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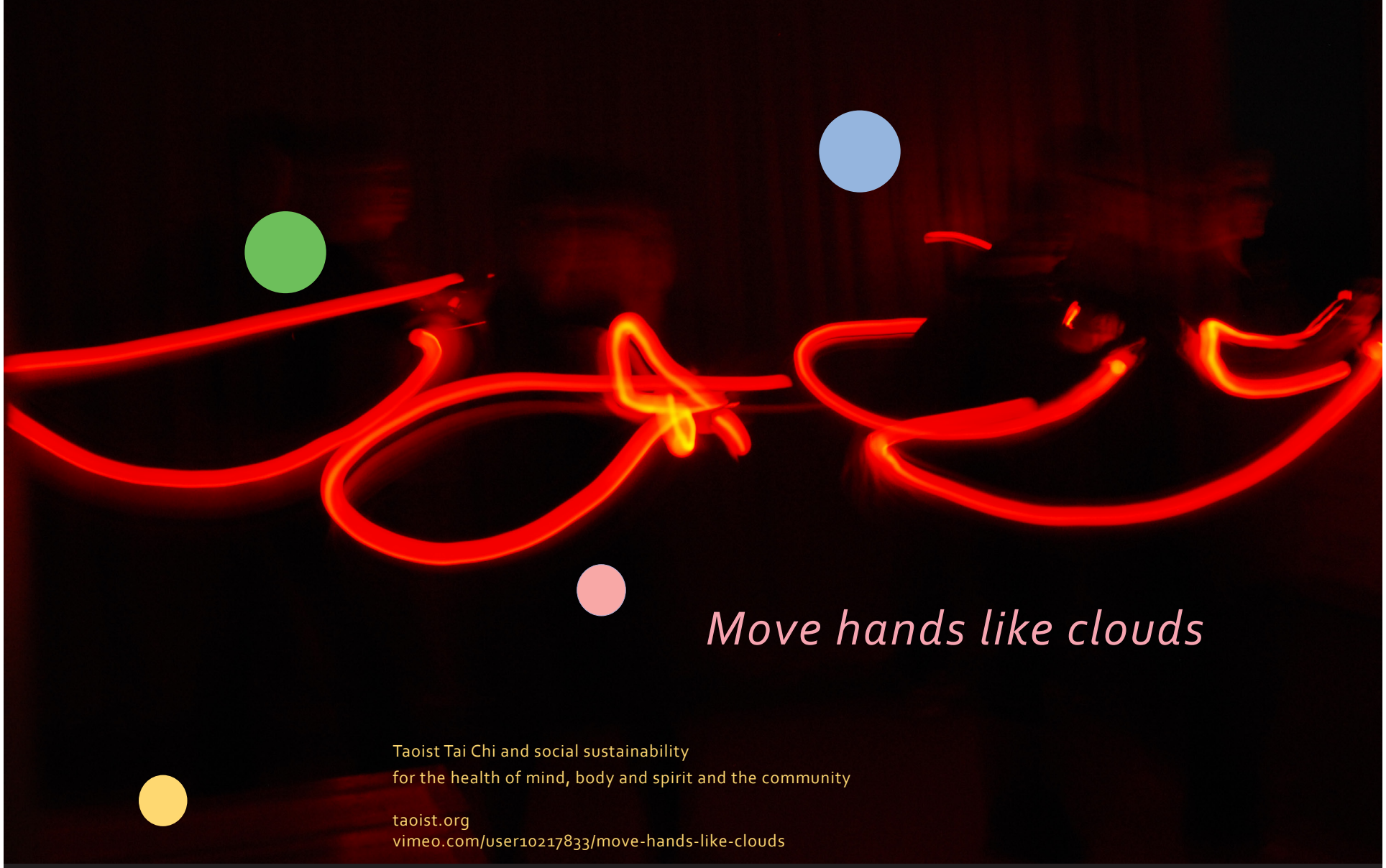
Move hands like clouds

Banner

Final Film

Film development



Move hands like clouds

Taoist Tai Chi and social sustainability
for the health of mind, body and spirit and the community

taoist.org
vimeo.com/user10217833/move-hands-like-clouds

This project draws together design practice, social sustainability and somaesthetics, a philosophy that integrates mind, body and spirit. The film ***Move hands like clouds*** expresses the socially sustainable and somaesthetic practice of Taoist Tai Chi. Tai Chi's inclusive design allows anyone to perform the gentle movements to benefit the health of the whole person.

