



junk ぞみ
yoga よーが

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widen the margin of play!

1: by movement of the whole body, especially the spinal column and arms and legs. bend and turn, twisting from side to side, up and down,

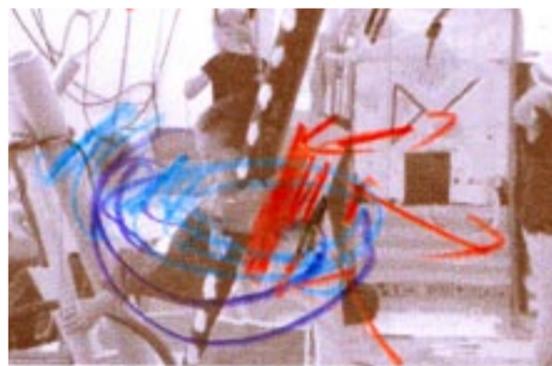
a junk terrain suggests playing, touching, building.

to touch is to both open oneself to unbounded data and to guide with conscious intent [1],

the path into technical knowledge is not through structural design but through the pleasures of letting effects emerge [2].

[1] Richard Sennet (The Craftsman, 2008)

[2] Sherry Turkle and Seymour Papert (Epistemological Pluralism and the Revaluation of the Concrete, 1991)



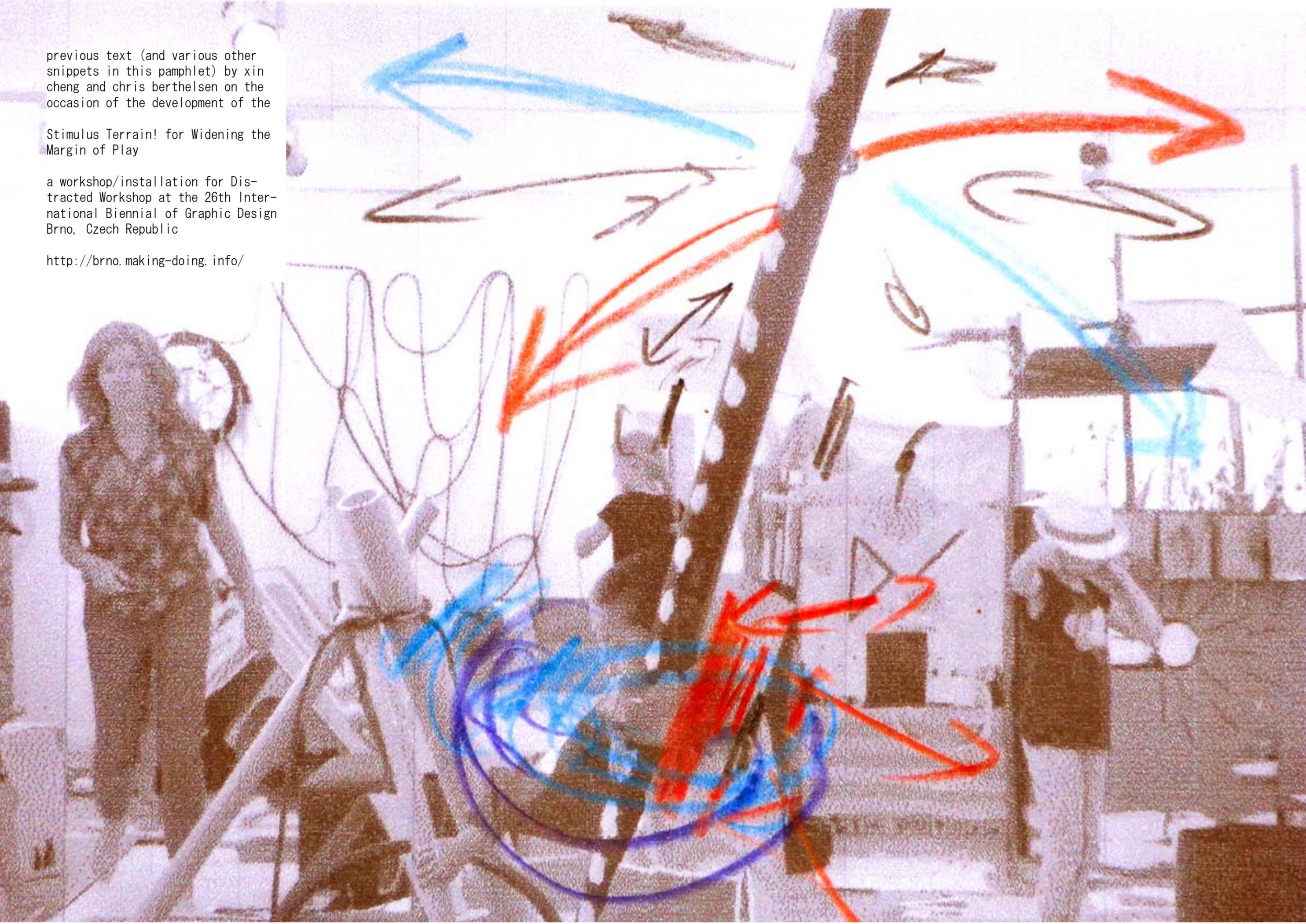
a sketchbook of noticings about bodies and stuff during Summer Open Workshop (<http://small-workshop.info/sow2017/>) after meeting with Jo Eng.

previous text (and various other snippets in this pamphlet) by xin cheng and chris berthelsen on the occasion of the development of the

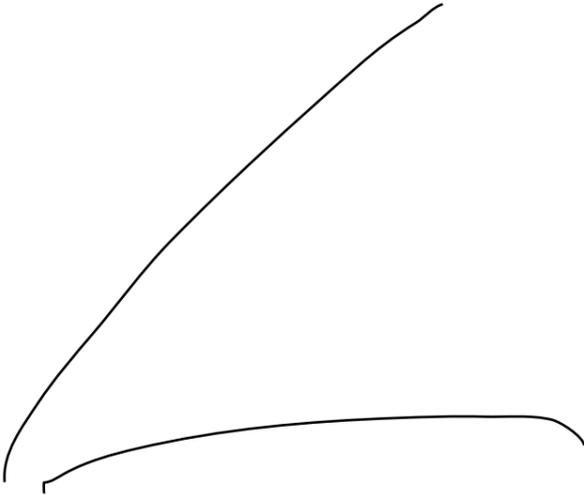
Stimulus Terrain! for Widening the Margin of Play

a workshop/installation for Distracted Workshop at the 26th International Biennial of Graphic Design Brno, Czech Republic

<http://brno.making-doing.info/>



material:
that stuff that is inside
of doors



DANCE!



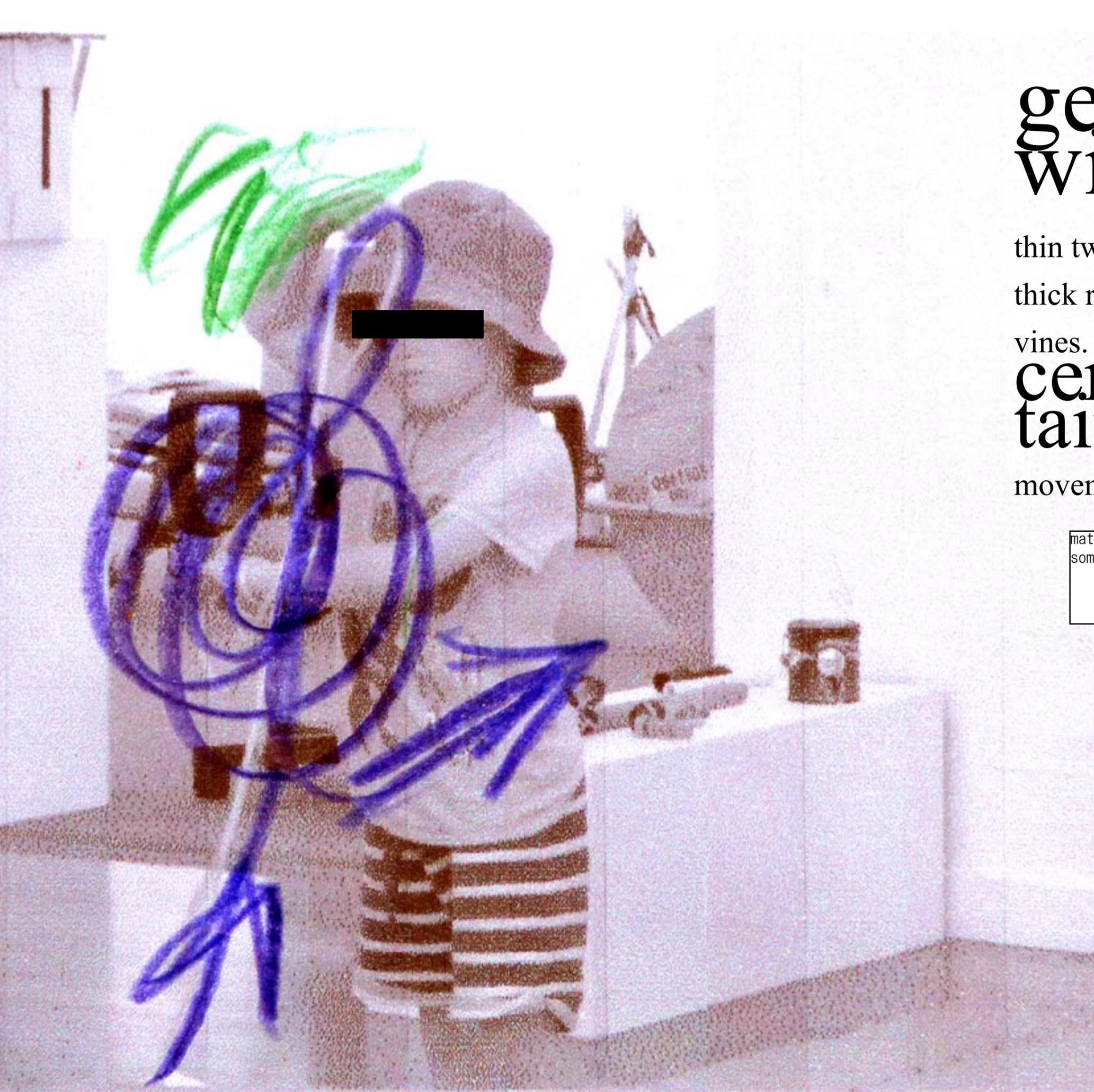
with a
flexible
thing.

