

# ***KNOTTING***

Choreographic work.

Idea and choreography: Marco Munno.

## ***Introduction***

"Knotting" is a choreographic work that has as its basic concept the image and the meaning of the knot. In a metaphorical sense it is perceptible in the form of symbolic and conceptual values present in life and visible through corporal dynamics that refer to the physical theory of nodes, the image of closed curves intertwined in space.

The knot is something complicated, complex, a nerve center or even vital; at birth, the separation from the mother takes place with a knot to the umbilical cord.

"Knotting" describes and stages one of the gray side of the human mind and therefore of man in society, which has the constant desire to get rid of the various problems, limits, constraints and knots that however will always be present on his path, and it is his task to find the solution to make them less tight so as to allow him to live the life that but being careful not to remove it completely, because without them would risk to live an insignificant existence.

Dance and body are the tools used to interpret the artistic work; through image and conception of the node are represented certain conditions we live in daily: the sense of constriction and oppression.

## ***Choreographic structure***

The path of the individual, in constant search of the movement and the expansion of its physical and mental dimension, starts from a condition of interest and curiosity in comparison of the limit and the decision to figure it as an integral part of body itself. It follows a phase of total oppression, with the elastic bands intertwined and attached to the body, in which the true search for an expansion, an attempt to emerge and go beyond what has imposed itself and then get to the last condition: liberation; it is very slow and illusory, because the knots are not removed completely; through continuous attempts, the body is freed from its "limit physical", but enters into a process of acceptance of it, reaching the purpose of the entire creative process. The action is revealed to be illusory liberating because in reality their limits are the promoters and the architects of the desire to to fight and live life.

The focus on the artistic process retraced within the work, create a condition of rebirth; the dancer is forced every time to start a new "path" and the physical constant and emotional is the search for the attempt to move out of the overwhelming elastic and made the dynamic-physical scores make the figure of the performer engaged in "Fight" with himself to untie his own knots, of which there are none will never completely free.