

Cie Ayoun  
Création 2019  
Solo - 45 minutes

«  
TODAY  
IS A  
BEAUTIFUL  
DAY  
»



Crédit photo : Youness Atbane

Conception, chorégraphie et interprétation: **Youness Aboulakoul**

Assistant : Youness Atbane

Lumières : Omar Boukdeir

Son : Zouheir Atbane/ Youness Aboulakoul

*« Je nomme violence une audace au repos  
amoureuse des périls. On la distingue dans  
un regard, une démarche, un sourire, et  
c'est en vous qu'elle produit les remous.  
Elle vous démonte. Cette violence est un  
calme qui vous agite. »*

Jean Genet, *Journal du voleur*, 1949

## TODAY IS A BEAUTIFUL DAY

The bodies are spaces of resonance. The environment resonates and each body resonates with its surroundings.

By wondering about violence, "Today is a beautiful day", is a solo that seeks what violence implies for the body and what are the resonances. Whether this violence is physical, symbolic, psychic or even invisible; whether it affects directly or indirectly, it resonates the organs, bones, skin to enter dreams.

"Today is a beautiful day" is a matter of time when the body enters a cycle of construction and deconstruction in space, with objects and materials as an extension of the body, in a repetition towards the infinite, or towards an eternal beginning, from which flows a search for the sensitive and the intimate, towards a space of collective consciousness and resistance.

## Intention / Attentions

The violence is beautiful .. The violence is seductive ...

Violence / violence.

The violence of truth

The violence of capitalism.

The violence of politics.

The violence of history

Violence is a desire

The violence that I felt while writing this text ... The violence of art.

The violence of a solo ... The violence of love ...

Symbolic violence ...

Violence makes up, disguises, hypnotizes.

Violence is an artist,, creative

Violence is changing

The violence of the unknown, the invisible, the obscure.

Violence fiction ... real violence.

Violence is a work of art ...

Violence is poetic ...

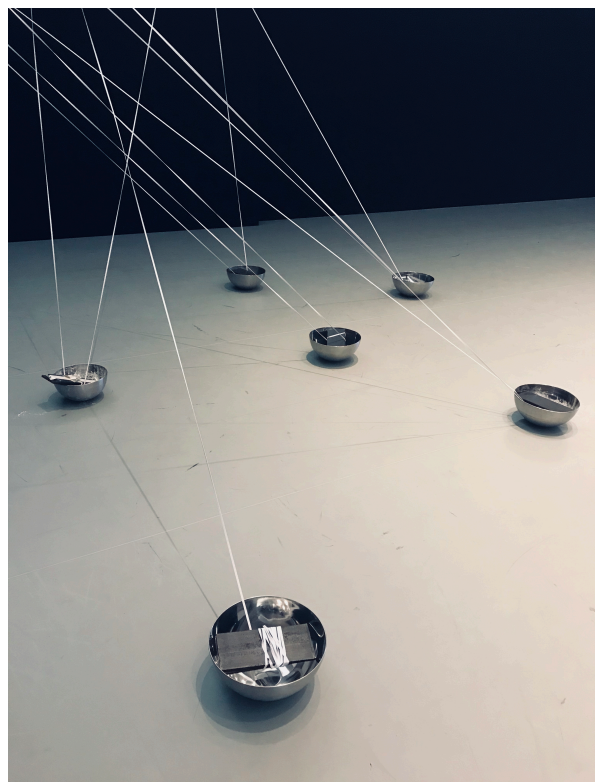
Violence stimulates ... violence is entertaining.

The violence of an identity check. A check point

The violence of creation, violence is a dance.

Violence - resonance

Violence is an eternal beginning.







Exploring the object as an extension of my body, a body-object that resonates with the frequency that violence sends back to it, ,letting out an imaginary and an infinity of forms, actions and images.

## **Research and choreographic writing**

This project is part of a process of writing about the resonance of violence on the body, from which a process of choreographic research, which will take the form of a trilogy: a solo, a quintet of women (corpulences different ages and backgrounds) and a group play.