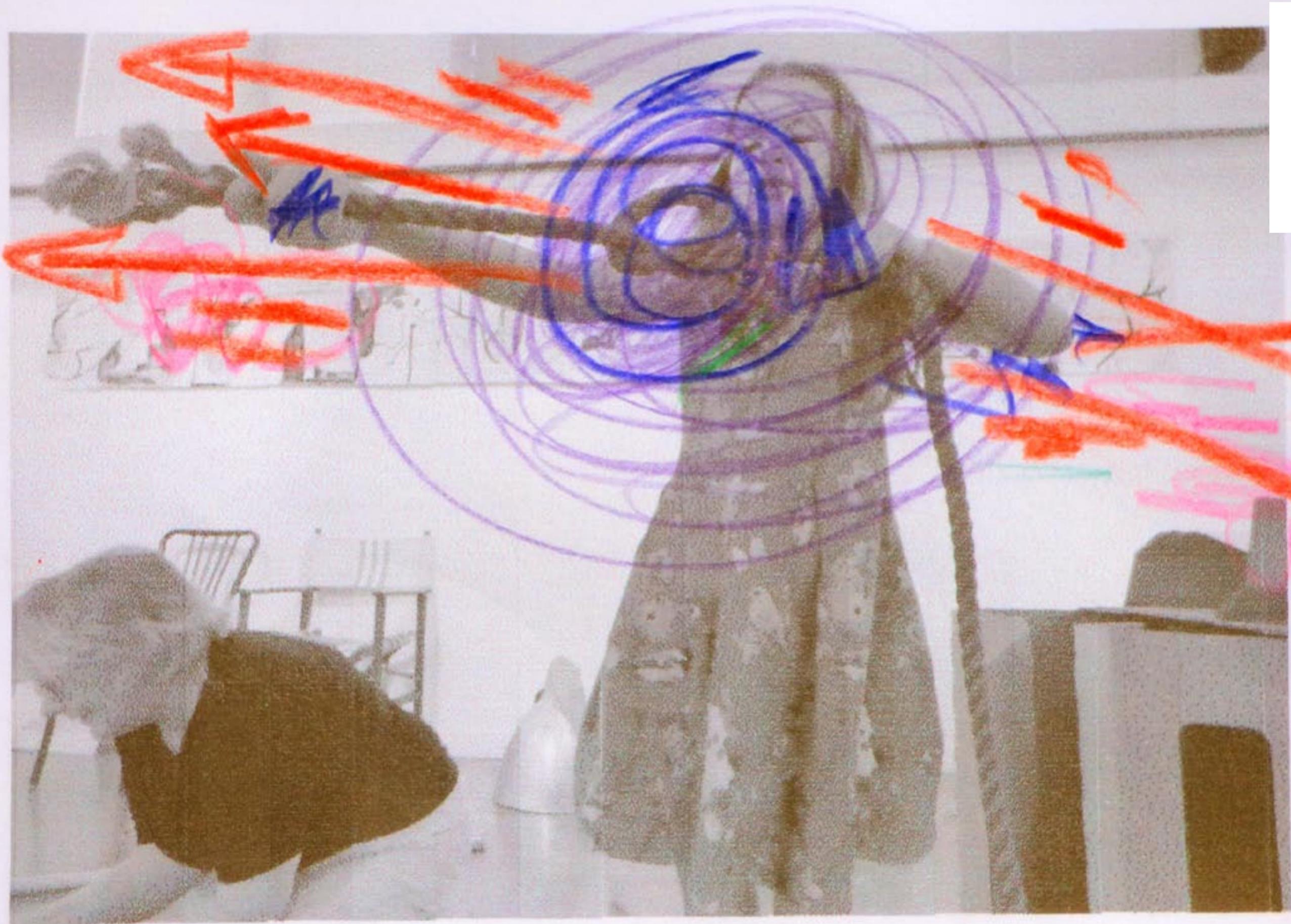
let it make
your body
sing! and
neck joints
ping!

gently wind

thin twine,
thick rope or
vines. you may find.
**cer
tain**
movements combine.

material:
some rope





tightly knot.
thick rope.



squeeze yourself
into a tube

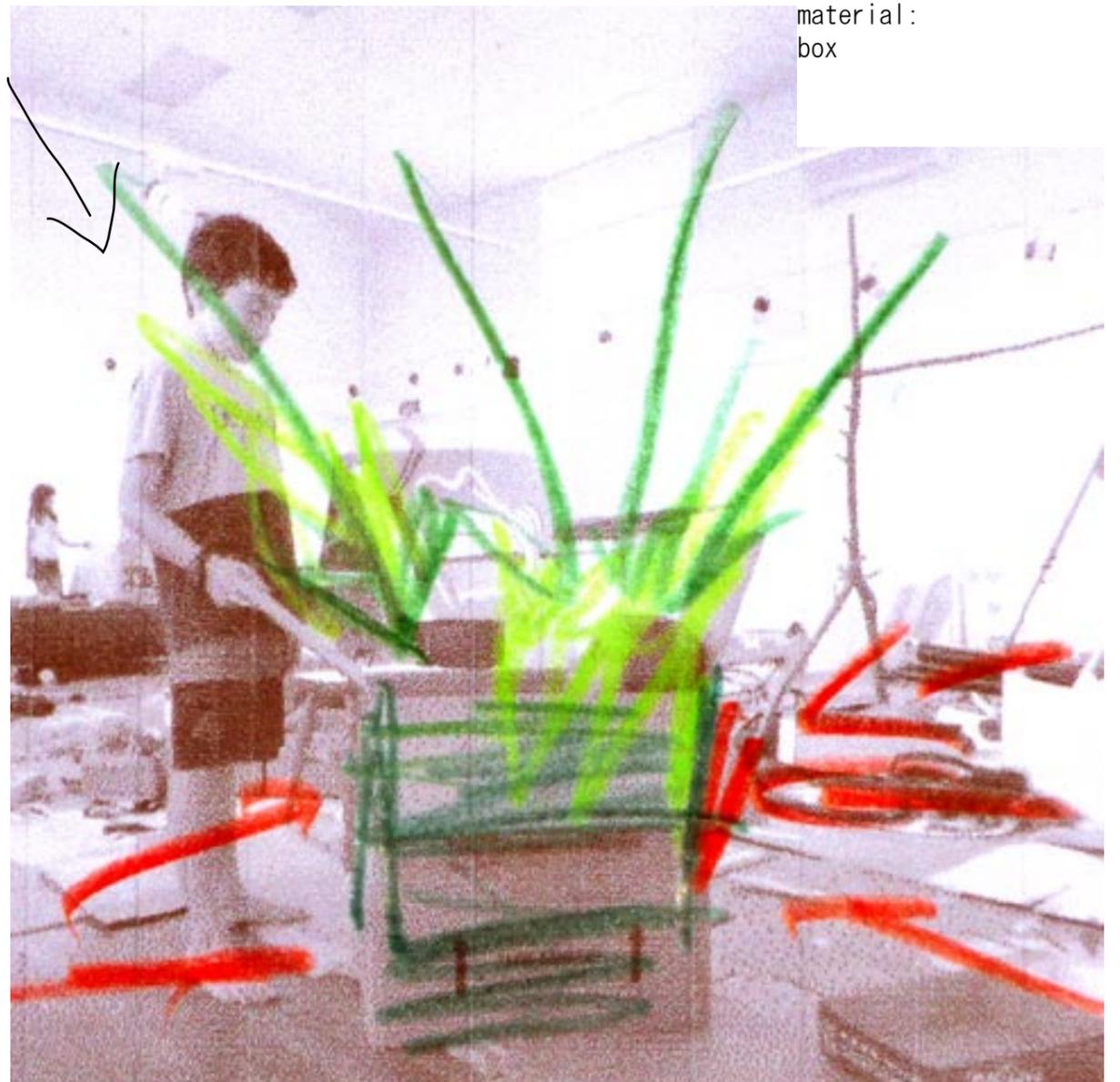
no need for lube! but you will notice things about pressure and balance.

