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Abstract

Interpretation of Dance by the Theory of Changju

Chang, Chung Yoon

Professor of Dong-A University, Dance Department

Dancing is considered as Do according to Changju. The principle of modern dance technique such as contraction and release by Martha Graham, fall and recovery by Doris Humphrey, separation and integration by Merce Cunningham and centripetal force by Isadora Duncan, is also considered as Do.

Breathing method executed for the Doga's physical training has similar points to the modern dance technique. Breathing is the center of human body. It is fundamental in practicing the body. There exists body in the center of Do, the integral state of mind with body, even though the body is the source of physical practice.

This study first of all focused on the comprehension of the text by Kwak, Kyung Ban in order to clarify the meaning of sentences intended by Changju. Based on the incarnated experience as a dancer, this paper interpretes dance in accordance with the ideas by Changju.

In conclusion this paper discusses the way of technical mastering and the process of Do as the Ôunity of object and subjectÕ, Ôincarnated techniqueÕ, Ômental absorptionÕ and Ôdancing mind itselfÕ. Dancing without dancer's consciousness or intention is considered to be the natural and to be close to the state of Do.

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