counter technique.

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COUNTERTECHNIQUE®

Countertechnique® provides tools for body and mind to deal with the demanding dance practice of the 21st century. It is a movement system to help the dancer think about the dancing body, focusing on the process of incorporating information into action.

Within a clear structure of exercises the Countertechnique® class thoroughly prepares the body for rehearsal and performance, enabling dancers to move bigger, more fluidly and more spatially, while becoming stronger and more flexible. Dancers are encouraged to be pro-active in discovering connections and solutions, to be less concerned with judging themselves and to work in a healthy way with regard to body and mind.

Countertechnique® makes daily training a valuable investment in the dancer's own development, as well as interesting personal research.

Countertechnique® was created and developed by Dutch choreographer, dancer and teacher **Anouk van Dijk**, currently artistic director of Australian dance company **Chunky Move**.

CLASS DESCRIPTION

The Countertechnique® class is a contemporary dance technique class. It stretches, coordinates and strengthens the body, making the dancer sweat, build stamina and really move.

The class starts with a recurring set of exercises, allowing dancers to investigate the Countertechnique® principles in detail. The second half of the class consists of changing components, working towards luscious movement combinations and jumping at the end.

The Countertechnique® class results in dancers using less energy, losing their fear of taking risks and gaining speed in changing direction.

THE UNDERLYING PRINCIPLES

By continuously and sequentially directing and counter directing parts of the body through space, Countertechnique® allows the moving dancer to work with an ever-changing dynamic balance. This dynamic balance reduces the pressure on the overall body structure and can be changed at any given moment. The consistent use of the counter direction in all movements is key to the technique; both the awareness and application of this principle is trained throughout the Countertechnique® class.

The Countertechnique® theory is organized around two principal notions: the ‘toolbox’ and ‘scanning’. The toolbox is the systematically organized collection of tools for body and mind with which Countertechnique® works, often visualized as a virtual map that dancers carry with them. Scanning defines the process of dancers continuously and actively observing their mindset and body in order to choose the most appropriate tool(s) from the toolbox for the situation they find themselves in. Scanning allows dancers to make active use of the toolbox in their daily practice of training, rehearsing and performing.

In Countertechnique® classes, dancers are introduced step-by-step to the various tools – making sure, however, that the priority always lies with experiencing and enjoying the difference in moving, rather than first having to understand the tools intellectually. Classes are therefore very accessible, and can be taught to participants of all levels. Even so, gaining a full understanding of the different tools and being able to apply them in complex movement, instantaneously and often simultaneously, involves a learning process of several years, even for professional dancers. Throughout this process dancers increasingly become their own teachers, allowing them to practice and progress even at times when a teacher is not available.

Countertechnique® encourages dancers to take control of their own training and accept full responsibility for their personal development. The Countertechnique® system offers the tools to do so, enabling dancers to get the maximum out of their career, whilst – of equal importance – continuing to enjoy it to the full!

WHERE TO STUDY

Together, our twenty certified Countertechnique® Teachers deliver on average 100 classes and workshops per month worldwide. All activities are listed in the calendar on our **website** and announced in our monthly **newsletters** and **Facebook**-posts.

Countertechnique® is suitable for all dancers from 1st year Bachelor students to highly experienced professionals, working in all classical, modern and contemporary dance forms. The classes are always adapted in content and complexity to the participants' technical level, as well as their previous experience with Countertechnique®.

Countertechnique® is taught at universities around the world, and in two universities even forms a structural part of the four-year curriculum: most prominently at **Codarts** in Rotterdam, and also at **Artez** in Arnhem, both in the Netherlands.

Many cities in Europe and North-America have a recurrent program of Countertechnique® classes throughout the year, with two organizations offering at least one week of Countertechnique® classes for professional dancers every month: the **Henny Jurriëns Foundation** in Amsterdam (NL) and **Chunky Move** in Melbourne (AUS).

The pinnacle of Countertechnique® training is the yearly **One Body, One Career Intensive**, a two-week workshop directed by Founder Anouk van Dijk and Master Teacher Nina Wollny. The Intensive offers dancers of all levels the opportunity to significantly deepen their understanding of the Countertechnique® system and the possibility to apply the Countertechnique® principles in various settings.

For those who have regularly participated in Countertechnique® classes and want to know more about the theoretical framework, reading the article “Practical tools for a demanding profession” in the publication **Dance Techniques 2010** (p.58-p.89) can be of interest. An interview with Anouk van Dijk provides a general introduction, while the main article by Dr Gerald Siegmund and Anouk van Dijk explores in depth the principles of the movement system. The publication is available online as a free download. The original book was accompanied by two DVD’s with two hours Countertechnique® video-material; these DVD’s can be ordered **here**.

OUR TEACHERS A – F

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NINA WOLLNY
AMSTERDAM, NL

CERTIFIED TEACHER TRAINING PROGRAM

Countertechnique® is a registered trademark and can only be taught by certified teachers. Countertechnique® was developed by Anouk van Dijk throughout her twenty-five year career as a dancer, choreographer and teacher.

Over the last fifteen years, the knowledge and experience she gained – in constant dialogue with her dancers – was gradually transformed into a detailed theoretical system and a teaching method, which now together form the Countertechnique® system. This knowledge is transferred to, and constantly tested and evaluated by, a growing number of teachers of the technique, who regularly come together at the Countertechnique® Teacher Training (CTTT) program.

To be selected for participation in the CTTT program, each aspiring teacher should first have attended a large number of Countertechnique® classes, as well as at least two Countertechnique® Summer Intensive Workshops. Throughout their participation in the CTTT program all Teachers are constantly mentored. Teachers from all levels meet bi-annually to evaluate and exchange experiences, in order to improve personally and to help further develop Countertechnique® itself and the didactics involved.

CONTACT INFORMATION

For general questions about Countertechnique® as well as information about classes, workshops and intensives, please contact: Jerry Remkes – Executive Producer (**info@countertechnique.com**).

For questions regarding the availability of teachers and/or the CTTT Program, please contact: Nina Wollny – Countertechnique® Program Manager / Master Teacher (**nina@countertechnique.com**).

To keep yourself updated on all Countertechnique activities, please visit our **website**, subscribe to our monthly **newsletter** and like our **Facebook-page**.

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The Countertechnique program is directed by:
Anouk van Dijk – Countertechnique® Founder, Jerry Remkes – Executive Producer (info@countertechnique.com)