material:
large and robust tube from
textile wholesaler.

get squashed.

into a box.

in your socks, by your friend.
things break and bend
tumble and rip



material:
box

stuff your head in a big metal thing

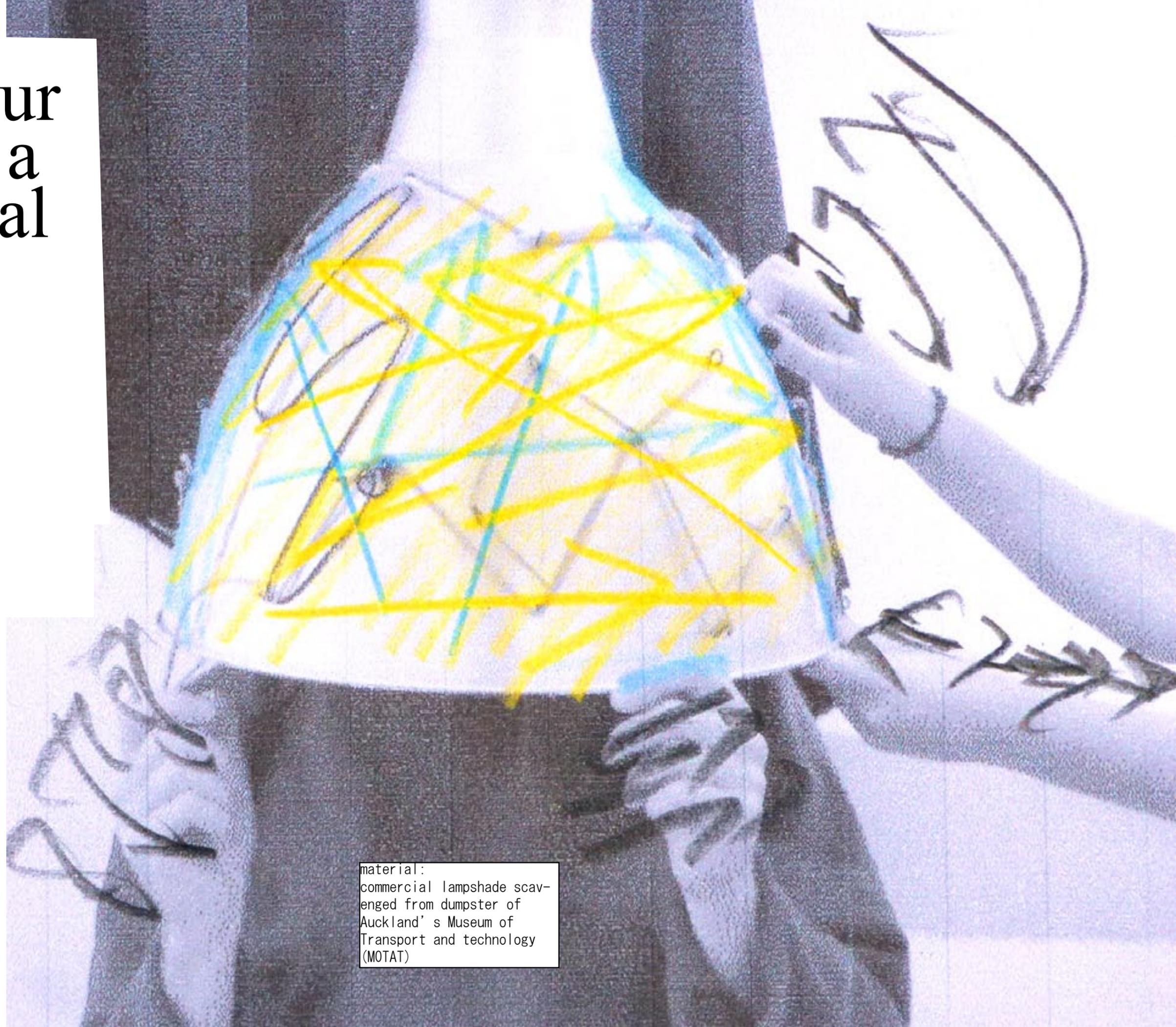
let it ring
and
cling. clang, bang.

let it rang.

let it hang.

bang...

vibrate your hands



material:
commercial lampshade scav-
enged from dumpster of
Auckland's Museum of
Transport and technology
(MOTAT)





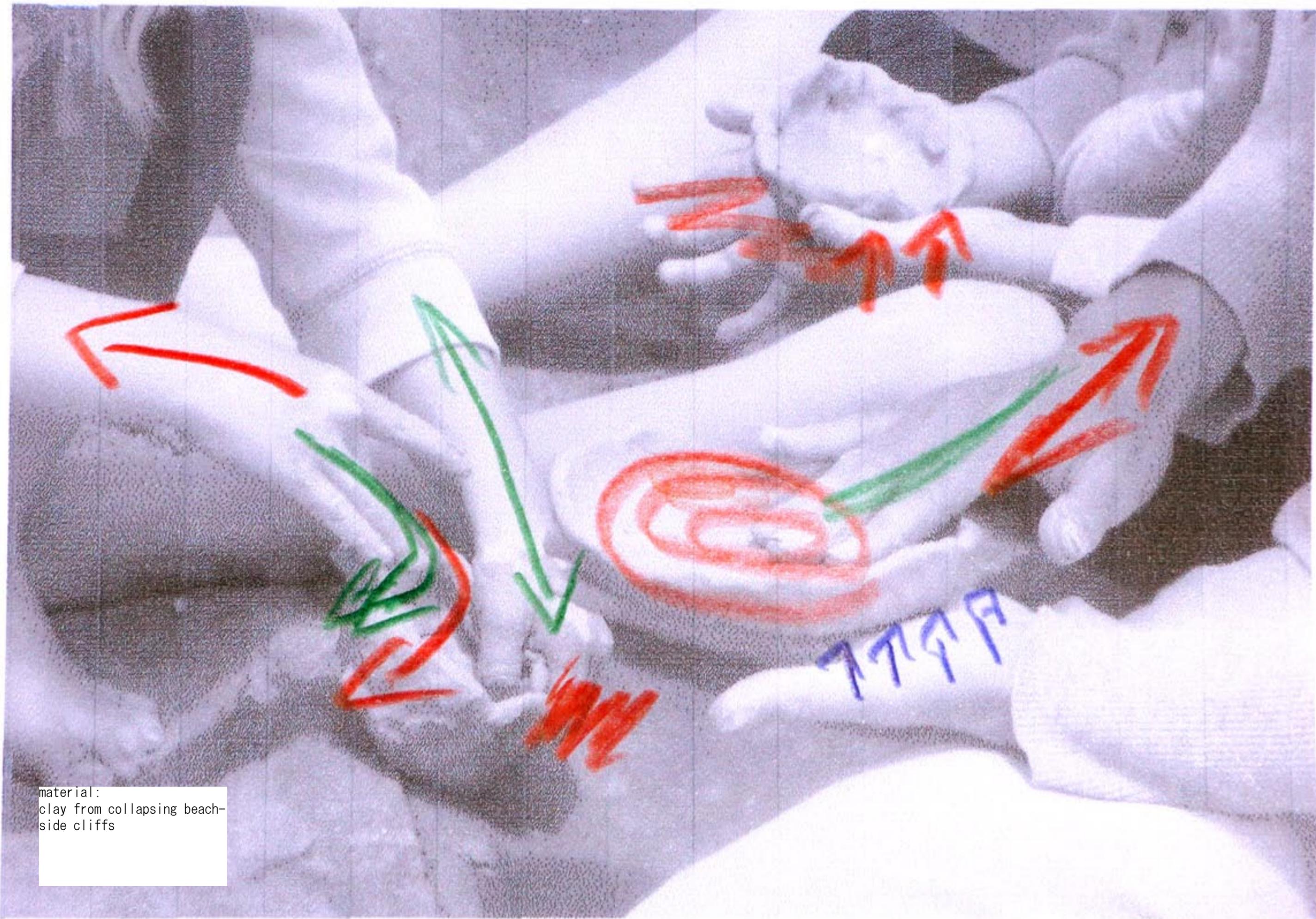
/transformation of a lump: chisel away,
wet clay.
in plastic. a wet stone
wet stones in clay
junk in clay
a chiselled away lump of wood cracks and
burrs and smooths and bevels.



images from open-air clay workshop with Jack Tilson

To grip is a decision. To release is to let go, to surrender control over others. To touch is to both open oneself to unbounded data and to guide with conscious intent. (Sennett, 2008:151-7, 171)

