



A 2 METRES

ADM vzw

WORKSHOPS

CONCEPT

A 2 mètres is a duo project run by ADM VZW.

Supporting each other, helping each other and collaborating are the pillars of their working methods.

An alliance, a friendship, a trust.

In the context of their work with audiences (children, young people, adults, pupils, students of specialised education, amateur practitioners or the public), ADM proposes exercises combining concentration and physicality, in the form of several workshops to encourage the development of a sense of belonging and a sense of self-worth. The idea here is to encourage the development of one's ability to ask for help in a healthy and open way, and to build a higher awareness of the needs around us.

Acknowledging one's limits and seeking to overcome them without ignoring them. The issue of physical and mental dependence of individuals on each other is also addressed.

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Supporting each other, helping each other and collaborating are the pillars of their work. The challenge of A 2 mètres: "*Accept the time needed to build up without destroying each other.* » This is the strength of this duo.

Composing with the other, listening, understanding, pushing and helping each other to optimise these capacities... Which in short is the definition of society.

KEY WORDS

TRUST

MUTUAL HELP

ÉCOUTE

PROPRIOCEPTION

TENDERNESS

FRUSTRATION

EMPATHY

THE STRENGTH OF WEAKNESSES

CONFRONTATION



THE ACTIONS

MEETING WITH THE AUDIENCE

At the end of the performances, ADM proposes a meeting with the public, generally at the edge of the stage. This moment allows spectators to share their impressions and questions about A 2 mètres, its container, cystic fibrosis and the practice of our professions.

We remain open to any other format and temporality of exchanges with the public. And we will be delighted to make available informative brochures on cystic fibrosis.

IN ADDITION TO THE PERFORMANCE

Six workshops are proposed. They are articulated around morals, and themes related to the show as well as the relationship to the mores of our society.

The words, concepts and questions associated with them can be used as a support for work with the groups concerned.

These workshops can be scheduled in conjunction with the performances of A 2 mètres but also on the day of the performance.

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WORKSHOP 1 : HELPING EACH OTHER

What does it mean to help each other?

How can we ask for help?

Who can we ask for help?

During this workshop, the ADM artists invite you to question your potential need for assistance, your ability to recognize this need, and how to find sources of help.

Learn to formulate one's needs openly, without imposing them, and know how to recognize a call for help that is not necessarily expressed directly and clearly.

Together we will try to strengthen and expand this awareness and sensitivity to these calls, whether they are big or small.

OBJECTIVES: To reflect, to question, to discuss and to highlight the fact that we all sometimes need help. To normalize the action of helping.

CONTENT

Discussions, debates

Useful references (organizations that help with certain difficult subjects, people to contact in the organization in question)

Composition exercises according to the topics discussed (writing, physics)

MODALITIES

Public: Any public from 8 years old, by specific group (retired people, school groups...)

Number of participants: 20 participants per facilitator and one group leader (teacher, mediator, etc.)

Duration: 2 hours per workshop.

Material: depending on the means of expression chosen by the team (video, writing, physical exercise...)

Space: classroom, multipurpose room...

WORKSHOP 2 : BODY LANGUAGE

How can these images/messages affect the behavior of others or/and myself?

We propose exercises around physical interactions, from near and far.

We will address the relationship with others, the ability to express and perceive emotions through theater exercises, contact exercises, with the aim of establishing a relationship of trust (taking into account the current measures of distance).

OBJECTIVES: To become aware of the different physical attitudes.

To recognize emotions through body language.

To understand our reactions and what they mean.

To compose a choreographic phrase based on these principles.

CONTENT

To determine the daily interactions by making games of invitation/acceptance Choreographic writing with the gestures based on the principle of action and reaction. Associating intentions and emotions with gestures and body language.

MODALITIES

Public: All public from 6 years old in groups of 3 years old maximum.

Participants: 12 per facilitator plus the group's referent (teacher, mediator...)

Duration: 2h to 3h per workshop (Possibility of building blocks of work over several days...)

Technical requirements: Open space (size according to the number of participants) with a smooth floor such as linoleum or parquet

WORKSHOP 3 : ACROBATICS AND DOORS

Do you trust me? Shall we go up a column?

In this workshop, we seek to go beyond individual abilities to create a group energy. The key to surpassing oneself. By working on the basic acrobatic notions, we want to create a dynamic of mutual help and work on the development of mutual trust between people within the same group. We will develop a whole program around the relationship with the other, trusting him, trusting his own body, using it as a tool to avoid injuries by helping others. Responsibility for one's own safety and that of others is at the heart of our practices. We will build it by introducing the action of parrying (securing an acrobatic movement).

**OBJECTIVES: Discovery of acrobatics,
To understand the ground, the fall
To understand one's own body and the body of the other
To gain height together
To gain self-confidence through the confidence of others**

CONTENTS

Warm-up

Acrobatic basics

Counterweight and confidence exercises.

Lifting exercises

Introduction to parrying (parrying: securing the acrobat) Stretching

MODALITIES

Public: All public from 8 years old

Participants: 12 per facilitator and the group's referent (teacher, mediator...)

Duration: 1h30 to 2h30 per workshop
(Possibility of building blocks of work over several days...)

Technical needs: free space, element of shoulder height of the public in question, tumbling mat

WORKSHOP 4 : CHINESE POLE (PRO OR SEMI-PRO)

We use this circus apparatus as a pedagogical tool to gain self-confidence, to take responsibility for one's own safety and that of others through duo work.

