

KIN 626: Philosophy of PE Development

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Dance Theory & History Notes

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- Dance history is hard to document because there are very few records on this “non-verbal” activity.
- Athletes “delete or annihilate” space and time while dancers manipulate time and space or “flow” through it.
- Dance embodies language and thought—it is not “beyond” language and thought.

Martha Graham: Used dance to articulate emotions.

- Bodies are archives of experiences i.e. emotions, etc. that can be released with dance movement.
- “You will reveal what is in your heart with your body movements.”
- Contraction Movement=internal angst theory
- Torso (core) is where most of one’s emotion is expressed.
- She thought memory was stored in cells and that by releasing this energy, you express genetic past memory.

Binary Oppositions: Sets up power hierarchy where mind is “over” body so dance has suffered in academia because of this Western structure.

- Nature/culture
- Mind/body
- Emotion/reason
- Rural/urban