

# TROK

## METSO EA/ The Root of KOBA

Dance Technique: Vincent Sekwati Mantsoe



### Goal and Objectives

To provide a unique platform to carry out research, collaboration between artists, transmission of dance repertoire and collectively create or notate dance works/creative processes that evolve with time. Daily technical training sessions will be used as a vehicle to understand the choreographer's method of creating and his philosophy.

## & TROK: METSO EA/ The Root of KOBA

**Terminology** - (Bend/Grounded/Plié/Sweeping the yard on bended knees) A physical and spiritual meditation, breaching the barriers between modern and traditional dance forms. The process of these teachings is been built on the fundamentals and philosophy of learning and listening, being patient and includes multiple integrations of carefully crafted, controlled movements from different dance element.

Breath-Koba: this use of breathing-Koba within movement, allows the body to dive into the unknown.



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## THE ORIGIN & KEY PRINCIPLES MESTO EA/ROOT OF KOBA

- Mestso ea/The ROOT of KOBA – a physical and spiritual meditation
- KEY PRINCIPLES OF THE ROOT OF KOBA
  - “PEO”
  - BREATH & SPIRIT
  - THE SIX SHADOWS (“SERITI”)

The origin of the technique comes from watching, listening and learning from a simple, ritualistic practice performed daily by Mr. Mantsoe’s grandmother (or another of the sangomas women in the family household, my Mother and Aunt). Sweeping the yard, she would move with her knees bent, Sefuba/chest bend forward position closer to the ground to evoking and connecting with her spirit, dust seems to be part of her ritualistic sweeping, for more than an hour without breaking a sweat, this became a symbol of the pure nature of Physical meditation, in connection with the unseen one’s

- Power
- Energy
- Simplicity
- Breath