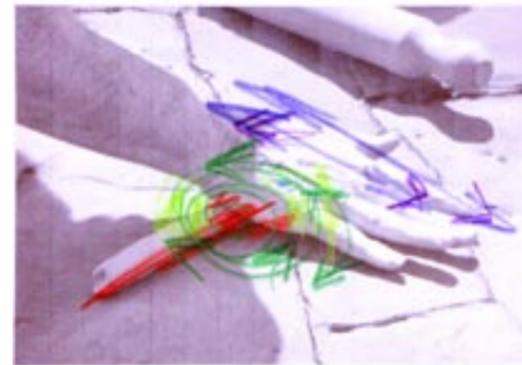
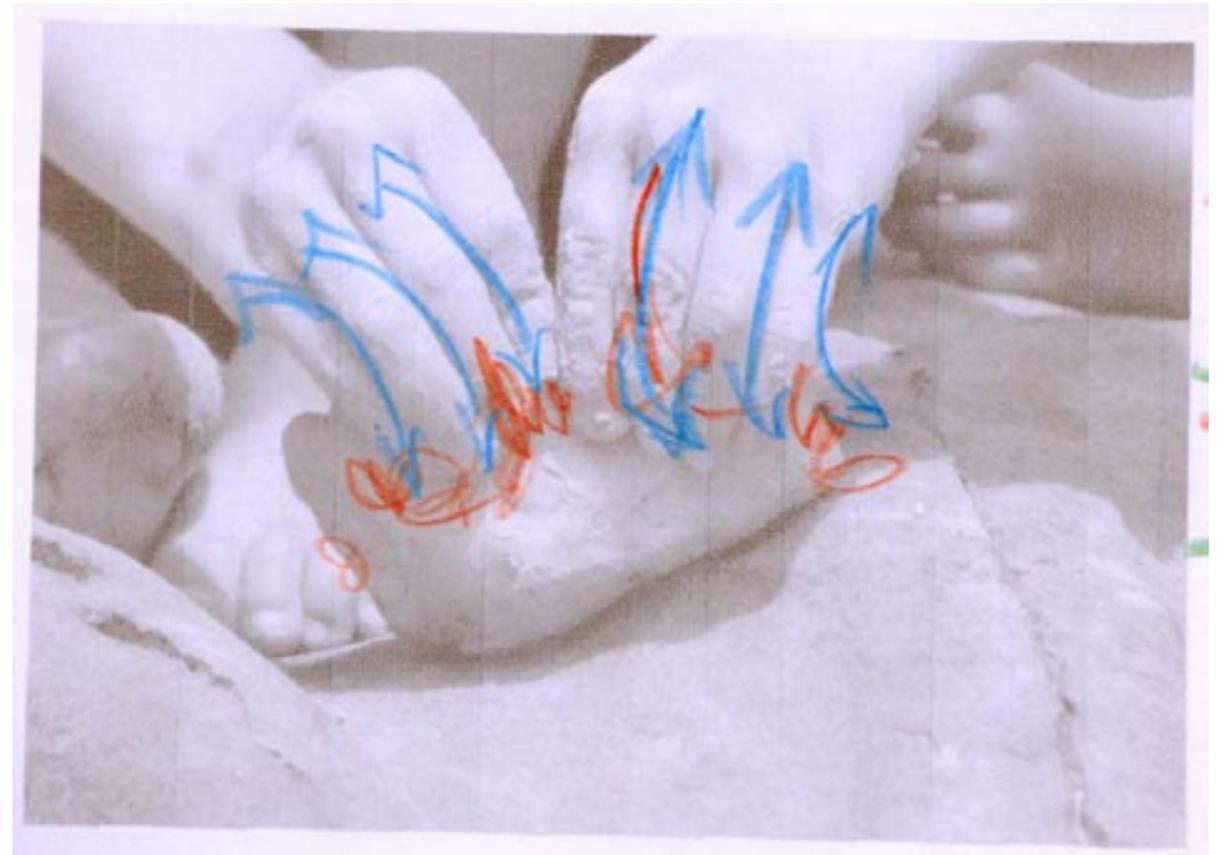
Touching is always reciprocal. At the same time I am changed from within-and whoever touches me is touched as well. We do not touch by design. Indeed all designs are shattered by touching. (Carse, 1986: 75)

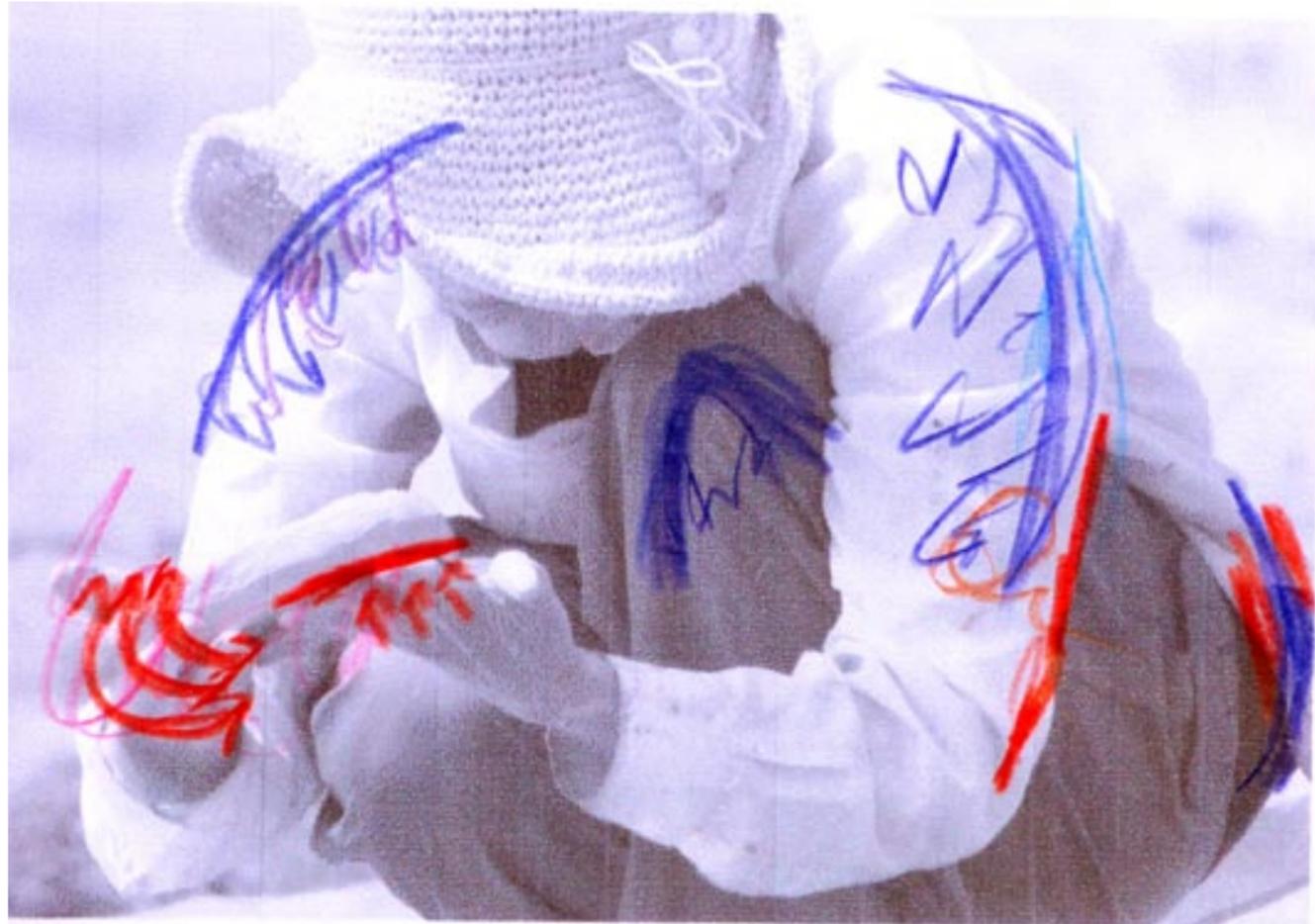


material:
clay from collapsing beach-
side cliffs



surfaces are where most of the action is (Gibson)





hunch over
like potion grinder,
cauldron imbiber.
pleasure seeker

fondle slippery surfaces

crevasses

^pliable materials
stretching and holding of breath*

*by thought concentration while keeping the standing, sitting or reclining position with the body perfectly still, the internal organs could be relaxed

(Kathleen Skukair - Johannes Itten: Master Teacher and Pioneer of Holistic Learning)



meditate
in a stimulus
terrain of
junk.



snooze
on bent bicy-
cle wheels.