### **The solo: to leave a part of oneself, figure of the violence**

Violence is here imagined as a figure to which the individual confronts himself. In words in images, in sounds, in situations, violence always manages to summon us without our knowledge. In this project, I will attempt to convoke it, to integrate it, to fix it, to retain it, to deploy it in forms and in a time that makes it possible to understand it, then to feel its frequencies and let myself be carried away by its resonance. before considering it in a figure.

When she resonates in me, she moves ... dissolves ... creates, undoes, she builds and deforms ... she leaves footprints ... ..

At what frequency of resonance does our body begin to move?

What intensity of frequency of this resonance of violence must we reach to push us to act in order to change the world?

Each violent event has its resonances, diffuses in the form of frequencies. What intensity of frequency must we then reach to be driven to act in order to change the world?

### **The object, as an extension of oneself**

There is nothing else, only violence and me in a negotiating space with my own consciousness, my object-body is facing its own impulses and impulses, what drives it, what escapes it but also to what he chokes and what he controls. How to vibrate through the violence that is accumulated and transcends us? Thus inviting the public to resonate with.

Sound, create resonances

Extracts of political speeches are diffused, the dynamics of these speeches generate the dynamics of the body. A dialogue is set up, ... In a relationship to history, and the present, made of emergences and declines, where the body can be alert.



## Note

Italy, Brazil, Chechnya, United States, religious extremism, human rights violations, war crimes ...

We are increasingly confronted with violence and we are witnessing the rise of violent extremism. Their actions are relayed by videos, images, sounds, to which we are exposed, and to which we react virtually. In the midst of these repetitions of history, the body seeks here to be a bearer of alert, to find sensitive reactions to what reaches us virtually, in the urgency of immediacy, in a relationship to the now and to the future. today.

Through these lines of research, I hope to find the possibility of making the audience resonate, too, by creating a poetic universe that will allow interaction, which will question the viewer's place, his relation to it. which he witnesses, his own relationship with violence, as a contingency between his own experience, his ethics and his form of consumption. Not to give a moral, but to offer a space for negotiation, resistance and constant reflection, the visualization of the conflict.





### **Youness Aboulakoul**

Born in Casablanca, Youness Aboulakoul lives and works in Paris. He makes his debut as a performer at a very young age, exploring hip-hop and Moroccan traditional dance, followed by formal training in contemporary dance at the Casablanca Conservatory. As a performer, he works with several dance companies and choreographers from Morocco and Europe, such as Olivier Dubois, Khalid Benghrib, Rosa Sanchez and Alain Baumann, Bernardo Montet, Filipe Lourenço, Radhouane El Meddeb, Ramon Baeza or Christian Rizzo. In 2010, Youness Aboulakoul starts developing his own work as a choreographer, signing his first duo, “Logos” (2010), followed by “Les Architects” (2018), in collaboration with choreographer and visual artist Youness Atbane. His new solo project, “Today Is a Beautiful Day”, is set to premiere in Utrecht on November 14, 2019. Youness Aboulakoul is also a sound designer. Passionate about electronic music, his work is inspired by the richness of Moroccan music and the sounds of the electro world, mixing these two sources of inspiration in order to develop his own sonic universe. As a composer of electronic music he created original scores for several choreographic and cinematographic productions, among which “Les Sauvages” by Sylvère Lamotte (2017) and “Les Architectes” (2018).

As a choreographer, performer and musician, Youness Aboulakoul shows a particular interest towards the interaction between different artistic disciplines, encouraging the expansion of artistic practice at the crossroads of visual, sound and performing arts. This plural vision of the creative act seeks to expand the boundaries of contemporary dance, thus allowing the emergence of new forms of artistic expression





## **Youness Atbane**

He lives and works between Casablanca and Berlin. His artistic practice is centered on a critical and burlesque relationship to the field of art, its actors and its geopolitics and more broadly focused on a search for the cross between the

so-called contemporary disciplines.

