

The method to shift the way you look at dance!

THE

GEM

**DANCE FROM
A DIFFERENT
PERSPECTIVE**

TON GRETEN



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A method to shift the way you look at dance!

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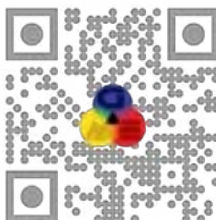
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On the website **www.gem.dance** you have access to an audiobook, links, pictures, music, theoretical and practical videos.

I dedicate this book to all the dancers who have crossed my path in life. Thanks to them, I have been able to grow as a human being and choreographer.*

*I wish all dancers who will read this book many new discoveries about dance, movement and their consciousness**. The purpose of this book is to recognize dance in its essence, to understand it and to shape it freely according to one's own insights. To look at dance in a different way is an art.*



*Choreographer: a person who structures and develops ideas and uses these for individuals or multiple dancers. He is someone who discovers, designs and manipulates movements in Form, Expression and Dynamic. A choreographer adds clarity, direction and artistic dimension.

**Consciousness: the mental ability to perceive. You have an awareness of yourself and the environment and may or may not react to it.

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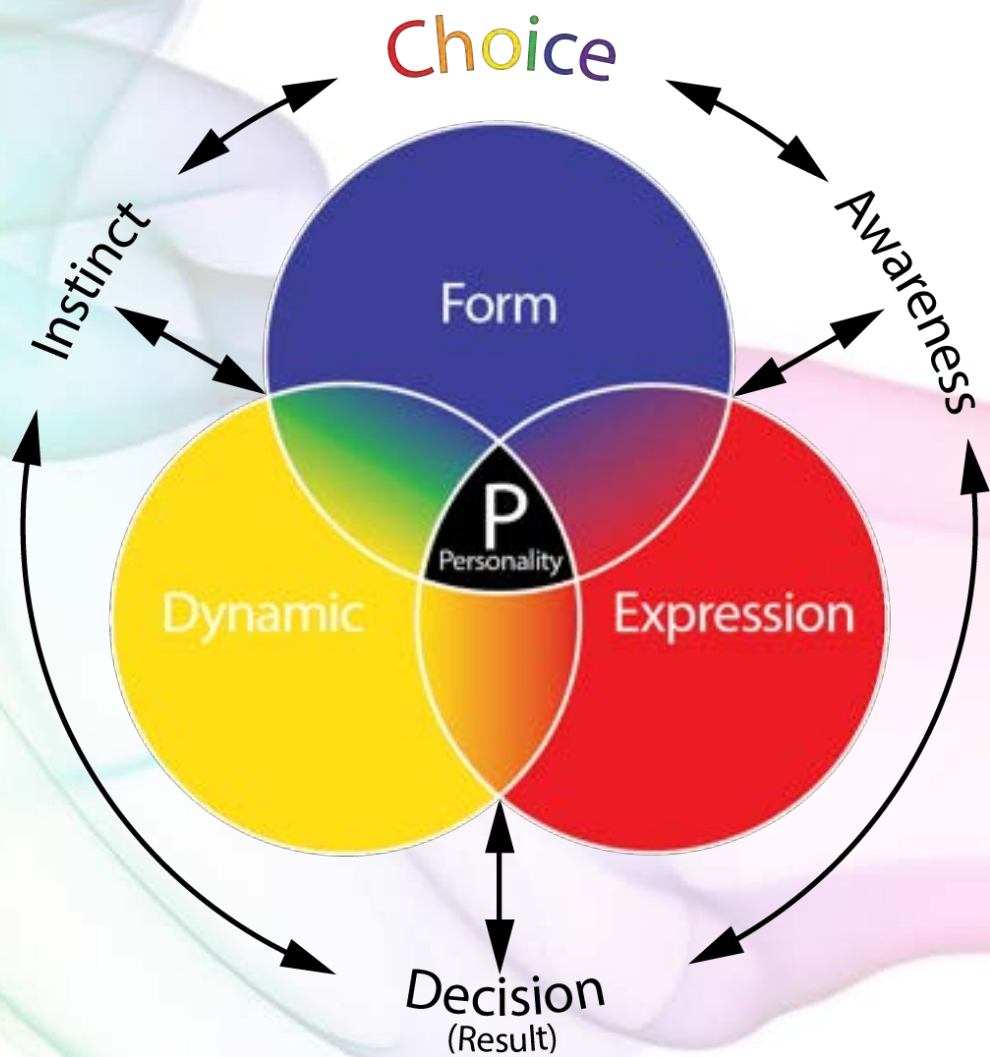
Introduction 'THE G.E.M.'

