

舞动的力量

访“气舞”创作者马素

Marceau Chenault有一个好听的中文名字，马素。这个法国大男孩从小就是十足的体育迷，各式各样的运动都喜欢，还参加过武术比赛。16岁那年，马素开始练习气功。“在呼吸的调节下慢慢地运动，去感受体内有一股‘气’在运行，然后真切地感到身心放松。这就是起初我被气功深深吸引的原因，简直太神奇了！”

那时的法国很少有人练习气功。但是，当西方人邂逅了东方传统精髓时，两者将会碰撞出怎样的火花？“我一直对探索中西文化差异有着浓厚的兴趣，所以在完成了认知人类学博士学位后，充满期待地来到中国——气功的发祥地，希望继续探索气功并为其发扬光大贡献自己一份力量。”现在，马素生活在中国上海，并将气功与舞蹈相结合，创造性地发明了“气舞”。

“气舞”的创作灵感是什么？

我一直是个唯物主义者，但我相信人类的确拥有内在的自我。我们虽然看不见体内的血液和器官如何工作，却可以感受到认知与情感的变化。我认为这就是内体存在的一种状态。从认知角度来讲，我们能够在特定的时间和地点，主观地感知到自己与某人的关系。这很微妙，也很真实。人类的聪明才智无法捕捉到这种感觉和认知。但通过气功的练习就可以，我们把这种感觉上的能力叫做身心的觉醒意识。

气功是一种个体的自觉意识，舞蹈则是一种自我表现的方式。五年前，我与一个音乐家朋友开创了一家即兴舞蹈工作坊。不管是自己即兴创作还是培训他人，我喜欢将气功与舞蹈糅合在一起。后来，我遇到了Ke Wen，一位常年生活在法国的太极拳气功大师，法国东方文化中心创始人在我们的共同努力下，“气舞”在上海正式诞生了。我的第一堂“气舞”便是在华东师范大学教授中国学生的课堂上。

“气舞”与气功的关系有哪些？

作为舞者，气功传递给我的是一种能量，一种在人前真实地展现自己的勇气。在我舞动的时候，我能觉察到身边的观众是兴奋、无聊还是疲惫，屋子内的温度是高还是低，是安静还是吵闹？在这种状态下，我自己是担心还是高兴？我的表演与音乐是否配合的很好。所有这些感觉都来自我体内的身心意识。这一刻，我的舞蹈要展现的，就是我所感受到的“气”。当然，有的人可以像武术一样运“气”来砸砖头，也有人运“气”来帮助他人治疗疾病，恢复健康。而我的目的，则是希望用舞蹈的形式，借助气功的能量，让更多人放松身心，认识自我，释放自我。

“气舞”的动作是如何产生的？

气功最基本的几个动作与即兴舞蹈能让任何人创作出属于自己的“气舞”。即便是毫无舞蹈基础，甚至身体不好的人，也能学



会。简而言之，“气舞”起于气功，通过缓慢的动作来倾听内心的声音，随即跟着呼吸的节奏即兴起舞。之后，与三两同伴共舞。最后，与所有人同舞。

“气舞”的音乐也很特别。从中国传统音乐到电子乐，再到流行音乐或者其他类型的配乐。我希望通过营造各种气氛来激发不同的能量和动作节奏。创造来自于个体的呼吸、不同的动作速度、与他人的配合以及与音乐的配合。在课堂上，我引导学员随着不同的关注点，遵循着与不同事物的联系来舞动，目的是帮助他们寻找到自己内在的音乐和舞蹈动作中无声的旋律。

“气舞”的反响如何？

享受自由，是“气舞”最大的乐趣。只要记得，我们只是在玩一种轻松的游戏，只需

关注动作的舒缓流畅，以及与同伴间的互动即可，不用刻意地关注要做什么样的动作。事实上，气功和“气舞”对每个人来说都很简单。气功的动作缓慢流畅，人们能在其中释放身心（更适合那些喜欢健康或冥想运动的人）。“气舞”则是一种动态，人们在即兴舞动中可以寻找到内在的自己。

The Energy Presence of Movement

An Interview with Qi Dancer, Marceau Chenault

Marceau Chenault is a Frenchman who has practiced Qigong since he was 16 years old and also played a lot of sports and martial arts in competition. “I well remember three things that were really new for me: slow movements synchronized with breathing, to image the Qi circulation in my body, and the real feeling of body-mind relaxation,” said Marceau.