material:
string, rope and various
cans

hobble totter tumble shake
slip, roll on rims

trip and falter.
laugh!

~~~~ glide  
wobble,  
tip,  
trip!



**swivel slide**  
maintain balance,



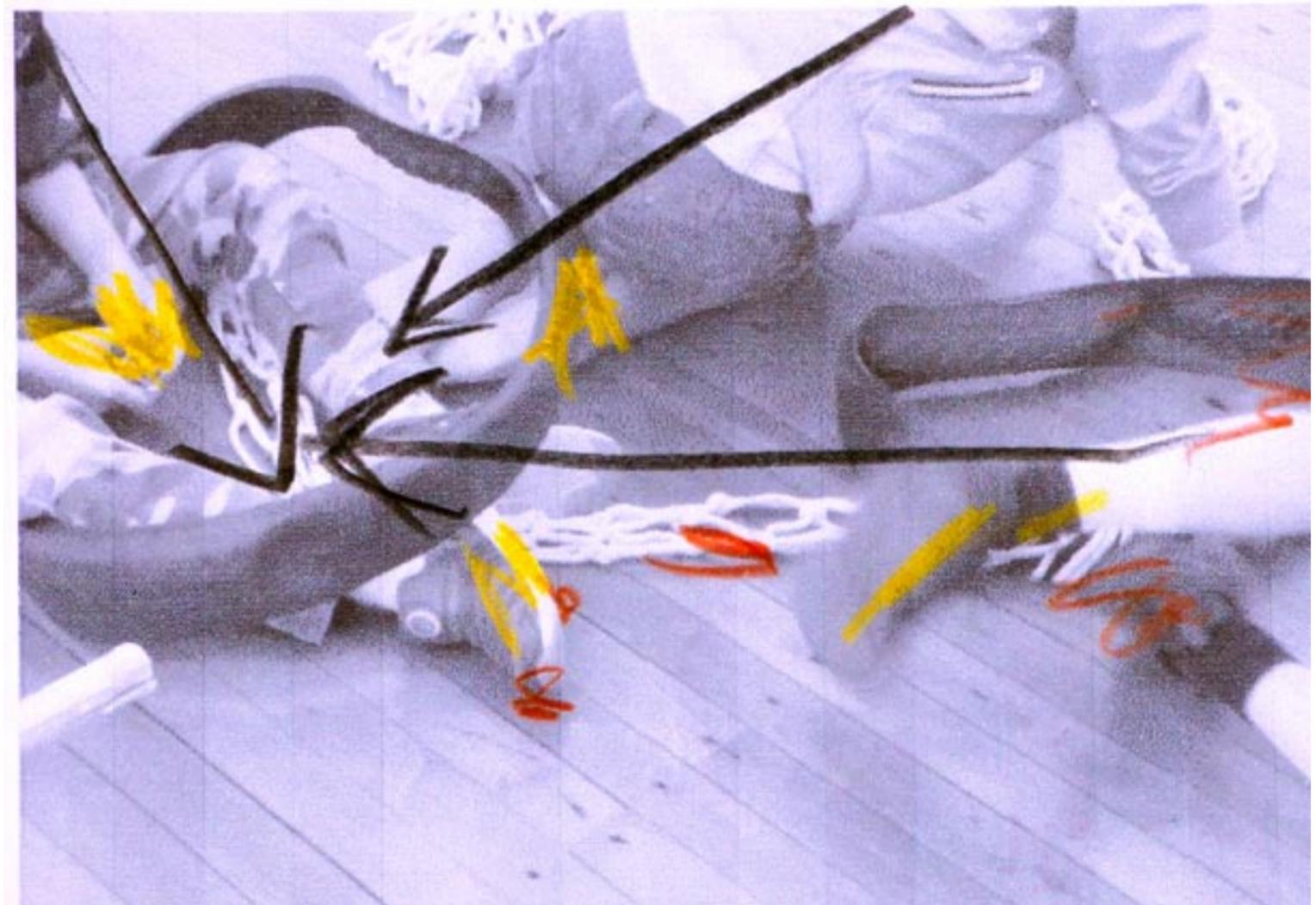
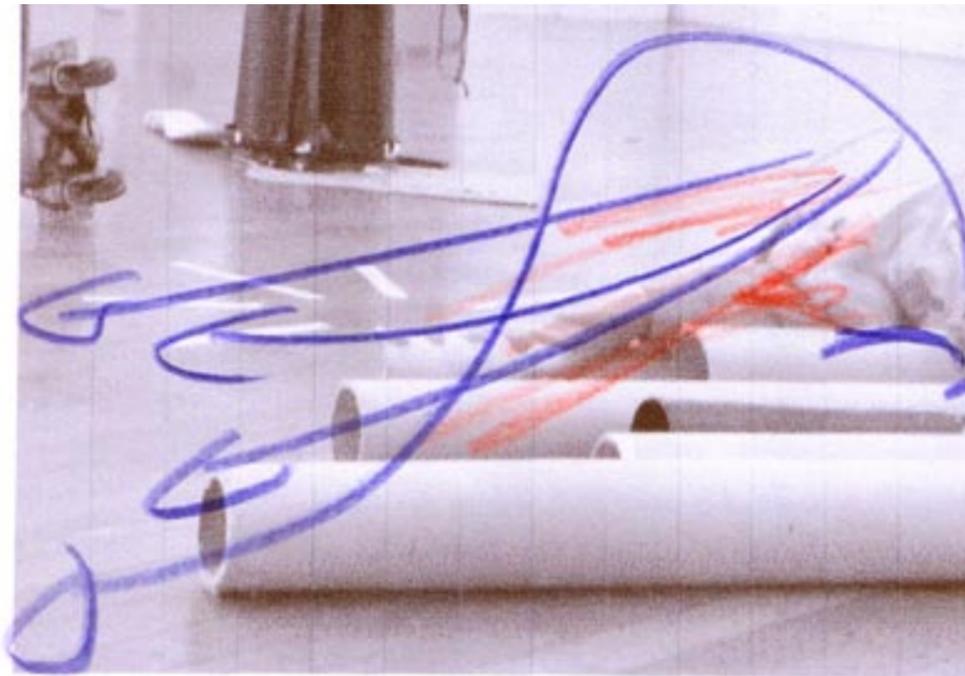


fall!



tangle , tumble ,

roll and slide



make.  
a tangly contraption  
using multiple bicycle tyres and strong rope

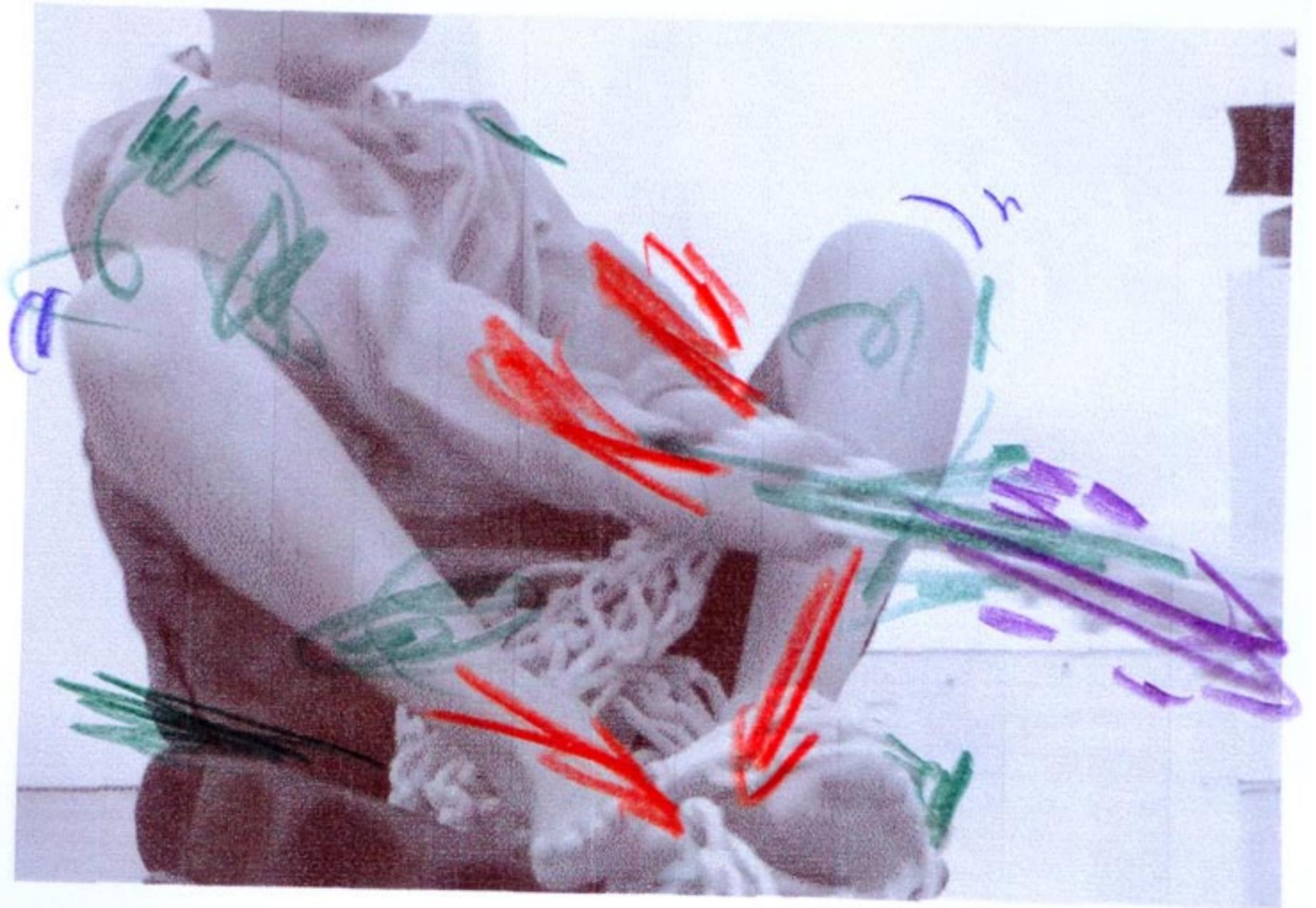


contraption by Aya Yamashita



by movement of the whole body, especially the spinal column and arms and legs. He would have them bend and turn, twisting from side to side, up and down, with the effect of loosening up the external muscles.

