

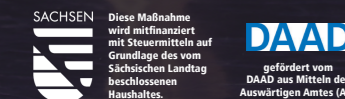
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ALUMNI NEWS & MORE

time & s_pace – 10 years go plastic company



The go plastic company celebrates its 10th anniversary with **“time & s_pace”** and hosts a festival in **HELLERAU - European Center for the Arts from 25 November to 3 December 2022**. A comprehensive programme including a retrospective of the company's works over the last five years, the Dresden premiere of the go plastic 2022 new production “mind the rage”, and also a gathering of numerous associated artists from various disciplines and genres is planned. Those who have accompanied the go plastic company over the last 10 years are invited to present their own works. The expected result: **five days full of many performances, concerts, exhibitions, installations, and stage works.**

„time & s_pace” invites you to enjoy contemporary artistic debate. Its aim is to make the great potential and high artistic quality of local and national artists visible.

Including: go plastic company, the guts company, TILL/LUBICH, HARTMANNMUELLER, Joy Alpuerto Ritter, Miller De Nobili, Magdalena Weniger KOMA & Ko, Douglas Bateman, Charles Washington, Dolphine Boys, Cocktail Napkin, ZWEATLANA, Alexandra Börner, Lea Schweinfurth, Enrico Sutter, Joseph Hernandez, Caroline, Beach, Rika Yotsumoto, Joao Pedro De Paula, DJ Mandy Unger, Tinted House, David Le Thai, Alphonsine Koh, PLAN MEE / Eva Borrman, Adam Dreessen u.a.

More Information:
<https://www.hellerau.org/de/festival/time-space/>

[go_plastic_company](https://www.instagram.com/go_plastic_company)

ALUMNI NEWS & MORE

News from Joshua Hunt

My time at Palucca came to an end this year in July. I'm very grateful for everything that I learnt and all the memories that I made during my time at Palucca and I will take this with me. Ballett Theater Magdeburg has been my new home since the end of August. After 14 years of training, it's a very rewarding feeling to call this my job now. At the moment we are busy rehearsing for our first show "Verklärte Nacht / Mahler 4" by Jörg Mannes which will premiere on the 22nd of October.

Much love,
Joshua Hunt



HEALTH ARTICLE

with Marlen Schumann

Training plan: Dance and Athletic Training - a Vision

In order to make a general statement about what a worthwhile training plan in dance would be, I first want to take a look at the fundamental motoric skills in humans. These are: **strength, endurance, mobility, coordination, and speed.** If these are trained in harmony and balance, then we are fitter as a result. The skills which are primarily and methodologically trained in dance training are coordination and mobility. Sometimes, speed is also a topic, mostly then in direct association with a specific dance movement, but not in general. In dance training, we (logically) don't train the fundamentals of speed, strength, or endurance - we need them, however, in order to stay healthy and dance for a long time. This means that in order to withstand the stresses and strains related to a higher level of mobility and dance coordination, it makes sense to train strength and related speed and endurance in addition to dance. This in turn, has a positive influence on the coordination and mobility in one's dance technique.

In addition to dance, a training plan should focus on the training of muscle strength. This can be trained in various cycles and with different methods.

I recommend focusing on **strength endurance** and **functional basic exercises** in the beginning. We are familiar with these from functional fitness or free weight training. And because we have the advantage of being coordinately fitter in dance, we often find it easier to learn these movements than someone without dance experience. The **basic exercises** are: Knee bends, dead lifts, push-ups, rowing, chin-ups or lat-pulls and overhead presses. These six exercises represent a balanced full-body workout because they address the entire musculature and no area is left out. At the same time, the core stability is being developed.

Strength training means that we engage the muscles with moderate intensity for a relatively long period. More precisely: For each set, one does 15-20 repetitions but the level of resistance is not too high. However, the final repetitions may well become strenuous.



The breaks between the sets (2-3) are only about 60 - 90 seconds long. Using this method, the cardiovascular system is intensively activated.

