



TEACHING THE JAPANESE DANCE BUTOH & TRADITIONAL BY JUJU ALISHINA

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BUTOH Breath Work **1** "Yanagi Yanagi" **TRADITIONAL**

Body Control / Wellness **2** Wearing the Kimono

Technical Instruction **3** Fan Work

Foundation of Butoh **4** "Aoyagi"

Theory - Work of KI **5** "Okuyama Momiji"

Improvisation **6** Folding the Kimono

Composition **7** "Ume wa Saitaka" -Students' Open Show-

Stretching - Cool Down **8**

Photo in FRANCE : KôS, DVD Design : KôS-CréA, Photos in USA : Christian Faur

舞踏工房

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