The G.E.M. Method is a holistic approach, created and developed by Ton Greten. GEM stands for **G**reten **Σ**quation* **M**ovement. It is based on the relationship of three fundamental variables. This method reflects the personality through the execution of **Form**, **Expression** and **Dynamic**.

Personality = **Form** + **Expression** + **Dynamic**; **P** = **F** + **E** + **D**. (**F.E.D.**)

- Form
- Expression
- Dynamic
- Personality
 - Instinct
 - Awareness
 - Choice
 - Decision

*Σquation = An equation that in this case compares these four variables.



Introduction to Form, Expression and Dynamic

Every dance form has a basis in form, emotion and movement. This basis creates the dance performed by the dancer. In this book I will go deeper into the aspects of Form, Expression and Dynamic. Instinct, consciousness and choice will also be discussed.

The main topics and subcategories proceed in a logical structure and expand in various directions, eventually merging into one message. My many years of experience as a dancer, coach, adjudicator and choreographer, but also as a human being, have encouraged me to create something that encompasses almost everything that has to do with dance, movement in general, and becoming aware of this. This book is intended for everyone who is involved with dance in any form whatsoever and/or for the study of dance in all its facets. An advantage is that the chapters can be read and studied in any order. Whoever is interested in the structure of Form, Expression, Dynamic, Personality and the choices therein, will discover a lot of information which may already be present but is not yet used so consciously.

The viewpoint regarding dance is approached more from a different perspective than just the technical aspect. I have therefore refrained from going into very detailed, purely technical forms. It is complicated to describe movements satisfactorily with words. There is no such thing as a theoretical curriculum that can be used to learn to dance! Every person is different and needs a different approach. You learn to dance by doing, repeating, and changing what you have learned. Read and unravel what I have learned about these elements that need each other! Find your way, explore yourself and use the G.E.M. method as inspiration to discover your dance-path to your own composition in creating your dance. The freedom of your personality in this is of great importance. You will see and experience that the G.E.M. method offers a strong foundation to further develop yourself as a dancer and as a human being! There is still a long way to go to unite dance within our society and the government. Since dance came into existence, it has unfortunately become more and more fragmented. I want to show that this fragmentation is not at all neces-

sary and make it clear that dance connects more than we initially see, or think is possible. The information on the various similarities has been kept as compact as possible, because you could write a book on each subject alone... Dance is infinite and will also develop through new techniques and fusions which take place between the dance forms.

The **G.E.M.** method will be explained step by step in terms of **Form**, **Expression**, **Dynamic** and **Personality** and the choices related to these. General but also specific subjects, such as elements and sub-elements of the dance*, will be discussed. In this way you will gain more insight into how the building blocks work together, in breadth and depth. As soon as you become aware of this, you can influence these components and manipulate them as a dancer or choreographer; this way you can manipulate the dance to your liking! The book will also help you to discover, recognize and understand corresponding patterns in the dance forms more quickly. Contemporary choreography** consists of created rules that have been used until now. Once the perspective on dance is broadened, you will see that all existing rules can be broken. As a teacher, coach, and choreographer, I wanted to find a logical sequence for this method. By working with this method you will likely remember most of what you have learned, but you will also require a source of information!

What is better than having your own reference book where you can find everything and share it with others? In this book you can look up photos, text, music, theoretical and practical videos about a topic and all the info can be expanded using a phone or via a QR code app reader. You can even listen to the book while gardening, driving, walking, or dancing. This makes the delivery of information faster and more effective. May this illustration give support to anyone who wants to engage in dance in a conscious way.



When reading this book, you will learn a new dance language.

I wish you much reading, listening, watching, and dancing pleasure!

May this book contribute to something in and to your dance path....

Ton Greten - Dance your own DNA!

