

Workshop Details

From Painting to Movement: Exploring Shin Yun-bok through the Body

Participants: College students in theatre, dance, and performance

Duration: 100 minutes

Workshop

This workshop begins with a few basic movement patterns drawn from Korean dance. Participants will work with breath, weight, rhythm, walking, and the use of the arms.

We will then look at a painting by Korean painter Shin Yun-bok and explore the characters in the painting through the body. Using Viewpoints exercises, participants will work with Shape, Gesture, and Spatial Relationship, paying attention to how the figures stand, where they look, and how they relate to one another.

From there, we will use a relay exercise to pass shapes and gestures from one person to another. Participants will then work in small groups to create a series of tableaux inspired by the painting, using the Korean movement vocabulary to move from one image to the next. The workshop ends with a short sharing of the compositions.

Anchor Question: How can we bring a painting to life through the body?

Structure

1. Introduction & Warm-up — 5 min

Brief introduction to *maedeup* and Shin Yun-bok, followed by a short warm-up.

2. Korean Movement — 15 min

Introduction to five basic movement elements drawn from Korean dance, with a focus on breath, weight, rhythm, walking, and flow.

3. Looking at the Painting — 10 min

Explore the characters in a Shin Yun-bok painting through Shape, Gesture, and Spatial Relationship.

4. Shape & Gesture Relay — 15 min

Use shapes and gestures from the painting in a Viewpoints-based relay exercise. Explore different ways of moving from one shape to another using the Korean movement introduced earlier.

5. Creating Tableaux — 20 min

In small groups, create two or three tableaux inspired by the painting and connect them through movement.

6. Sharing — 10 min

Share the short compositions and briefly discuss the experience.

Movement Vocabulary

- **Gulsin** — bending and straightening the knees, connecting breath and movement
- **Inche** — movement through the torso, beginning from the center of the body
- **Two-Step** — rhythmic walking through shifting weight from one foot to the other
- **Jajin Georeum** — small, quick steps while maintaining a low center
- **Pal Sawi** — flowing arm movements that travel from the center through the arms and fingertips