In addition, I recommend training one's basic endurance through running, bicycle riding, swimming, or rowing. This is done with low intensity and is guided by the maximum heart rate. Basic endurance is trained at 60-75% of the maximum heart rate for at least 20-30 minutes, preferably longer. The tempo will feel very slow, and one must be careful not to go too fast because at the beginning of the training one is usually full of energy.

In order to sensibly combine dance training, rehearsals and fitness training, new paths must be taken. My **vision** of a well-established training plan which encompasses every area looks like this:

Reduce the weekly amount of ballet or dance training. Thanks to well researched training science, we know that coordination is not lost when dance training is reduced and replaced with a different form of training. We also know that intermuscular and intramuscular coordination is improved by strength training. Balance in relevé is improved when knee bends are trained with (high) resistance.

Specifically, I advocate for: **3x dance (coordination) training - 2x strength training - 1-2x (basic) endurance training - 1x active recovery**, such as meditation or other relaxation techniques. There is plenty of room left for rehearsals, artistic discussions and rest. Because rest is part of the training.

These are new paths and they demand courage. I am looking forward to the courageous ones.

With this my final health article, I say goodbye, for now, to the alumni newsletter. DANCE WITH STRENGTH!

This link takes you to the newest training video: <https://youtu.be/WRd-b72I3wY>

Contact: www.marlenschumann.de



PALUCCA - ALUMNI
NOVEMBER & DECEMBER 2022

LETTER FROM THE EDITOR

In this newsletter we remember Wolfgang Zeibig, who as a music educator in former years accompanied and inspired pupils here at school. In this context, I would like to thank Ingrid Borchardt and Mrs. Zeibig who, having found the right words, allow us a glimpse into the past in this newsletter issue.



This is the final alumni newsletter for this year. In this issue, we have published the fifth health article by Marlen Schumann. This time, the focus is on the training plan for dancers. For you, there is again an exclusive training video which accompanies the article.

In addition, you will find exciting insights into the coming university and alumni events and projects. Alumni can receive a discount for the Palucca Tanz Studio event on 25 November. Further information can be found in the university news.

At the end of December 2022, you will be receiving a retrospective about the past two years of DAAD funding for the Alumni programme.

Alumni articles are greatly welcome for the next alumni newsletter edition (Publication: end of March 2023). Please use the contact information provided below for this.

I hope you enjoy reading our newsletter!

Kind regards,

Minh Huyen Pietruske

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WOLFGANG ZEIBIG - AN OBITUARY

“The Future Needs the Past”.
(Odo Marquard)

**In Remembrance of Wolfgang Zeibig.
A life working for music, for dance, for the Palucca School.**

For 40 years, Wolfgang Zeibig shaped the music lessons at our University. With great passion he taught rhythmic, always in connection with movement and language and in immense artistic harmony with Palucca. He awakened in us the love for music and shared with us rhythmical and musicological knowledge. In his lessons, every Palucca pupil learned how to play the instruments used in the Orff method. We danced, clapped and spoke rhythmically while the “small orchestra” played. Choreographies were created which were presented in every school performance. This musical education in a professional ballet school was unique in Germany.

We former Palucca pupils are grateful to have experienced this wonderful teacher of the arts.

Wolfgang Zeibig passed away in December 2021.

Ingrid Borchardt (Apelt)



UNIVERSITY NEWS

Open Door Day (Retrospect)

We are very happy that we could finally open the doors for you again this year for another Open Door Day. Many visitors came, among them alumni who had the opportunity to exchange ideas and network with each other.



19th International Aidstanzgala of the Theater Regensburg

Participation of the second-year students of the BA Dance Programme of the Palucca University of Dresden in the 19th International AidsTanzGala of the Theater Regensburg.

Date: 12 November 2022 at 7.30 pm
Place: Theater Regensburg, Bismarckplatz 7, 93047 Regensburg

20 Years Palucca Tanz Studio

This event offers young students in the BA Dance Programme the possibility to expand their stage experience in front of an audience.

