



Corps extrêmes

Note of intent
from Rachid Ouramdane

**“ I fall. I fall but I am not afraid.
I deliver my fear in a scream of rage,
in a solemn trumpeting. ”**
– Antonin Artaud

Choreographing in the air

From time immemorial, experiencing the act of taking flight has had a fantastical power, the air on the skin, the altitude without gravity. Halfway between a child's dream and the utopia of escaping one's condition of a human being stuck to the ground, each person confronted with taking flight speaks of a disquieting feeling which sometimes leads to thinking differently about what surrounds us.

In this creation, *Corps extrêmes*, I would like to focus on the fascination which is brought on by the notions of taking flight, of being weightless, of gliding... those moments when one leaves the earth such as several extreme sports allow as well as some artistic practices (acrobatics, flying trapeze...).

Faced with oneself

Through these aerial choreographies done by adventurous and artistic athletes, the idea is to reveal what these unconventional individuals seek to reach in this quest to escape gravity. Many of them put themselves in life threatening situations. They search for answers to existential questions, a meaning of their lives in a society in which they don't feel at home anymore.

These aerial practices allow them to face their fear, to keep their self-control. Far from an impulsive or irrational act, these aerial practices are a way of testing their responsibility, their physical and emotional aptitudes.





Photo Credit: Pascale Cholette

In those moments, fear is often less linked to the objectivity of the risk than to the imagination it generates.

One of them shared this before a bungee jump: "Motionless at the brink of the abyss, I rediscovered the very symbol of life, this mixture of fear and confidence which goes with every decision making."

This way of facing danger allows them to better know themselves, to know how not to go too far, and in the end find the limit between life and death.

For them, often diving into the fear that inhabits us is like a swan dive.

Environment

Another dimension is added to this confrontation with oneself: the majestic environments in which some of them move. They blend in with a nature that most people deem inaccessible and with which they enjoy a strong relationship, confronting air, water or snow. This self-assertion within natural elements is pitted against the dehumanisation of our cities. They offer an additional angle of vision, if another one was needed, on the ecological transformations of our environment which these adventurers embrace.

A culture and common values then emerge.

▶ [Read the synopsis](#)

▶ [Find out more about Rachid Ouramdane](#)