Move hands like clouds uses LED light to track Tai Chi movement; light allows the elusive traces of the movements to be captured graphically without revealing the body of the practitioner. This allows anyone to imagine themselves performing Tai Chi. The invisible traces are made visible and express the internal origins and intentions of the practice. By layering and aligning the light traces their similarity and their difference is revealed expressing the inclusive nature of Tai Chi. The multiple drawings of the practitioners embrace the group practice within a community. The continuous light drawings reflect the diverse and evolving modes of engagement that Tai Chi encourages.

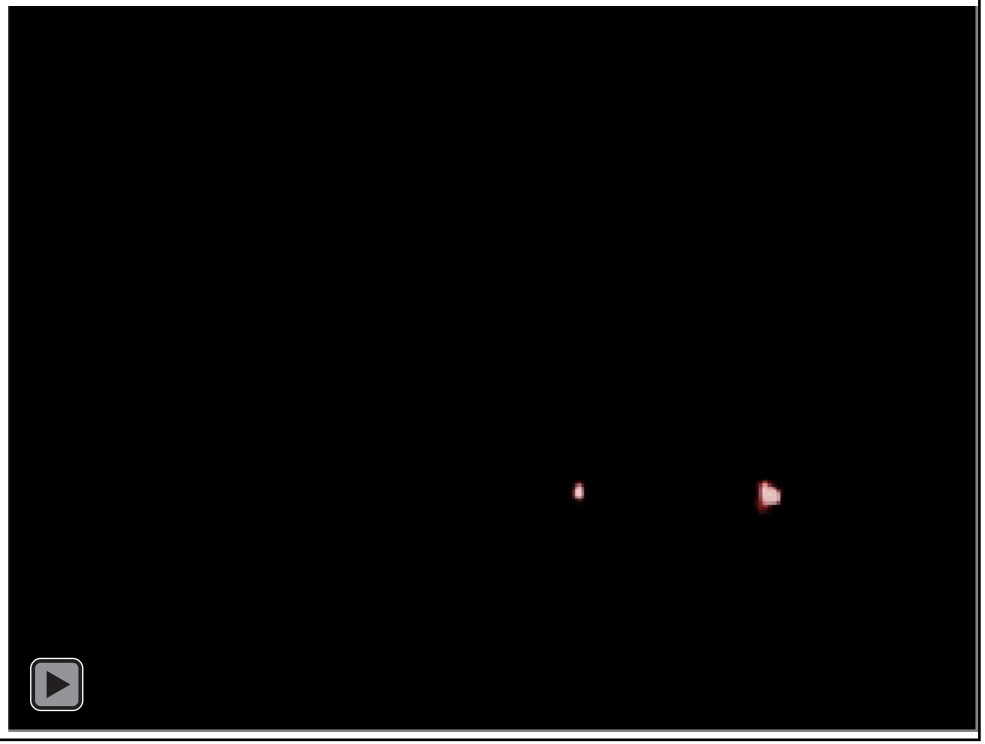
The film is an experience design response to the belief that we engage with the world through an integrated mind, body and spirit; all the senses, the rational and the intuitive. This stance is shared by the philosophies that underpin social sustainability, somaesthetics, Taoist Tai Chi, and design for sustainability. Mindful attitudes and behaviours with a focus on the wellbeing of the individual and the community are integral to these disciplines and to my film.



