

CROSS ARTS

THE EMPTY SPACE

LIST OF INDIVIDUAL EXERCISES WITHOUT INTENTION

By Niels Vermeulen

You can use these exercises to start a creative, artistic, reflective process. The exercises are collected and generated during several years of artistic research in the fields of music, theatre, performance and visual art. Use them to form associations, reflections and new meaning. The exercises can be done in any order. It is useful to document the outcome and write down short comments after every exercise to make your thoughts explicit.

Q-space = *your personal Quarantine Space*

Poetic Report = *words or sentences in a poetic style as a reaction on an experience*

Reflective Drawing = *a fast drawing, words or images or combinations, created in the moment without thinking. One drawing per A4 paper.*

Preperation: A camera, pen, lots of paper, your Q-space, a timer or stopwatch, music instrument or voice, drum sticks or similar objects, sound recorder, music source with headphones, drawing pencils / charcoal, clothing to move freely in, dummy/notebook.

1. Philosophize for 5 minutes on emptiness. Write it down without thinking.
2. Walk around in your Q-space. How many steps is one round? Walk it again, but then slowly.
3. Make one sound. Record it.
4. Look at an object for 5 minutes. Make a poetic report while you look at it. Write down your poetic report.
5. Open a window. Listen to the sounds. Write down three sounds that you hear.
6. Improvise rhythms on the things that are in your Q-space.
7. Make a drumset of objects in your Q-Space. Play with sticks.
8. Make a picture without looking at your camera.
9. Grab every object of the color Yellow. Make an Art piece with it.
10. Improvise on Bb
11. Compose your room: make a short motif / sound / rhythm that connects to a specific location in your room (for example the couch) . Go clockwise in your room,

composing more melodies/ rhythms / sounds inspired by objects and locations. Connect them to one composition.

12. Pick an object with a color. You clap 3 times for that color. Pick another color. You clap 2 times for that color. Start to make structure of objects in these two colors. Clap the pattern. Extend the pattern by adding new objects with the same color or adding another color. Choose something that creates 'rests' . Record your rhythmic composition.
13. Write down the things that you want to do after the Corona Crisis.
14. Write down the things you want to do during the Corona Crisis.
15. Think of people you care about. Choose one. Send this person something.
16. Think of something that you are feeling disappointed by. Make it bigger. Feel the disappointment. When it is as big as possible, snap your fingers and let it go.
17. Grab a pen and lots of Paper. Write and draw 'Reflective Drawings' for 15 minutes.
18. Put on music that you like on headphones. Draw while you listen.
19. Dance slowly by making only round movements
20. Move through your Q-Space while you follow your intuition.
21. Grab a book. Write down the first sentence that:
 - Makes you feel happy.
 - Makes you feel sad
 - Makes you feel angry
 - Doesn't do you anything
22. Create an art piece with at least 20 objects in your Q-space.
23. Look at a color for 9 minutes.
24. Open and close your door very slowly. Listen to it. Continue.
25. Grab a glass of water. Drink slowly. Taste it.
26. Imitate an object in your Q-Space with your body. Try to be precise.
27. Sing a song you know well. Now sing it on one tone. Now sing it on one tone but slower.
28. Write a poem. Use the technique of Summing up things: Sum up things that are connected in a way...

29. Find a shadow in your Q-Space. Look at it for a while.
30. When there is sun, stand in the sun for 3 minutes with your eyes closed. Sense the sun on your skin.
31. Find something that smells good. Sniff it.
32. Write down a short reflective text on TRANSFORMATION
33. Complete 10 sentences that start with 'We ARE ...'
34. Draw 1 minute in complete Anger. If you need to scream, scream.
35. Do 10 push-ups. Stand up and sing whatever you like.
36. Grab a chair. Close your eyes while touching the chair. Now imagine a new world while feeling several parts of the chair. The senso-motoric input gives you new images. Speak out what you see in your imagination (poetic report).
37. Choose an object in your Q-space. Invent a story about the history of the object. How did it become the object it is now?
38. Make a video of something that falls down.
39. Make a photo of a sound
40. Invent 4 new Categories , with each 4 elements, for the Game 'Quartet' (Kwartet) .
Write them down. Example :
From the category : *'Things that you can drop off a balcony'*
 - Inkjet Printer
 - Bottle of Au de Cologne
 - Draaiorgel (Barrel Organ / Hurdy Gurdy / Street Organ)
 - The Beat
41. Ask as many questions as you can in one minute.
42. Stand on one leg while smiling
43. Feel the wall of your Q-space. Hug it. Give the wall a compliment.
44. Run as fast as you can on one spot while singing your national anthem
45. Imitate the next things with sound and movement:
 - A pan soup
 - A galaxy
 - Scissors

- A Barbeque
- Your favourite book
- A field of flowers
- The color Orange
- A police car
- A steel factory

46. Write down new exercises that involve sound, movement , scent, touch, imagination, drawing , video, photography, writing or something that otherwise is evoking feelings or experiences...

SOURCES

5 . Inspired by John Cage: 4'33

12. Inspired by composer / creative leader Fraser Trainer

16. Inspired by Sedona method

23 / 24 / 25. Inspired by Marina Abramovic Institute / Cleaning The House

26/45. Inspired by mime / theatremaker Leela May Stokholm

4/36. Inspired by performance improvisor Andrew Morrish

all of the exercises are in a sort of open source field, where artists generate, invent, combine and create new exercises to make new art. There is no official owner of the exercise and therefore I think that everyone should be able to make use of it. If I forgot to mention you in the sources or you think there is a copyright infringement issue, let me know. I will continue to add exercises to the list. For more info and updates visit www.nielsvermeulen.com

Kind regards,

Niels Vermeulen

nielsvermeulen866@gmail.com

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