* Dance: An international, non-verbal language of movement, which consciously or unconsciously follows a rhythmic pattern and has a subjective experience of Space, Time, Form, Expression and Dynamic.

**Choreography: a designed dance composed of successive movement-phases. The elements are Space, Time, Form, Expression and Dynamic.

The G.E.M.

G.E.M. the words

The GEM words have a holistic* approach. One element really cannot exist without the other. **Form** and **Expression** are always accompanied by **Dynamic**. Without **Dynamic**, no **Form** or **Expression** is possible. **Dynamic** is therefore the essential factor. The book starts with **Form** for practical reasons. FED is slightly easier to pronounce than DFE. In the end, the book is all encompassing. The combination and composition of **Form**, **Expression** and **Dynamic** form your Personality. The composition of the **FED**-elements varies from person to person; this makes it unique to you and the viewer.

Form (space): The body as an architectural structure

Each body has a visible and recognizable form. This form is first described in general terms and then in what influences it from the moment of your birth to the point in life where you are now. Then the topic **Form** will be divided into three segments and further explained, after which the similarities with other dance forms will

become recognizable. **Form** mainly focuses on the 10 body parts and how they are used in the dance. The body parts are defined in space...

Expression: Making your feelings visible

Every dancer has a feeling, which is not always visible on the dance floor. With expression you become aware of which four elements there are to make your feelings visible on the outside. You are working with an art form in which it is important to express your feelings. The similarity and coherence between the four elements are also discussed.

Dynamic (time): Everything that moves SpaceTime (4th dimension)

With what dynamic do I move from **Form** to **Form**. The dynamic quality is the subject that will receive the most attention in this book. The

*Holism: is a worldview that assumes that everything is related to everything else. The idea is that there is, in fact, nothing to be said about the whole when you study only individual parts of reality. Moreover, the value of the whole is greater than the sum of its parts. The term comes from the Greek "holos," which means "whole."

other three basic elements within dynamic will also be discussed in detail. The use of dynamic makes a composition* look flat or varied.

Personality (being): the choice you make to become who you are**

With your choice, you make the difference in what dance should be. With that choice and your character, you will find that you have a lot of influence on the dance! You possess the ability to manipulate all the **F.E.D.** elements and truly mould them to your will. The more components you understand and transform, the more it becomes your own composition.

G.E.M. the colours

In painting, the primary colours are blue, red and yellow. These colours combined give secondary colours and with further combination, they form the tertiary colours. All the colour combinations together symbolize the number of movements possible to create a composition. These combinations of movements can vary from dancer to dancer.

*Composition: the ordering-structuring of dance as an individual or as a group, in Form, Expression and Dynamic. A complete dance by the choreographer.

**Choice: the result of a thought process, where the quality of multiple options are weighed against each other. During the thought process, new options may present themselves.

***Energy: the source needed to make a change in such things as body and mind.

****Personality: A unique behavioural characteristic of a dancer that distinguishes the dancer from other dancers.

*****Power (physical): the ability to change Form and Dynamic. Power results from energy.

Form (stability)

Blue is a cold colour, a colour of solidity, just like the shape of ice or water in a transparent glass. That is why blue was chosen for “**Form**.” For many people, blue is associated with calm and peace. **Form** gives clarity and peace because it is still and you can take the time to understand the form. The body parts are defined in space...

Expression (experience)

Red is a warm colour that attracts attention and is associated with the body. The colour symbolizes the fire that is in someone to express themselves. The colour of blood is the colour of life, vitality, passion and expression. The colour increases the heart rate and breathing, arousing expression.

Dynamic (change)

Yellow is associated with the sun and zest for life. The change of life

The sun is made up of energy*** which is transformed into dynamic. Every dynamic has energy, so hence the colour of the sun.

Personality** (development)**

If you mix all the colours like in painting, you get black. Black portrays personality because it contains all the colours of the spectrum and absorbs them. The intention is for the personality to choose a colour gradation, so to speak, for the final movement. A dancer's colour gradation is the amount of conscious power***** a person uses to vary from very light grey to black or from light yellow to dark yellow, for example.