(Kathleen Skukair on Johannes Itten)





now,

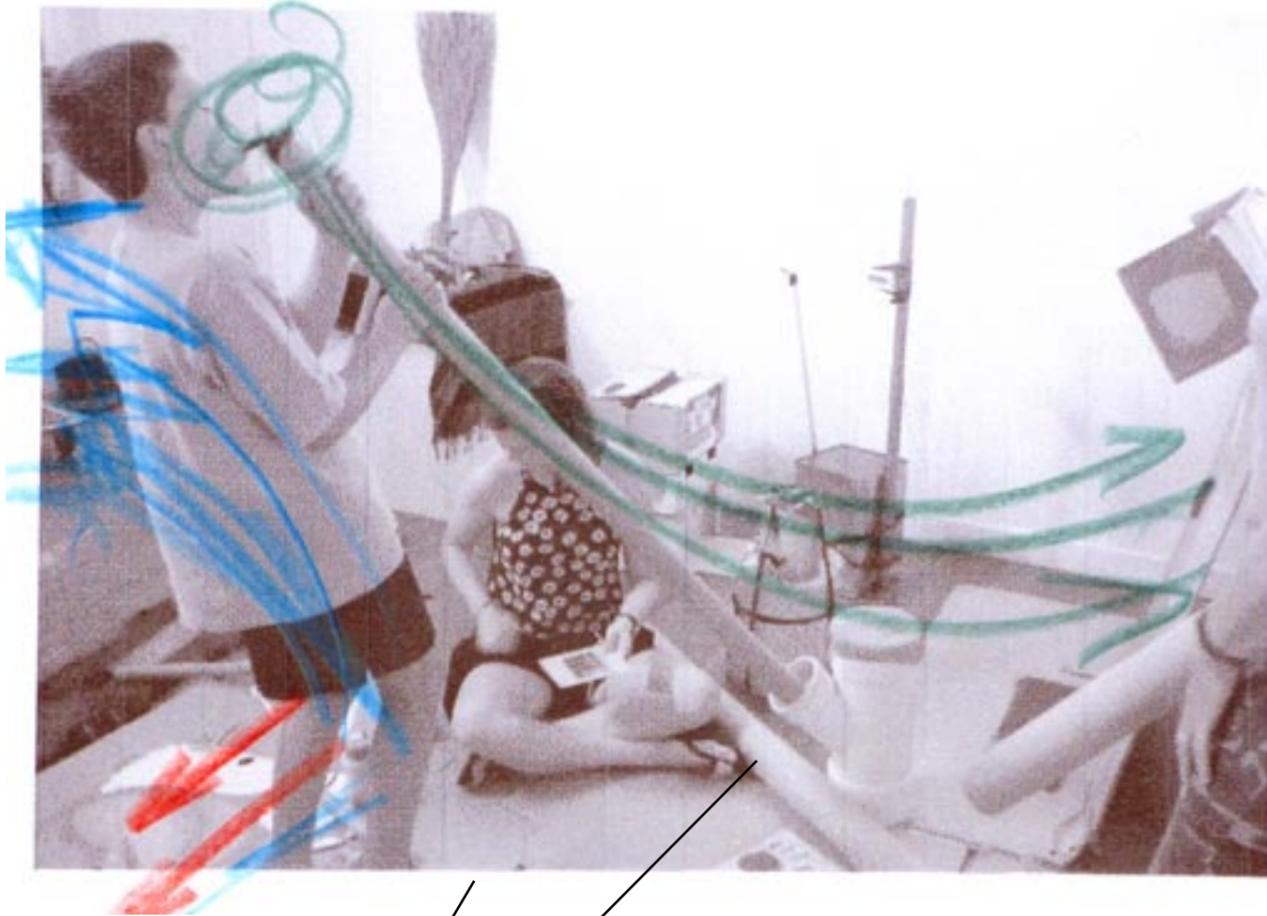
puff...

material:  
cardboard tube, balloon,  
leg of desk organiser,  
elastic band

huff...



“He would begin each morning class with relaxation, breathing, and concentration exercises to establish the intellectual and physical readiness in preparation for intensive work.”



the puff

pops

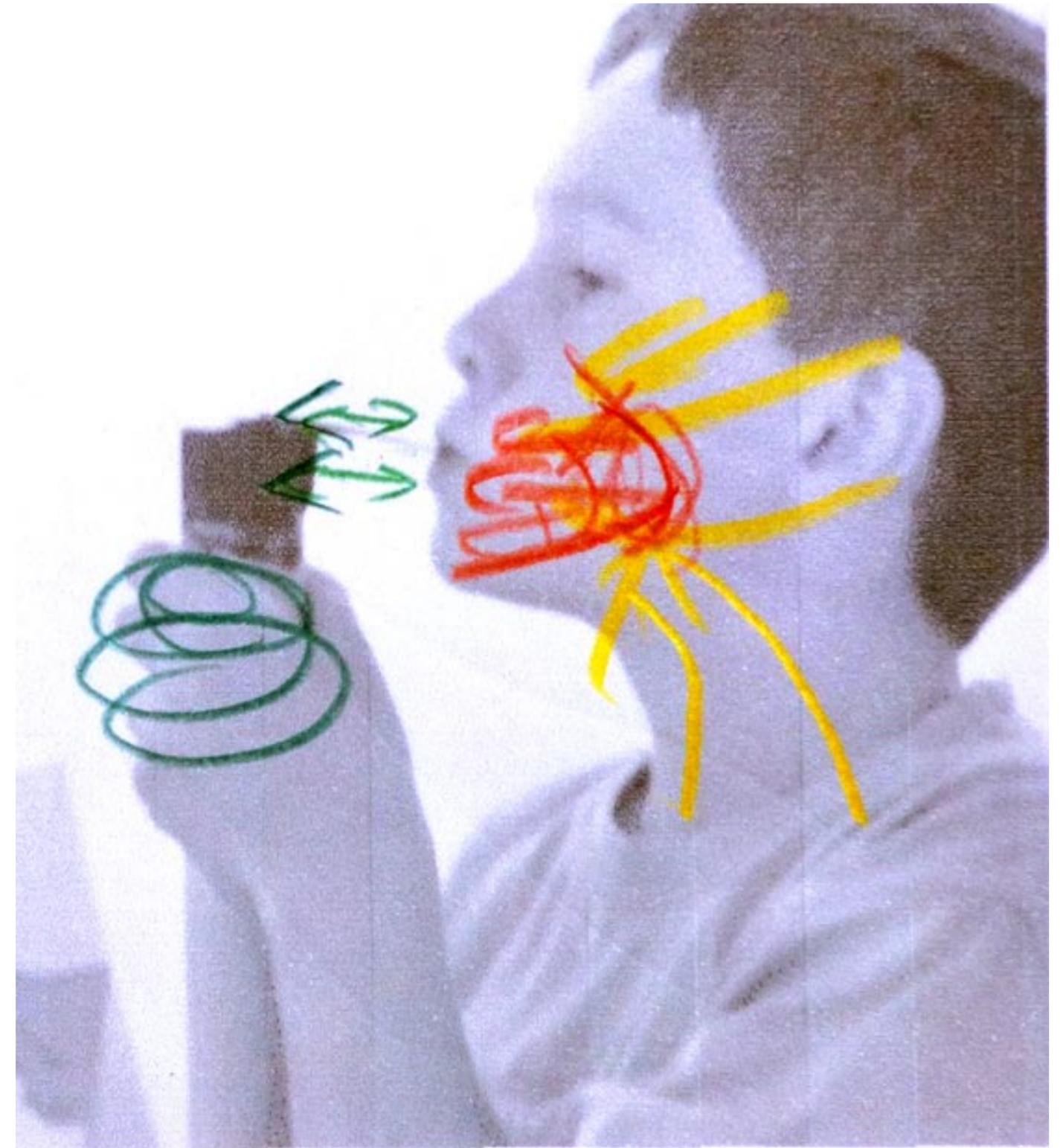
drop

and speed  
into my lungs

