course, we have started to explore a range of warmup techniques and practical skills including an entire 1minuet and 30-second-long custom choreography piece made in our small group of 4, later in the afternoon we dived into the writer’s technique of streams of conscience.

At the start of the day our tutor Michael our dance leader showed us the matrix and overview of the course and how the upcoming 9 weeks will follow. This was a lot to take in and made me realised how much work this year is going to end up being with the inclusion of working around work and not to mention the dance Yorkshire outer intensive work experience. However, I do believe that with enough dedication and perseverance I can overcome the upcoming challenges.

After this we led into our first warmup of the course which included stretching, planking, the cobra stretches and a new stretch which pulled on the lower hip where both your legs and arms were raised at the exact same time. After all of this my core defiantly felt stretched and I could feel everything that had been tested and I knew I was out of shape which was annoying to know that i couldn’t push my self that much further. I can feel my self-improving and although I can’t do what I used to be able to I know ill be built up to doing warmups where I can endure the entire session and more.

the choreography we had been set to make in just under an hour and 10mins was certainly interesting to me, with not being the most confident dancer and trying to push myself out of my comfort zone and trying to take charge on making a custom dance based on a very personal topic of PTSD, The topic of ptsd wasn’t the intended topic but after listening to a song called triggered by sxydaddy I knew it would work to tell a story through the dance. This was difficult for me however as I suffer with ptsd from my past.

Streams of consciousness was an intresting experience for me and I think I handeld it poorly. When we were told we could write anything on the piece of paper we were handed I couldn’t believe what I was hearing and I was nervous to write what I was truly thinking because I was scared that the tutor would read it out so I was relieved to find out we could get rid off it.

We had to take 5 words from what we wrote mine were (seriously, fun, oatmeal, pidgeon and what) which we then had to make a monoluge from it using everyones. I had used words like pidgeon because they were the most friendly out of what I wrote. I did however find this technique that writers use to make scripts songs and monolouges.

To Ensure I do everything need I will need to manage my time wisely and make sure I don’t fall behind which will help me tons to not stress of the next intense 9 weeks to follow