Choice (consequents)

The rainbow represents diversity in a person. The choices in your life have helped shape you as a person and as a dancer. These choices are a moment in time and they are infinite as a dancer. Choosing something can be a challenge. For a moment the visible world coincides with the invisible, the magical and supernatural. A rainbow is enchantingly beautiful, but extremely fleeting. It exercises us in letting go and making a choice or vice versa.

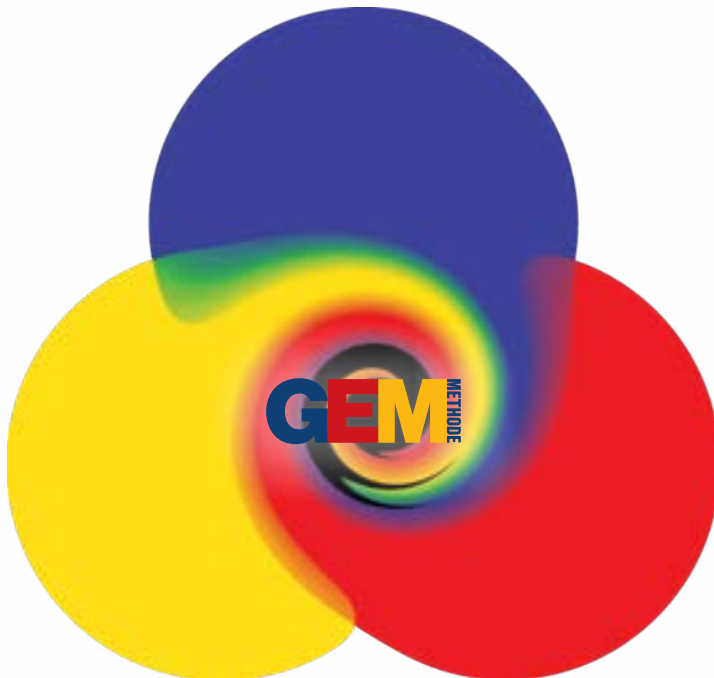
G.E.M. metaphorically

GEM is the English word for gemstone. They take years to form. Every gemstone, in whatever form, is alive and has its own radiance. We humans too take a lifetime to form into who and what we are. As a small child you are allowed to move* freely and devel-

op the senses and language through your environment. To develop as human beings and dancers, we need different building blocks. It takes courage and strength to be able to make your own choices. Every year you become more and more aware of your own GEM. The aim of this book is to use this GEM method to help you assess and recognize situations of dancers and the environment more quickly:

1. How is the composition (dance) composed in **Form**, **Expression** and **Dynamic**?
2. With what aspects is the dance shaped?
3. Is the dance symmetrical or asymmetrical, geometric or organic, spatially or flat constructed?
4. What simple or complex compositions can you recognize in it?

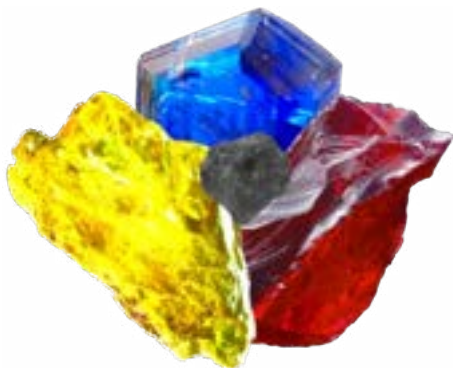
All these topics are covered in this book. You will now recognize them quicker in dance and your surround-



ings and see how they are structured in style and time influences, independent of the dance form. By looking through this perspective, it is possible to assess situations in your normal life, sport or work environment more quickly. A lot of self-reflection and observation of others will help you to discover the **F.E.D.** elements in daily life as well.

You can learn thousands of movements, but in the end, when executed, a recognizable message will have to remain!

www.gem.dance



*Moving: changing the position of the body parts with a certain duration and force



The background of the entire image is a solid, deep blue. Overlaid on this background are intricate, ethereal, and organic shapes that resemble smoke, mist, or flowing liquid. These forms are rendered in a lighter, translucent blue, creating a sense of movement and depth. They swirl and twist, filling much of the frame, particularly in the upper and right portions, while leaving some space for the text on the left.

FORM

SINGULAR & COMPOSED (COMPLEX)

GEOMETRIC & ORGANIC

SYMMETRICAL & ASYMMETRICAL