“As we breathe, so we think and conduct the rhythm of our daily routine. People who have achieved great success in their lives always breathe quietly, slowly, and deeply. Those who are short of breath are hasty and greedy in their thoughts and actions. By means of breathing exercises I tried to train my students to breath quietly and more deeply.”

(Kathleen Skukair on Johannes Itten)

cheeks puff and swell  
hell,



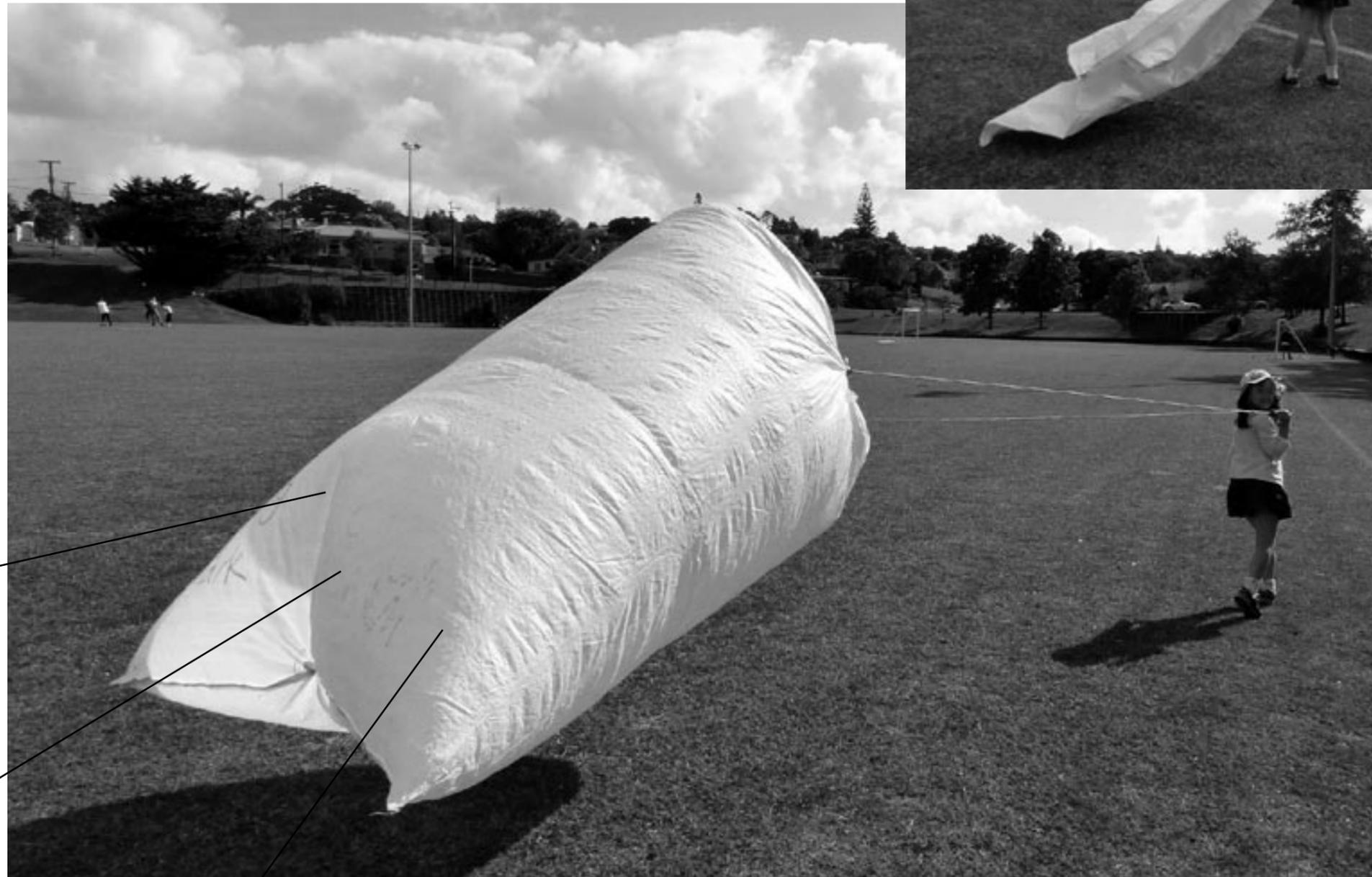
my dizzy spells  
quell asthma

images from weird sounds and DIY instruments meeting organised by legendary Bays music educator Clare McCormack, facilitated by Robyn and Anna.

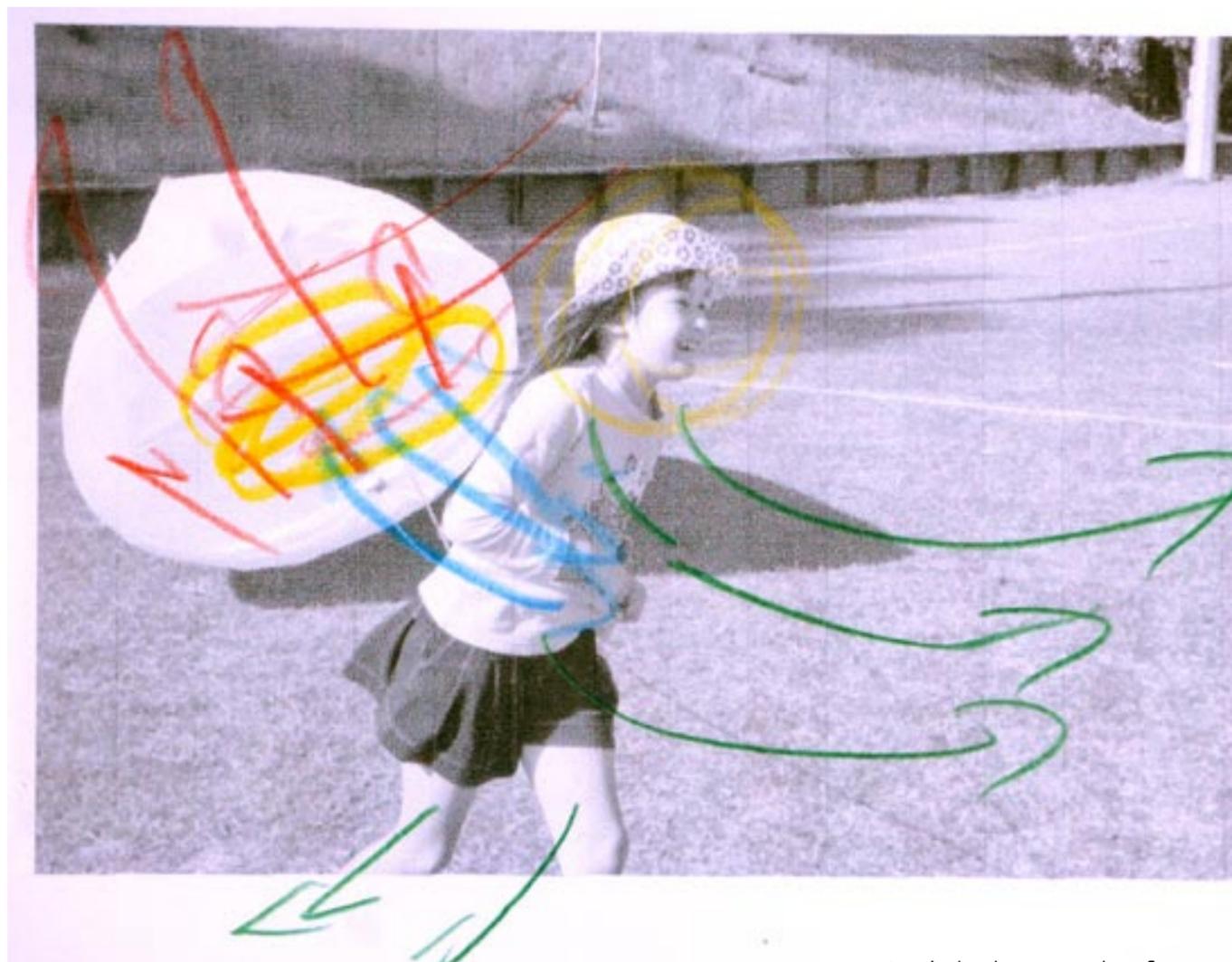
