

# The smart one, the wicked one, the simple one and the one who does not know how to ask

Three day Festival about **Inhibitions**  
Performances Video Discussions and Workshops

from & with Anat Vaadia - Efrat Stempler - Felix Ruckert - Anna Nowicka- Katarzyna Sitarz  
the Maat Project and guests

01 - 02 & 04 April 2015

**DOCK11**

Tickets::: [ticket@dock11-berlin.de](mailto:ticket@dock11-berlin.de)  
Mon - Fri 09.am 030-35120312  
workshop registration: [stampina@gmx.de](mailto:stampina@gmx.de)

**facebook** [inhibitionsfestival](https://www.facebook.com/inhibitionsfestival)  
[efrat-stempler.com/termine](http://efrat-stempler.com/termine)

## April 1st:

17h:

Body behavior in extreme Situation or The essential movement / Workshop.

19h:

Blog Patrycia Planik . (Foyer)

20.30h:

Wall Rabbit / Grinder Stories / Sneak Preview / performances.

22h:

Discussion with Felix Ruckert and the artists.

## April 2nd:

17h:

Body behavior in extreme Situation or The essential movement / Workshop

19h:

Days for dancing / Film.

20.30h:

Wall Rabbit / Rost / Scape (s) / Performances.

## April 4th:

17h:

Body behavior in extreme Situation or The essential movement / Workshop

18.30h:

Choreography from A to Z / Sculpture as Writing/

20.30h:

Wall Rabbit / Fesgefahren / Back Stage / Performances.

22h:

Discussion with Henrik Kuehlmann and Artist

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## Body behavior in extreme Situation or The essential movement.

Workshop led by Efrat stempler and Anat Vaadia.

Our body is often under restriction. Our behavior is coded and related to social inhibitions, acceptance and aesthetics. Often in our research as performers or in daily social context, we prejudge right and wrong, bad and good and come to a dead-end of our expression. In this workshop we will explore the physical reaction and impulses that the body provides us essentially and immediately. In order to examine it, we will set up specific situations of extreme n under pressure kind. Individual and group improvisation will be the way to research movement and collect material. We will use the "chance operation" system to cross ideas and gather more depth into the material. The workshop offers thus a brief introduction to the methods we employ in our work.

Open for everybody / 01, 02 and 04 April. / 17h -19h in Dock11 Theatre. / 45€ for 3 days or 17€ for a day /  
Registration: [stampina@gmx.de](mailto:stampina@gmx.de)



## Wall Rabbits

Inhibition - a restraint on the direct expression of an instinct. A child enters the world without a conception of the world's customs and how he must conduct himself within it. Over time, the child learns how to behave on an individual and social level. He learns what is allowed and what is forbidden. We are dictated a set of values and rules of conduct, which affect us consciously and subconsciously. This can occasionally create an unhealthy imbalance, which leads on the one hand to a rigidity and on the other to abnormal behavior. This work explores the border between the productive and destructive role of inhibitions and restrain.

Choreography: Anat Vaadia / Dancers: Ayala Frenkel and Gil Kerer

01, 02, 04 April / 20.30h



## Festgefahren

The female protagonists of this solo would just love to go crazy. But control determines her life and keeps it from breaking free. Caught in the self-chosen agenda of her bourgeois existence, one just organizes life instead of living. An apparent paradise becomes a golden cage.

Choreography: Efrat Stempler / Dancer: Brit Rodemund 04 April / 20.30h



## Scape (s) Body and voice

Real time composition of body's decision-making. A dialogue between two performers armed with their own tools. Exposure. Accumulation. Subtraction. Inhibition.

Dance: Katarzyna Sitarz / Music: Wojciech Urbanski

02 April / 20.30h

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## Grindr A Monologue

Grindr is a project about dreams  
For a year, I met with men  
I did what they wanted  
I carried their sexual fantasies  
They were artists, scientists, doctors, politicians,  
workers  
Everyone wanted something else  
Each was different  
After each meeting, I wrote all that for myself, saying  
What they wanted  
Now is the time to talk about it openly  
Now is the time for me and about me

Performance and Text: Piotr Trojan  
Camera: Patrycja Planik 01 April / 20.30



## Rost. Dance and voice.

« das wasser ist weg,  
überall rost.  
als hätte jedes der dinge um dich einen schweif,  
eine kruppe und nüstern.  
du zuckst sammelst die stellen  
ein wo du schon warst.  
richtig frei fühlst du dich nur in den  
bergen liebe, vorerst geschirr.  
die schiffe verschiebst du auf später. »

Rost is a performance that was created as part of the project  
« Bewegungsschreiber »,  
The project brought together poets and dance-makers,  
with the idea of questioning the traditional forms of each medium,  
and creating a new dialogue between them.

Performance, Text and Choreography: Anna Nowicka,  
Tabea Xenia Magyar / Sound: Roy Carroll 02 April / 20.30



## Back Stage

This work shifts between the performance and the daily, between the stage animal and the civil.  
In this work I would like to host the audience as an active partner. I move constantly between  
the spectator roll to the performer. The audience witness my inner conflict between the will to  
perform, to be on stage, exposing myself and the fear of loosing control.  
Questions about the essential need for observers and attention performing ego and expression.

Choreography and dance: Anat Vaadia 04 April / 20.30h



## Choreography a to z / Sculpture as Writing.

Choreography a to z is conducted as a performative reading during the festival. Kirsten Palz will read  
- at given times - a written choreography to a participant or guest.  
This one-to-one reading will take place inside and outside the stage.  
Choreography a to z is a new work by Kirsten Palz and belong to the archive Sculpture as  
Writing. Sculpture as Writing is an archive on architectural space, social space and time.

Performer: Kirsten Palz. 04 April. / 18.30h in the Foyer and in the theatre.



## Days for Dancing. Film

What remains in place, in which the artist disappears? According to Stephen Hawking's art is a matter  
which actually triggers the multi-level energies in reality and which disappears when this matter  
collapses to form a black hole gravitons - the place always empty and impossible to fill.  
WAITING FOR YOU / talking to you / I'm dancing FOR YOU / I AM WITH YOU.

Video: Patrycja Planik / Dance: Tomasz Bazan 02 April / 19h

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## NAKED\_BLOG'

Lublin's councilor's public claims, caused by the presence and exploration of naked body by the artists, resulted in myself feeling - for the very first time - threatened and stripped of my freedom, stripped of myself. In fact, we can call their words stupid and naive, we can laugh about their shameful claims and smash them and criticize them to the bone, because there were Botticelli, Michelangelo worshipping naked and eroticized bodies... let alone the Ancient artists!

Is it really necessary to educate these poor and unschooled councilors about the history of art? I decided to feel sorry for them instead. In their speeches, the nakedness was infantilized, un-humanized, tagged 'pornographic' and bad for young Lublin citizens! Maybe we should pull their eyes out and forbid them feel their bodies, be them, make love with them and touch them then? How they can make such appeals? It is like building your own ghetto for yourself!

What is good for youngsters then?

Is it the 'life march', which was organized by Lublin Mayor and the church (from the funds that were supposed to be spend on arts), where giggling nuns were walking arm in arm with the members of pro-fascist organization, ONR?

I am alarmed; I am very alarmed by what it may all lead to.

I am planning to upload photos of nude bodies on this blog, in all their marvelous variety and simplicity, in order to express my (and not only mine) voice against similar actions and dangerous beginnings.

I BEGIN WITH MYSELF.