

## **BudoFlux - Partnering**

AiKiDo - contact – mix

Tuesday, 31.1. - 3 p.m. – 6 p.m.  
Wednesday, 01.2. - 10 a.m – 5 p.m.  
Thursday, 02.2. - 10 a.m – 5 p.m.  
Friday, 03.2. - 10 a.m – 1 p.m.

address:

Aula of the youthcenter »Villa Rü« -  
Giradetstr. 21,  
45131 Essen – Rüttenscheid



WS-Gebühr: 95.- € / 85.- €

Anmeldg. [klaus@artistik-dance.de](mailto:klaus@artistik-dance.de)  
0049- (0)178 / 279 0 220

oder

The physics of working with another person's centre is the study of power, rhythm, weight, speed, balance and clarity of communication...



Developing a new off-balance vocabulary in duet will cause you to enter a new world of complex movement and counterbalance while using your energy more effectively.

Improvisation based exercises designed to awaken the movement instincts of the practitioner.

Solo movement combinations; gliding, jumping, floating, spinning, rolling,... fun!

## **BudoFlux**

BudoFlux is a movement system that incorporates martial arts principals into dance and other performing arts. Howard combines the BudoFlux system, which synthesizes movement principals of Karate, Aikido, Kung Fu, Tai Chi, Limon, Cecchetti, Release, Contact, Yoga, Improvisation, and basic physics, to lead the thinking body of the practitioner through a continuous sequence of movement, breath and concentration, with his enormous experience in collaboration with artists of different disciplines...



### **Howard Katz Fireheart**

Howard Katz Fireheart was born in New York City, where he completed his education in the classical and modern dance, acting, singing, and martial arts. Further Education at the California Institute of the Arts. Going back to NYC to found and head his company KOOK and a studio of the same name for 10 years.

Since 1996 he has been living in Berlin and NYC, has been working as a solo artist and in cooperation with artists from various countries in interdisciplinary productions. Performances and lectures in the USA, Germany, France, Italy, Switzerland, Israel, and Korea.

With Post Holocaust Pop, an eclectic performance band cocreated with Matthias Herrmann, he tours worldwide.

To get known to more of Howard and the BudoFlux concept (incl. his ideas on »the complete performer«)=> <http://www.howardfireheart.com/sites/teaching.html>