For the performance on 25 November 2022, our alumni are granted a discount when purchasing tickets. Please mention your status “Alumni” at the box office. Accompanying persons who are not alumni pay the normal price.

Dates: 18 (Premiere), 19, 25 & 26 November 2022, at 7:00 pm in the “Grüner Saal” at the University.

When buying your ticket, say the key word “alumni” and you will receive a discounted ticket for 10 EUR. Tickets are available online and at the Konzertkasse Dresden booking offices as well as at the door: <https://bit.ly/3CLtrj5>



UNIVERSITY NEWS

Exhibition „Klang-Raum“

A cooperation between the Master Choreography Programme of the Palucca University of Dance, the Dresden University of Fine Arts, Dresden College of Music Carl Maria von Weber and TU Dresden/Faculty Architecture.

Date: 21 November 2022 (Vernissage) – 25 November 2022
Place: Gallery of the Dresden University of Fine Arts, Weiße Gasse 8, 01067 Dresden

The Nutcracker

In their interpretation, Aaron S. Watkin and Jason Beechey have drawn on the stories of E. T. A. Hoffmann to create a fairy-tale classical ballet set in Dresden during the festive period: On Christmas Eve, Marie is given a nutcracker that immediately becomes her prized possession. Soon, however, danger appears in the form of a horde of belligerent mice. Then the nutcracker springs to life and does battle with the enemy army. Accompanied by her new protector, the girl embarks on a journey through a land of sweet dreams, and into adulthood.

Dates:

5 December at 7 p.m.
7 December at 3 p.m. and 7 p.m.
8 December at 1 p.m.
11 December at 2 p.m. and 6 p.m.
13, 16, 18 and 23 December at 7 p.m.
25 and 26 December at 2 p.m. and 6 p.m.

Advance Booking: through Semperoper Dresden,
www.semperoper.de/spielplan.ht



UNIVERSITY NEWS

Palucca Photo Calendar 2023

We are pleased to announce that the long-awaited 2023 calendar on the occasion of Palucca's 120th birthday will be available from November. The calendar pays tribute to Palucca's work and legacy and features both lesser-known Palucca photos as well as photos from university events and performances over the past few years – a truly lovely Christmas gift for and from everyone in our Palucca family.



Highlights of Palucca e.V. Sponsorships in 2022

For the second time, the Palucca e.V. sponsored a pair of Freed of London point shoes for all the pupils in the Palucca University of Dance Dresden Orientation Class 2 (Photo). In addition, the Friends Association was successful in their bidding for “Kulturfonds Sachsen-Ukraine” offered by the Cultural Foundation of the Free State of Saxony. The raised project-funds will support new Ukrainian refugees with a partial scholarship in the amount of EUR 500 so that they can continue their dance education here at the University.

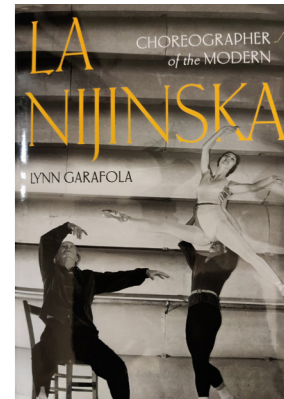


UNIVERSITY NEWS

The Library's Recent Acquisitions

“La Nijinska: Choreographer of the Modern” by Lynn Garafola, in the English language, published by Oxford University Press 2022, 661 pages, €34.90

For the first time, an encompassing biography is dedicated to the choreographer Bronislava Nijinska, who had always stood in her brother's, Vaslav Nijinsky's, shadow. As architect of neoclassicism in the 20th century, she experienced the transformative energy of the Russian revolution and created her greatest work “Les Noce” under its avant garde influence.



„Choreography: the basics” by Jenny Roche and Stephanie Burridge, in the English language, published by Routledge, 2022, 212 pages, €28,86.

The book offers a comprehensive view of choreography both as a creative skill and a field of study. It introduces the readers to the essential theory and context of choreographic practice.

It further explores how students can use and analyse their own work in a range of styles, how choreographers are influenced through technology and intercultural exchange

