

# Going off script

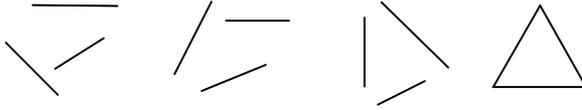
Annotations from Training #I:  
Proscenium-Performing Institutions  
with Adelita Husni-Bey

Performance as a way to think things through.

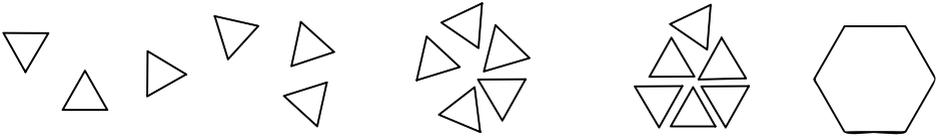
Performance as a way to discuss institutions.

DAY 1

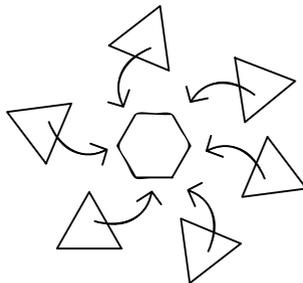
Theory



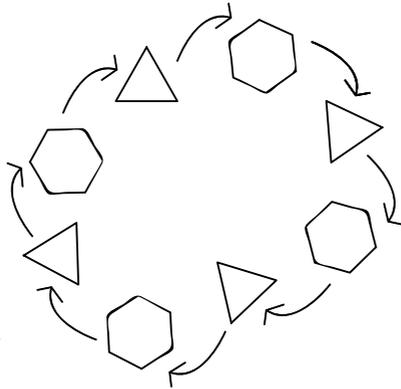
Language: a tool to construct a norm



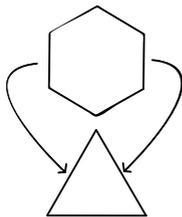
Performing the norm = establishing the norm  
= instituting the norm



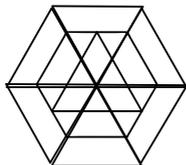
Norms legitimize the institute



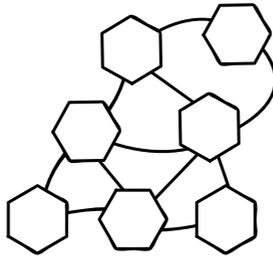
Institutes produce, perpetuate the norm



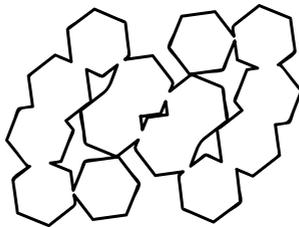
Institutes police the norm



Institutions institute norms



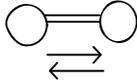
Institutes are interconnected, they hinge on each other



Institutes absorb parts of each other

## EXERCISE 1

### Guiding the other



Move the other



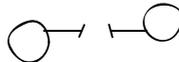
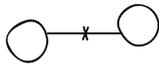
Elevate the other



Drop together

## EXERCISE 2A

### Companionship



independence, interdependence, connection, disconnection,  
construct, deconstruct, support, support, reaching out, receiving

## EXERCISE 2B

Companionship

### PARTICIPANT

Having others to define you, feels pleasant

### PARTICIPANT

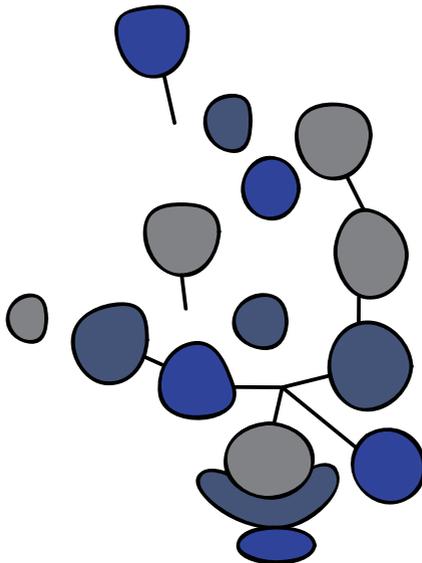
It is compositionaḷ, and more

### PARTICIPANT

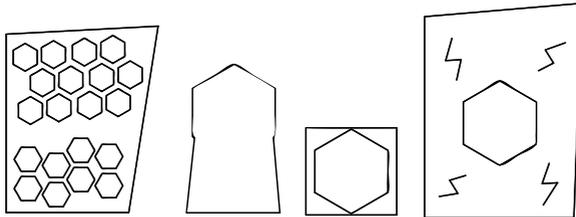
That what you can see, changes your relation to the others