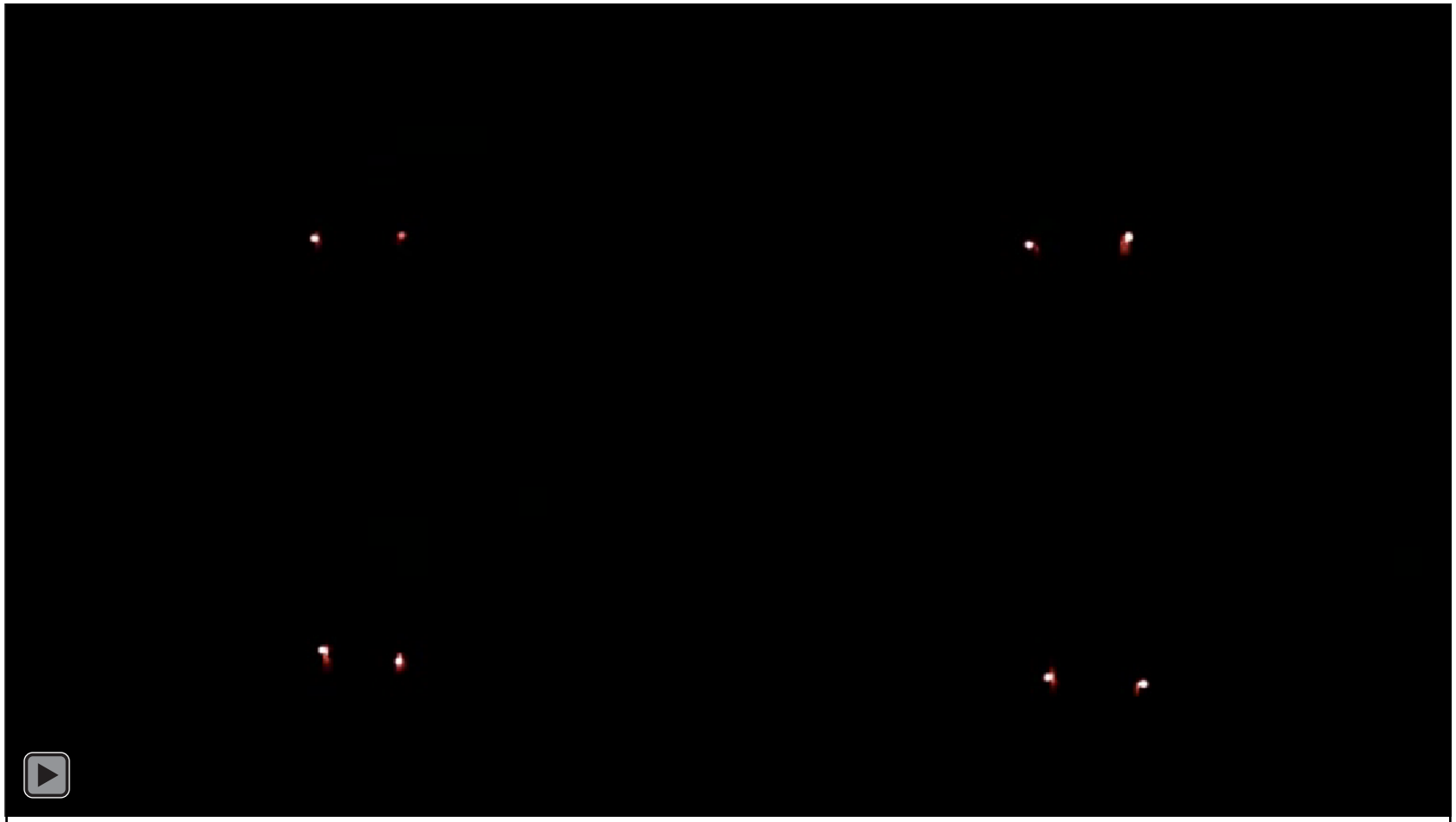
Final Film



