

2025 夏季－荷蘭Countertechnique當代舞課程－報名表單 Summer Workshop Registration Form

★ Counter 進階課程全程滿額/ 16 June updated，新增開放獨立表演藝術家，現職專業當代舞舞者、正在建立個人風格的表演者或學生，至少六年當代舞蹈訓練的藝術家們報名！採報名表單填寫後，隨即審核制，額滿就關閉表單囉！

【何謂 Countertechnique？】

創辦人－荷蘭編舞家 **Anouk van Dijk**（澳洲舞蹈團 Chunky Move 之前藝術總監）在長達 35 年的舞者、編舞家和教師生涯中，創建和開發的肢體訓練系統。以清晰且縝密的結構，為獨立舞者的身心調整提供了客製化的練習工具，透過一套當代舞技巧訓練課程，解構接收到的訊息轉化為行動的過程，協助與促進舞者的思考與連結。

課程涵蓋三大核心板塊：「肢體訓練課程」、「工具箱建立」與「即興運用」，著重提升思考能力、訊息吸收與身體轉化，特別適合獨立舞者進行個人化發展。

【2025夏季課程】

2025 年夏季課程將由**舞蹈空間舞團**與**身體聚會所**攜手策劃，專為專業藝術家打造的小班制進修課程，分為「職業舞者課程」與「Counter 進階課程」，使舞者可以在舞蹈中找到更高的效率、減少身體的疲勞與受傷風險，同時提升表演的自由度與創意表達。

來臺授課教師 | **Na-ye KIM**（韓國籍）

課堂助教 | 簡慈儀（獨立舞蹈藝術家）

★ 職業舞者課程（已額滿）

* 時間 | 7月1日星期二～7月3日星期四 10:00-16:00

* 適合報名者 | 獨立表演藝術家，現職專業當代舞舞者、正在建立個人風格的表演者或學生，至少六年當代舞蹈訓練。

* 地點 | [舞蹈空間舞團排練場](#)（105109台北市松山區敦化北路120巷50號）

★ Counter 進階課程（仍有少數名額）

* 時間 | 7月4日星期五～7月6日星期天 10:00-16:00



* 適合報名者 | 過往曾參與過Countertechnique工作坊課程者 & 獨立表演藝術家，現職專業當代舞者、正在建立個人風格的表演者或學生，至少六年當代舞蹈訓練。

* 地點 | [舞蹈空間舞團排練場](#) (105109台北市松山區敦化北路120巷50號)

◆ 課程時間表

- 10:00-12:00 肢體訓練課程 –Countertechnique經典技巧訓練
- 12:00-13:00 休息時段
- 13:00-14:30 工具箱建立 –視覺化課程練習，客製化專屬自我的日常訓練系統
- 14:30-16:00 即興運用 –實際演練，連結肢體學習與即時思考

◆ 肢體訓練課程

課程將從一組Countertechnique的經典練習開始，舞者將得以詳細研究此技巧的原理，在課程的後半部分緊接豐富變化與重組，最後則帶入動作組合和跳躍，強調舞者充滿變化的伸展、協調和身體能力，透過課程的推進，舞者可以重新認識自身能量的調節，減少能量消耗，消除對未知的恐懼，並提高適應改變的速度。

◆ 工具箱建立

Countertechnique理論圍繞著兩個主要概念組織：「工具箱」和「肢體掃描」。工具箱內含縝密的系統組織，結合肢體與身心學的工具集合，佐以視覺化的呈現，協助舞者建立得以隨身攜帶的虛擬地圖；肢體掃描則協助舞者積極地觀察自己的心態和身體的過程，再從工具箱中選擇最適合的工具作為使用。

◆ 即興運用

實際演練，強化邏輯 X 即時思考 X 肢體實踐的連結，透過身體的回饋，找到突破的機會與改變，並逐步建立人特質與風格。

★ 來臺授課教師簡介 – Na-ye KIM (韓國籍)

Na-ye 生於韓國，現居首爾。她曾在英國皇家芭蕾舞學校學習古典芭蕾舞，並在英國杜倫大學獲得舞蹈教育榮譽學士學位。2006年，畢業於美國紐約大學 Tisch 藝術學院，取得舞蹈表演與編舞碩士學位。

過往經歷曾與 Mikhail Baryshnikov's Hell's Kitchen Dance 在全球舞台上廣泛演出。Na-ye 也曾在紐約與美國知名編舞家合作，包括 Gerald Casel、Aszure Barton、Karole Armitage、Bill Young、Kyle Abraham、Bridget L. Moore 和 Gabriel Forestieri。

後續她在首爾國立大學繼續進修，並獲得舞蹈教育博士學位。2016-2019 年間於香港演藝學院擔任全職講師。現任韓國成均館大學 (Sungkyunkwan University) 之當代舞教授、Na-ye Kim Movement Collective (NKMC) 創辦人，她的研究興趣和專長領域包括當代舞蹈和編舞（創作）教學法。

此課程可協助

- ✓ 客製化舞者每日訓練系統，強化自身能量的調節，在切換角色間提高適應改變的速度。
- ✓ 提升思考，吸收訊息轉化肢體之實踐。
- ✓ 建立個人風格，提高未來與不同編舞家合作之能見度。

