

Bothmer Summer Article 2019

My first touch with Bothmer Gymnastics

I am writing this article in September. Two months after the Bothmer Gymnastic Summer Course 2019. I am telling myself, the things I still remember might be really important. So, I am asking myself: What do I still remember?

Well, I remember the interesting mixture of 200 people from more than 30 countries all around the world. I have always loved international projects. The colorful mixture of different tastes and thoughts and attitudes as they come together in symbioses.

I share an experience with you. You know those things you are immediately good at – no real hard work is needed. But from time to time something appears everybody can do except you. Well, that was rope jumping for me during the camp. I could not catch the right moment when to move to go through in time. Good people gathered around me, trying to help me – explaining again and again how it works. It did not help. I knew the theory but still could not catch the right moment to get through. And then it came – an unexpected push from behind. Instead of talking me into it, explaining over and over, Kim from South Korea gave me a precise impulse when to go to make it through under the rope. So my body had an experience of success. What I was not able to do with the help of information in my head I could manage with the help of a right push to my body. Later, during the lecture with Ottó Karkus I realized this is something called the “language of action”. When instead of just talking somebody into something you stand up and with the help of a movement or a gesture help them to understand. He stressed the importance of that language with children but I realized that can be pretty useful with adults as well.

On our last day Martin Baker gave us a small lecture on what he thinks Bothmer Gymnastics is about. He said that as taiji is the physical expression of Taoism, Bothmer gymnastics is the physical expression of anthroposophy. That was the moment when I decided I need to continue with Bothmer Gymnastics. So this autumn I am starting the 2+2 years study in Budapest. I think there is much to discover and I am looking forward to digging into it. I also hope there will be someone around to give me the right push if things do not work well enough.