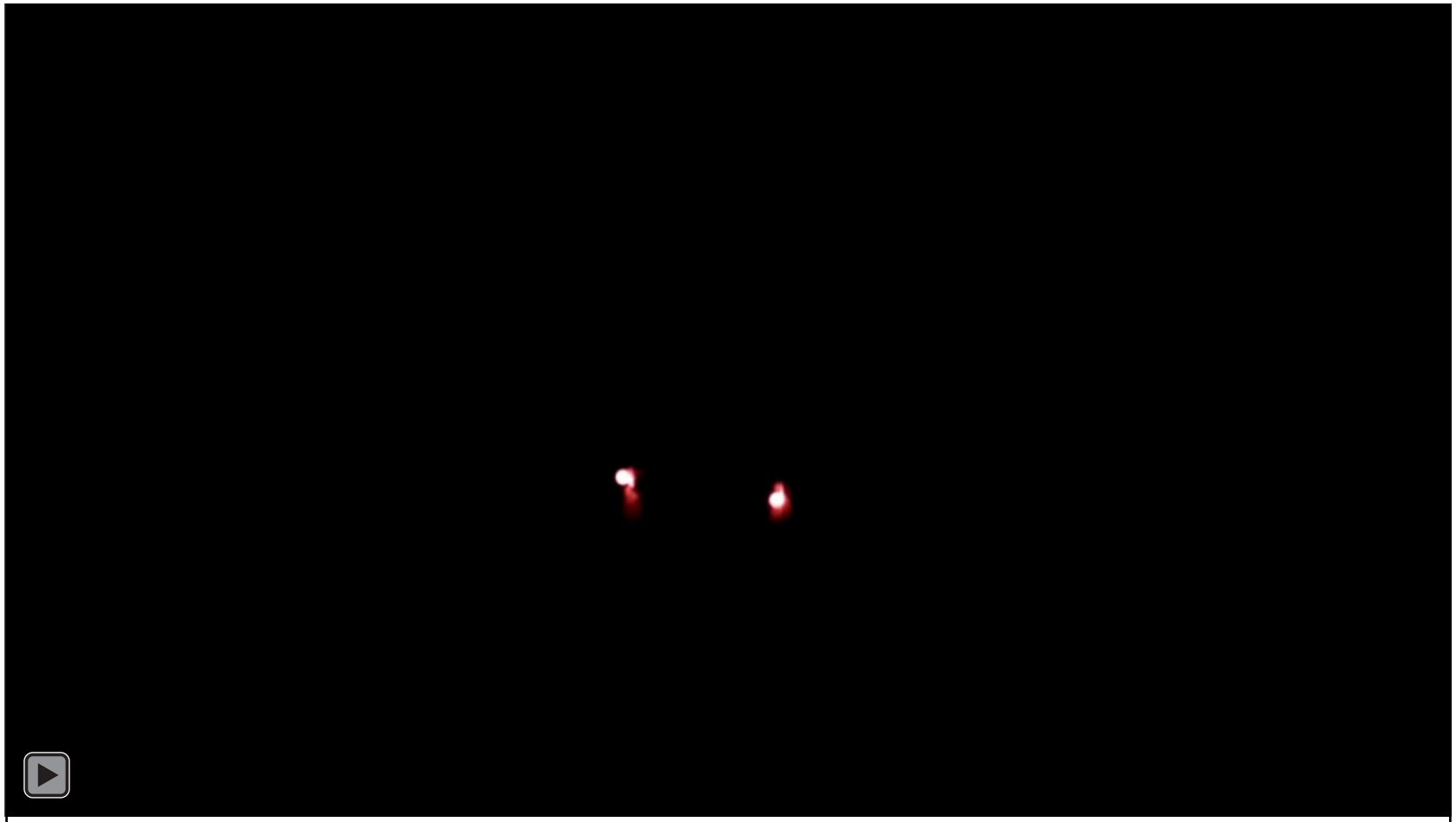
LED light trace photographs as animation