Youness connects various formations and artistic experiences in contemporary dance and visual arts between France, Morocco, Belgium. Last, the "EX.E.R.CE 08" training at the National Choreographic Center of Montpellier will lead him to the world of performance.

in 2010 he obtained a master 2 in arts and letter and museology from the University of Nice. he worked with many international artists and choreographers. Among them, Khalid Benghrib, Jean-Marc Matos, Juan Domingues, Neto Machado or Xavier Le Roy with whom he integrates the program "6m1l" as an artist

He exhibited his installations and performances at Casa Encendidia in Madrid, at the Macro Musuem in Rome, at the Venice Biennale, at the Talmart Gallery in Paris, Victoria and Albert Museum, the Arab World Institute in Paris, The Ostrale dressen in Germany, at the Mohammed VI Museum of Contemporary Art in Rabat the art biennale of Marrakech ...



## **Omar BOUKDEIR**

He began his artistic career as an actor, then as a contemporary dancer.

Attracted by the field of light, he begins to take an interest in it and to develop his knowledge. Self-taught, he made his first light creations for the Franco-Moroccan company 2K\_far from 2006. Always eager to master and evolve in this specialty, he went to training at ISTS in Avignon in 2009 where he graduated from Lighting director in 2010, year from which he practices at the Palais Royal Theater in Paris.

He also creates several light creations for theater and dance. In 2017, he graduated as General Manager at the CFPTS in Paris. With this title, he applies his new skills in tours and festivals.

Creation and imagination are his universe.



## **Zouheir atbane**

Born in 1983 in Casablanca. Zouheir Atbane is a multidisciplinary sound artist. He oscillates between projects of sound research and choreography, to give to hear and to see via sound installations or performances.

His research is part of the local identity. They are part of a desire to touch the sound as a body vibration that becomes more of the order of the felt than the audible.





Gabrielle Cram

Born in Falkirk, Scotland, based in Vienna, Austria, Gabrielle Cram works in the cultural field. His involvement in transdisciplinary and practical fields of translation - between genres, spaces, places, languages, time - plays an important role in his work. His practice is marked by various forms of mediation, such as the creation of negotiation spaces and contact areas for open processes. She works as a playwright, curator and cultural mediator. In recent years she has worked as a programmer and directed the Department of Dramaturgy and Research at the Tanzquartier Choreographic Center and Contemporary Dance and Performance House in Vienna.

She has worked as a translator, artist and curator, for example performative performances and performances at the festival of electronic music and progressive performance donaufestival Krems, as well as curator of projects and exhibitions at the foundation. of contemporary art Thyssen-Bornemisza Art Contemporary. His research focuses on unlearning fields in the context of decolonial practices, narrative hacking and transculturality. She studied a combination of Romance, History of Art and Theater, Film and Media Sciences at the University of Vienna, as well as Conceptual Art and Cultural Studies at the Academy of Fine Arts in Vienna.

## **Co-production**

Centre chorégraphique de Montpellier

Les subsistances

Institut Français du Maroc

Centre Chorégraphique National de Roubaix

CCN de Belfort

Dancing on the Edge Festival

## **Partenariat**

L'Uzine, Casablanca

Charleroi , Les Ecuries

## **Calendrier**

### **Résidences**

- Residence research and creation at the CCN Roubaix: November 26 - December 09, 2018.
- Residence and presentation work in progress as part of MEET THE ARTIST in Utrecht: From January 19th to 22th, 2019..
- Residency of research and creation: 03 to 09 June at Subsistances in Lyon
- Residency of research and creation in Charleroi Brussels: from September 2nd to 6th.
- Residency , light research at CCN de Montpellier , from September 16th to 20th.
- Residency finalization at the CCN Belfort: from 23 to 29 September.
- Rehearsal from 09 to 11 November in Utrecht.

### **In Tour**

- World Premiere and tour : November 14th, 2019 at Het Huis Theater Utrecht , November 16th Rotterdam , and 23th Amsterdam . Dancing On The Edge Festival , Netherlands.
- Lyon "Subsistances" , Le MOI de la Danse festival , January 23th to 25th ,2020. ( 3 performances ).
- On marche festival Marrakech , March 2020 .( option )
- D-CAF , Cairo , avril 2020 ( option)
- Les Rencontres Chorégraphiques internationale de seine saint Denis , June 6th and 7th, 2020

## **Contact**

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