“It was mysterious to me. At that time very few people practiced Qigong in France. I understood there was an Asian traditional conception of the body, which is different from a Western point of view, and I felt it was very rich to experience and observe the differences.”

He completed a Ph.D course in 'Cognitive Anthropology' about the experience of Qigong. Then he thought: “Why not go to China to continue research and write about the real evolution of Chinese traditional exercises” Marceau now lives and works in Shanghai where he has created a unique movement, the “Qi Dance”.

Why did you create Qi Dance?

What was the inspiration?

I have an ecological identity conception of human beings. Our inner body is invisible to us: we cannot see our blood and organs, but we can feel emotions and perceptions which give us a certain idea of our inner state. From this organic perception, we catch a certain reality of our world that put in contrast our intellectual mind vision: we can feel our relations with other people (through empathy and inter subjectivity), in a special social situation and geographic place. Training Qi Gong or Qi Dance is a tool to give a sense of unity between our ecological body and mind identity: what I call body-mind awareness.

Qigong is a personal exercise about self-consciousness, and dance is a deep self-expression. Five years ago, I started to lead a dance improvisation workshop every summer with a musician friend. Now, I love to switch from Qigong state to dance state during the same session of training. I gave my first Qi Dance class in Shanghai, at East China Normal University, for Chinese students. I started to formalize the Qi Dance Company in Shanghai when I began to dance with Ke Wen, Qigong expert and Director of a Chinese Cultural Center in Paris.

What is the relationship between Qigong and Qi Dance?

As a dancer, Qigong gives me the capacity to be truly present on the stage, in front of people. From this presence and listening to people around me, I can feel a certain “energy” of the moment. I perceive many things: are the spectators excited, boring or tired? Is it cold or hot in the room? Is it quiet or noisy? Do I feel afraid or happy with this? What is my relation with the music? Etc. All this subjective perception comes from a state of body-mind awareness, and I can see what the “Qi” of the moment is. Then I know what should be the energy of my dance. My approach is not to break bricks as a martial artist, or to use the “Qi” in a spiritual or healing act. My purpose is to create a deep connection with the present situation around me when I dance, and to transform it in an artistic message. I believe in the power of dance: aesthetic and emotion of dance send a visible and invisible “energy” to people. As many arts, it is a poetic, philosophical and political action. Then spectator can receive and transform it in their own meaning: aesthetical, spiritual, healing, social message, etc...

How did the dance movements come into being?

The balance between structured movement from Qigong and dance improvisation give everyone the possibility to do Qi Dance. Everyone (even people who are not used to dancing or people in poor physical condition) can do Qigong movements. From slow movements, people can more easily listen to their feelings in the movement and then start to improvise easy motions synchronized with breathing. All the power of Qi Dance come from this alchemy: start from body consciousness in slowness of Qigong to go in speed and improvise motion. From this expression, the next step is to play with others partners, by two three and then with a whole group. The music is also special: I use a lot of different music. From Chinese traditional music to electronic, pop or experimental sound, I use all the atmosphere to inspire different energy and rhythm of movement. Creativity comes from a relationship: with my own breathing, with my different speed and quality of movement, with others, with the music... during the class I guide people to dance with different focus and connection. The purpose is to find your own inner music, the silent melody of your movements.

What is the students' response to Qi Dance?

People enjoy it and have a deep feeling of freedom because we don't spend too much time to concentrate on the technical movements. We play. We are more focused on the flow of our own movements, and then on the game of interaction with others. Qigong and Qi Dance are accessible to everyone. Qigong is slower and students come to learn how to release their body-mind. So it fits well for people who need healthy and meditative movements. Qi Dance is more dynamic and people learn to find their singular expression through a new art of body education.