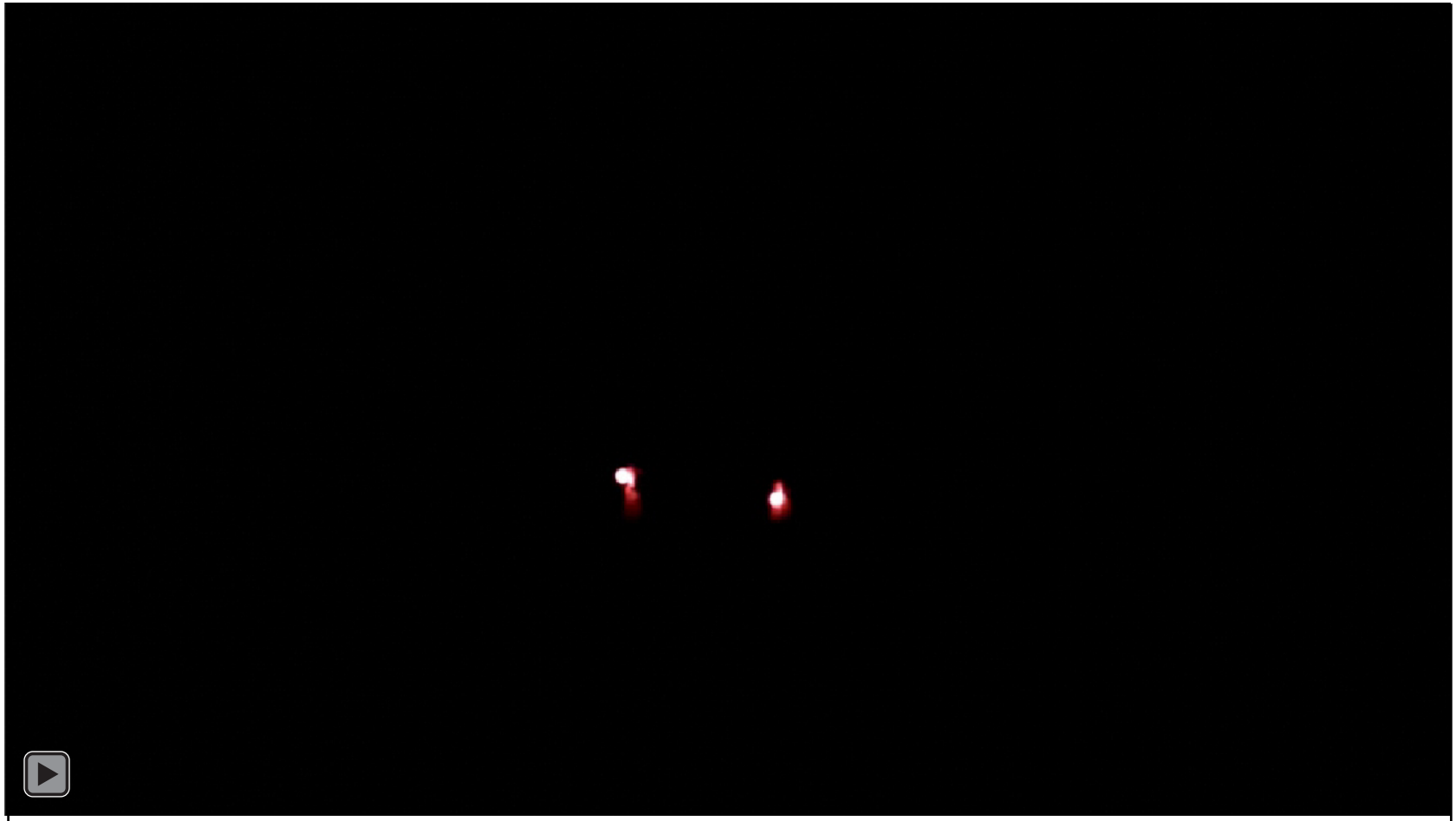
Technique test – video and manipulation in After-effects and Sapphire.