**OBJECTIVES: To improve solo technique on the apparatus
To extend one's awareness of duet work on the Chinese pole.**

CONTENT

Warm up, physical work adapted to the needs of the students.

Among other exercises: technical work of the movements being learned via new movements (solo or in groups) as well as a search for new movements. ADM's pole classes usually end with 15 minutes of work on the flagpole placement.

MODALITIES

Public: professionals or semi-professionals with a very good level on the Chinese mast (NB: The Chinese mast is a physically demanding discipline, its access requires a minimum of physical condition).

Number of participants: 4 to 6 participants per Chinese mast and per instructor plus the group's referent (teacher, mediator...) if the latter wishes.

Duration: 2h to 3h per workshop (Possibility of building blocks of work over several days...)

Space: 8m of diameter on the ground and 5m of height minimum by mast. 3 or 4 fixed or mobile anchor points (NB: Technical file of the place required)

Equipment : Reception mat type : DIMA SPORT RECEPTION MAT REF : CIR33000

WORKSHOP 5 : RETIREMENT HOMES

With this project we also want to have a specific exchange with the retirement homes. We will use the physical awareness acquired through our profession to propose joint mobilization and muscle strengthening exercises adapted to the public of retirement homes (we have both already worked in contact with the elderly before this project). We will then carry out specific exercises to bring them to rediscover the position of being able to help, accompany, and guide others. In this case, the other participants and ourselves. All this with the aim of giving them back the notion of responsibility and independence that they need so much today.

**Objectives: To regain some form of vitality.
To accompany the residents in their need to find a balance between giving and receiving help on a daily basis.**

CONTENT

Mobilization of the joints.

Games of perception of space and confidence by moving in space.

In the course of the intervention, we, the speakers, move from a position of manipulator to a position of manipulated, leaving the power and the confidence to the retirees.

MODALITIES

Public: up to 12 elderly people with a minimum of mobility and 1 companion.

Duration: 1h30 -2 hours.

Space: a multi-purpose space with a number of classic chairs equivalent to the number of participants arranged in a circle, 1 table for a ratio of 3 people proportional to the number of participants.

THE TEAM



JESSE HUYGH

Despite being diagnosed with cystic fibrosis at the age of 12, Jesse has always been athletic: gymnastics at the national level, judo, swimming, and circus left few hours of his days for other hobbies.

Graduated from ESAC (Ecole Supérieure des Arts du Cirque) of Brussels, in 2011 specialized in Chinese mast, straps, floor acrobatics and acrobatics he works for different big companies all around the world, such as Cirque Eloize, NoFitState Circus, Casus but also with personal projects, solos, duos, and since 2016 as a founding member of the Collectif Sous le Manteau. Their first show "MONSTRO" was released in January 2019. Due to health complications in the summer of 2020, Jesse was replaced in this show to start a new creation: À 2 Mètres carried by ADM vzw. (Premiere May 2021)

In parallel to this artistic career, a pedagogical work has also been developed since 2011. Jesse is involved in professional trainings: ESAC (Brussels), Académie Fratellini (Paris), Codarts (Rotterdam), ACaPA (Tilburg), ECB (Bordeaux), as well as numerous masterclasses and workshops around the world. In 2020, Jesse is facing a 40% lung capacity due to numerous pneumonias and hospitalizations.




ROCIO GARROTE

Rocio was born in 1992 in Bahia Blanca, Argentina. She quickly turned to the arts and studied theater, dance and circus. She trained in professional circus schools: Circo Soq and the National University of San Martin. From 2013 to 2015 she joined the contemporary dance company IFA-CDC of Luciano Cejas, where she integrated the creation of two shows. Passionate about movement and teaching, Rocío studied physical education at ISEF II, in Argentina. She decides to perfect her skills in Chinese mast at the École Supérieure des Arts du Cirque (ESAC), in Belgium, from which she will graduate in 2018. That same year, she participates in the Crece project in Spain and is part of the TerazNow dance company in Belgium. Since 2017, she works with the Chinese mast duo "correspondence". In 2019, She joins the circus and dance company Hurjaruuth, in Finland. Currently, she integrates the show "À 2 mètres" of ADM vzw in Belgium and "Ploie sous mon poids" of the company Mauvais Coton in France.



SANAHE DERUELLE

Sanahé Deruelle trained from 2018 to 2020 in circus arts and her speciality, the Chinese pole, at the CADC Balthazar in Montpellier, focusing her research on acrobatic and danced movement in the theatre by working with the Collectif sur le Bord. Sanahé holds a master's degree in agricultural development and has a passion for research, science and particularly sociology, which she links to her artistic work. In 2020, she co-founded the Pentrocipe company, which focuses on the creation of in-situ projects aimed at "marginal" audiences with two shows designed to be performed in villages and rural areas. She is currently working as a Chinese pole duo with Jesse Huygh on the show À 2 mètres, whose social and human values she shares.



Artists and creators: Jesse Huygh and Rocio Garrote

Assistance to the dramaturgy and the realization of light: Alba Sarraute

Outside views: Aurelia Brailowsky and Sergi Pares

Light creation: Nicolas Priouzeau

Music: Felix Fivaz Composition, recording, mixing & mastering | Jonas Brühlhart: Text and interpretation [Marco Nuesch: Voice recording.

Distribution: Cécile Imbernon, La chouette diffusion

Administration: Jesse Huygh

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