【費用】

- ◆ 職業舞者課程 – 全程參與：5300元。(已額滿)



◆ Counter 進階課程－全程參與：5300元。

【溫馨提醒】

◆課程將全程以英文進行，工具箱建立單元將有英/中翻譯人員現場協助。

◆採報名表單填寫後，隨即審核制，額滿就關閉表單囉！

◆在報名截止後，主辦單位後續將以Email通知報名結果，收到主辦單位通知，並完成繳費程序後，才算報名完成。

◆若遇突發狀況，需取消課程，課程開始前15天，退還費用50%（將扣除30元手續費），之後將不退還任何費用。

◆報名詢問請洽 身體聚會所 dancepark2021@gmail.com

◆參觀官方網站 <https://www.countertechnique.com>

主辦單位 | 舞蹈空間舞團

執行與統籌 | DPK身體聚會所

國際聯繫 | 許慈茵

教學助理暨現場執行 | 簡慈儀

中英翻譯 | 李穆堯

贊助單位 | 國家文化藝術基金會

English Version

【WHAT IS COUNTERTECHNIQUE?】

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

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.

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

【TIME | LOCATION】

★ **Session for Professional Dancers (FULL)**

* Time | Tuesday, July 1st - Thursday, July 3rd 10:00-16:00

* Suitable for | Professional dancers, performers or students who are establishing their own style, with at least six years of contemporary dance training.



* Location | [Dance Forum Taipei](#) (No. 50, Lane 120, Dunhua North Road, Songshan District, Taipei City 105109)

★ **Advanced Countertechnique Session**

* Time | Friday, July 4th - Sunday, July 6th 10:00-16:00

* Suitable for | Those who have participated in Countertechnique workshops in the past & Professional dancers, performers or students who are establishing their own style, with at least six years of contemporary dance training

* Location | [Dance Forum Taipei](#) (No. 50, Lane 120, Dunhua North Road, Songshan District, Taipei City 105109)

【CLASS DESCRIPTION】

◆ **10:00-12:00 Countertechnique Training**

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. It stretches, coordinates and strengthens the body, making the dancer sweat, build stamina and really move.

◆ **12:00-13:00 Break**

◆ **13:00-14:30 Countertechnique Toolbox** - Visualize the course exercises and customize the daily training system for future use.

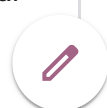
The "toolbox" and "scanning" are the two principal notions of Countertechnique. The toolbox is the systematically organized collection of tools for body and mind, often visualized as a virtual map that dancers carry with them. Scanning defines the process of dancers continuously and actively observing 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.

◆ **14:30-16:00 Improvisation with Countertechnique** - Encourage dancers to use the training into their own training and dance and find their personal development.

【Resume of Na-ye KIM】

Born and based in South Korea, Na-ye lives in Seoul. She has been studying Countertechnique since 2019, including two One Body, One Career intensives, and attended the Countertechnique Teacher Training program in 2021 and 2022.

Na-ye Kim is a dance artist, educator and scholar. She studied classical ballet at The Royal Ballet School and received a BA (Hons) in Dance Education at Durham University (UK). In 2006, she graduated from New York University's Tisch School of the Arts (USA) with an MFA in Dance Performance and Choreography. She has performed extensively on the



global stage with Mikhail Baryshnikov's Hell's Kitchen Dance. Na-ye has also worked with renowned American choreographers including Gerald Casel, Aszure Barton, Karole Armitage, Bill Young, Kyle Abraham, Bridget L. Moore and Gabriel Forestieri in New York.

She continued her studies at Seoul National University (Korea) and received a PhD in Dance Education. She was a full-time lecturer at the Hong Kong Academy for Performing Arts between 2016-2019 and is currently an assistant professor at the Sungkyunkwan University (Korea). She also leads her project company Na-ye Kim Movement Collective (NKMC), and her areas of research interest and specialisation include contemporary dance and choreography (creativity) pedagogy.

【PARTICIPATION FEE】

- ★ Session for Professional Dancers, full participation fee is \$5,300 TWD. (FULL)
- ★ Advanced Countertechnique Session, full participation fee is \$5,300 TWD.

【KIND REMINDER】

- ◆ The course will be conducted in English. The toolbox session will have on-site English/Mandarin translators to assist with translation.
- ◆ **After filling out the registration form, it will be reviewed immediately. Once the spot is full, this registraring form will be closed.**
- ◆ After the registration deadline, the organizer will notify the registration results by email. The registration is NOT complete until you receive the organizer's notification and complete the payment process.
- ◆ In case of cancellation, we refund the entire workshop fee minus a processing fee of \$30TWD up Until 15 days before the workshop begins, we refund 50% of the workshop fee minus a processing fee of 30TWD. Afterwards, there will not be any refund.
- ◆ For registration enquiries and questions, please contact Dance Park dancepark2021@gmail.com
- ◆ Visit Official Website <https://www.countertechnique.com>

Organization | Dance Forum Taipei
Executive and Coordination | Dance Park
International commutation | Tzu-Yin HSH
Workshop assistant and on-site support | Ciyi JIAN
On-site translator | Muyao LI
Sponsorship | National Culture and Arts Foundation

★ 報名結果將以email發送通知，請確認所填寫之電子郵件地址無誤，感謝。