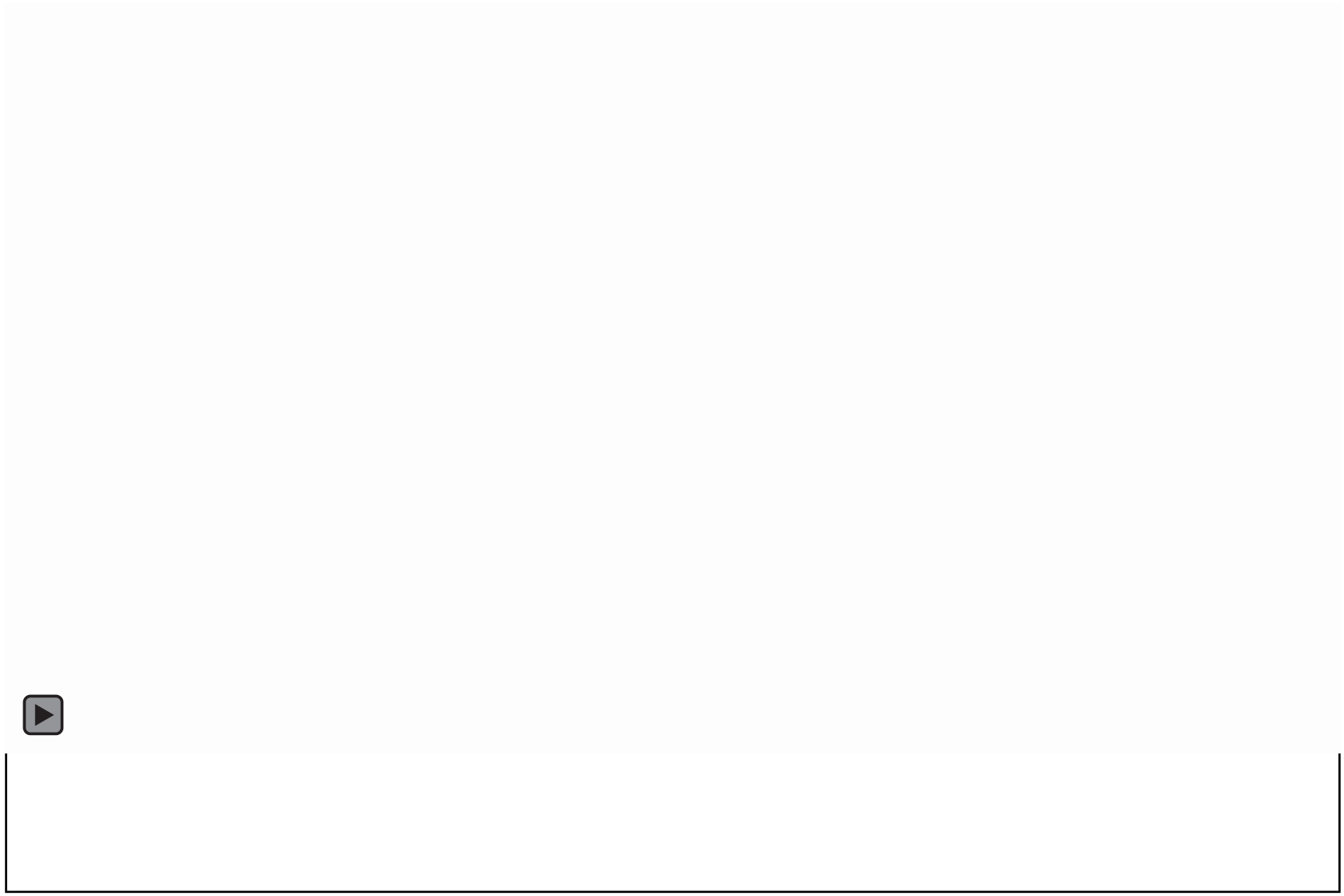
Film 1st version with ambient Tai Chi sound



Film 2nd version
jarring edit



Film 3rd version, correct
edit with Music.
'Where the rabbit sleeps'
Sensorama



Film 4th version, correct edit with re-recorded sound 1st version



Film at Gap Filler