### PARTICIPANT

Everyone leaves a mark on the narrative



## PHYSICAL SPACE



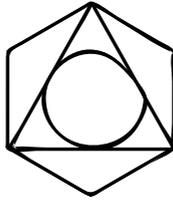
Buildings house, perform, hold and activate the norm

A metaphysical institute is dressed up by objects,  
architectural features

## MISE-EN-SCENE

The mise-en-scene performs justice  
These elements make others to perform the ritual,  
like a spell

## THE BODY



The body holds the norm

## PERFORMANCE

The body performs the norm

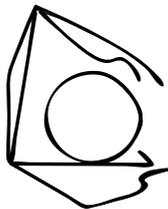
## EXERCISE DAY 2

Stories of uncomfortable encounters with institutions

We are trained to be loyal to the system  
We internalize it, we duplicate it, multiply  
it.

We assume that all bodies can adjust to the  
system / play the system, for survival

When we are in a confrontation with  
institutionalized ideas, sometimes we stay in a  
unwanted confrontation, as we freeze, in total  
bafflement



Going off script and interruption deconstruct, disrupts,  
deperform and derail the institute

## SOMATIC RITUALS

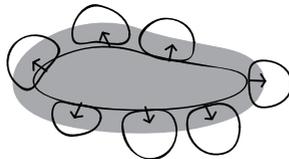
A way to be present, as a body

Soma: to press and be newly born

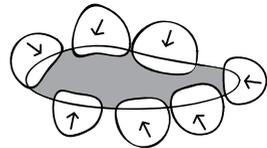
Ritual: a physical manifestation of the idea

## EXERCISE DAY 2

To care, support vs manipulation



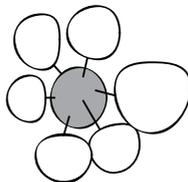
The supported body grows



The supporters bodies grow

## EXERCISE DAY 3

A healing: exchange of energy through connected bodies



Going off script: performing vulnerability

## EXERCISE DAY 3

Performing the norm

We use our body as an instrument to better understand norms

### PLAY

1. Constantly having to adjust
2. People as disposables, (4 years) terms
3. Set of cultural experiences, history, present in real life, physical contact
4. Private property, ownership, property of the body
5. Norms are also institutions
6. Fixating binaries, pinning things down  
taxonomy: a Latin name for everything

### CONVERSATION

Language as an institution. It shapes our perspective, how we perceive the world around us.

- Or is it just a tool?

Grammar as a set of rules

### PLAY

7. To worship, obey the ritual.

### CONVERSATION

Symmetry strengthens the ritual.

Spirituality vs religion: structures

### PLAY

8. The distinction between good and bad, having to be clear

### CONVERSATION

Silencing as it is used by whiteness

Silencing the vague, the unknown

## EXERCISE DAY 4

Performing the norm

We use our body as an instrument to better understand norms

### PLAY

9. Being polite, humble, invisible. Following behavioral codes. The one institute being humble for the other institute. What is the difference between gentleness and humbleness?

### CONVERSATION

You need solidarity for showing vulnerability

10. Exploitation of the earth and people.

## THE STATE

The state has the power to remove / manage bodies

The state has the power to legitimize violence

## FUNCTION

Values: bodies and ideas

Power: Maintain, sustain

Currency: trades, forms of diffusion

## COLLECTIVE READING

### NO-BODIES

Law, Raciality and Violence

Denise Ferreira da Silva

Emphasizing the right of the territory, over humans with death as a currency.

The creation of a state of necessity

Many layers in society support this, by fearing certain areas (territories)

The currency of fear

SOLVENT

Being debt-free

A way to dissolve, to break up in parts, "Losweken"



The death of the institution

A non-stable form, fluid, not a fixed break

What will be the residue?  
What will be done with it?