this wind swells bag balloons  
spins grins on my smile dialer,  
gusts  
and fly higher

pull a giant sock sack  
and strong blows pull back,

run! laugh!



**run! laugh!**



material: huge sacks from  
mattress store, rope

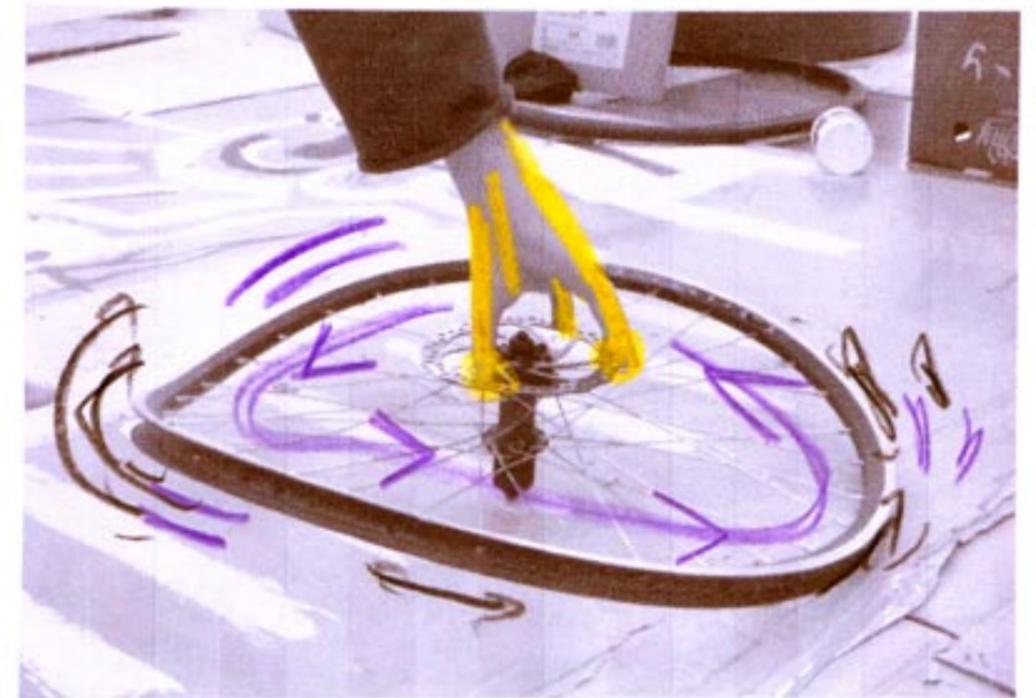
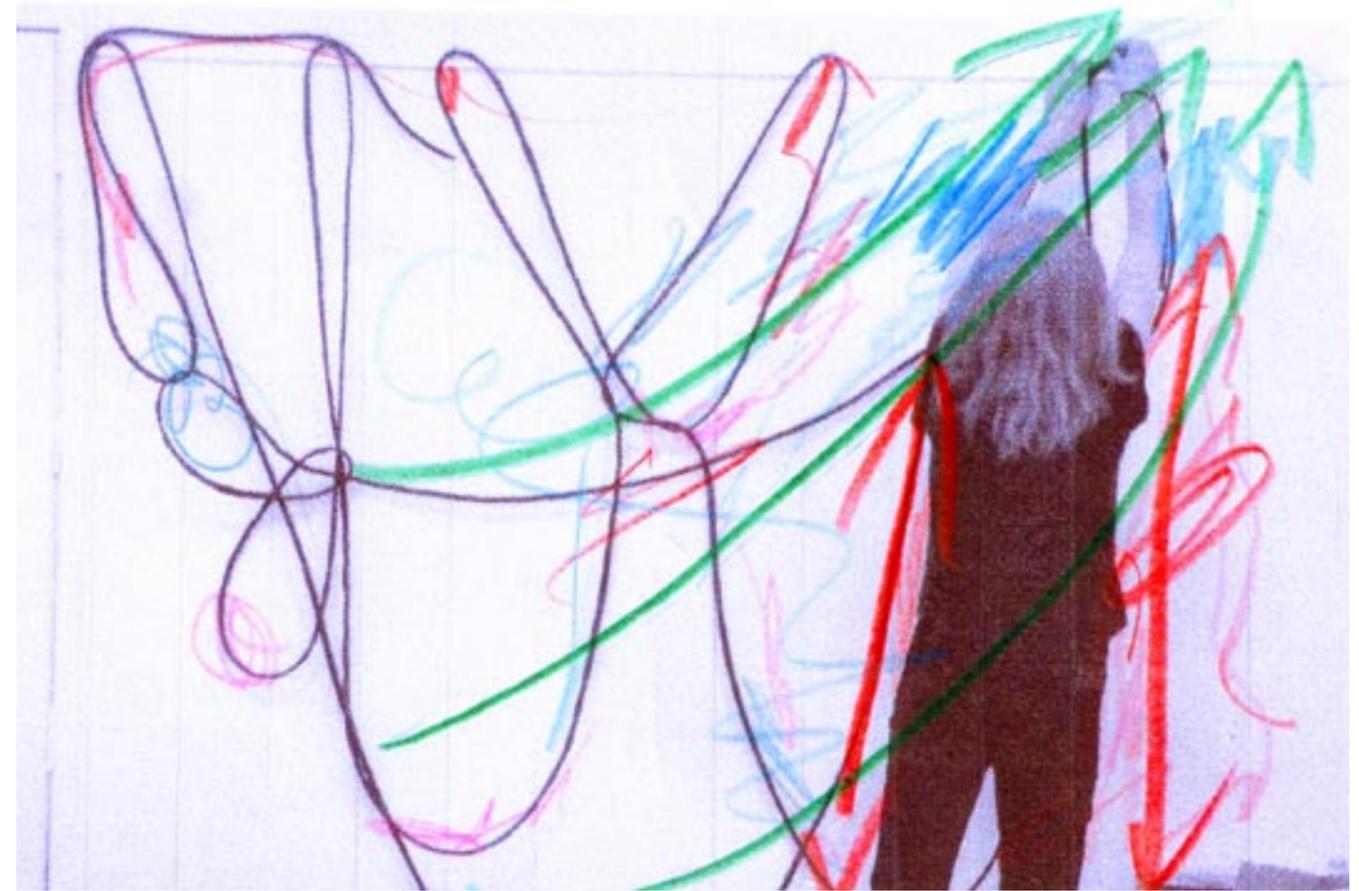




**COV-  
er,**



**stretch,**



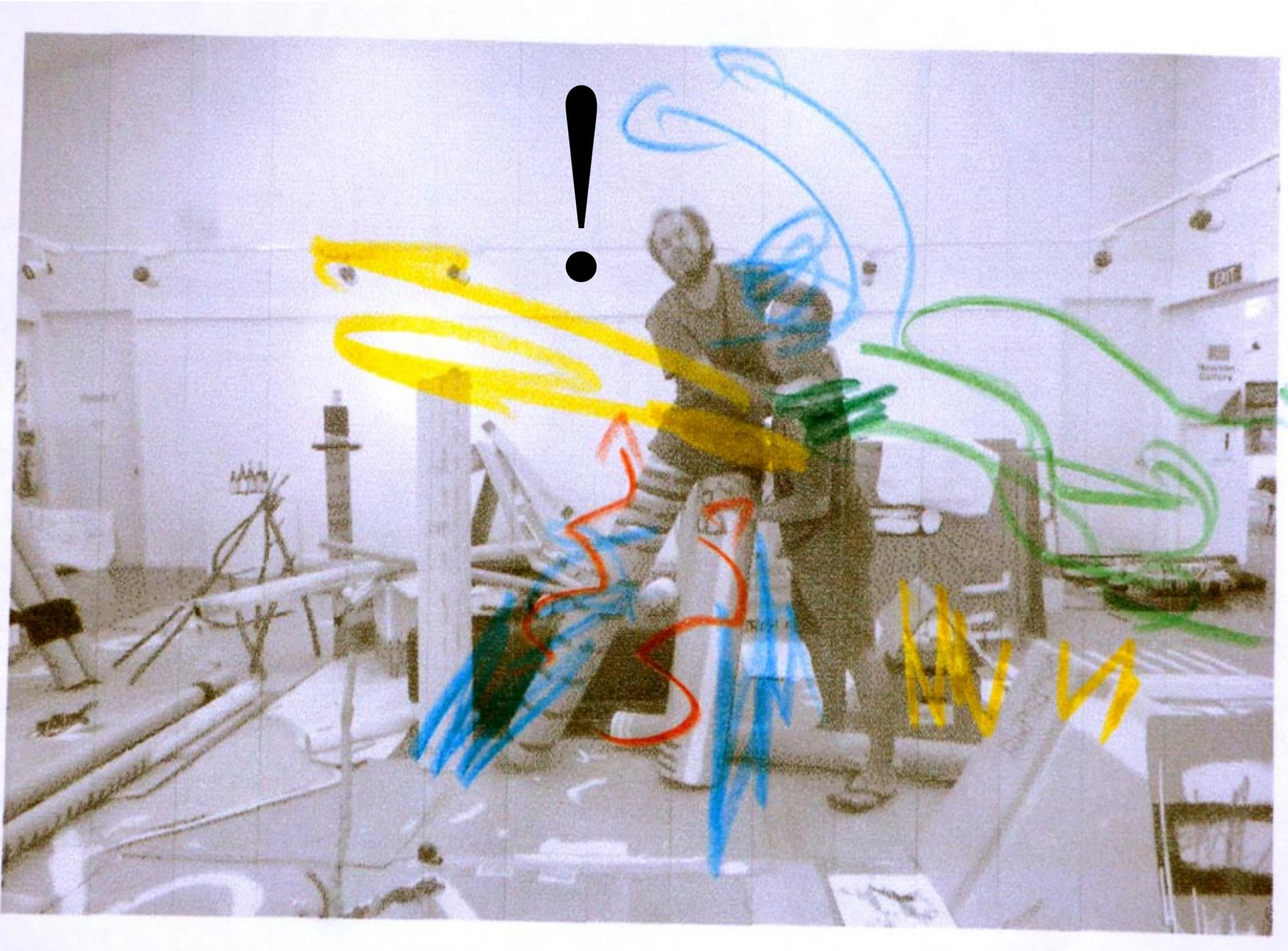
**spin**

explode!

out of box



*end*



enjoy your bodies and junk!

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<http://small-workshop.info>

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