



國際綜藝
合家歡

International
Arts Carnival

5.7-18.8.2019

不加鎖舞踊館 X Namstrops X 劉銘鏗 (神父)
Unlock Dancing Plaza (日本 Japan) SunFool



© Junnosuke Nishi

空想 運動會

KU-SO- OLYMPICS

香港文化中心劇場

Hong Kong Cultural Centre Studio Theatre

2-3.8 (五 Fri - 六 Sat) 8pm

3-4.8 (六 Sat - 日 Sun) 3pm

粵語演出 In Cantonese

節目全長約1小時，不設中場休息

Programme duration is approximately 1 hour without intermission

表演者經長時間及專人訓練，觀眾切勿模仿

Performers have been professionally trained to accomplish the feats performed in the show. Audience members are advised not to imitate their acts



ARTISTIC DIRECTOR'S NOTE

各位家長及小朋友你們好！歡迎來觀賞不加鎖舞蹈館全新跨國又跨界創作——《空想運動會》。這是一個難得的創作組合，來自日本宮崎的 Namstrops、香港的不加鎖舞蹈館及立體紙藝設計師劉銘鏗，共同構思一個結合舞蹈、創意運動、立體紙藝和音樂的原創作品。以運動為主題，把舞台變成好玩的運動場，利用道具和身體，創造出充滿想像的有趣運動表演。在這個炎炎夏日，希望我們的健兒能夠激起大家對運動的熱情，並在玩味十足的競賽表演中得到無限歡樂和滿足。

與立體紙藝設計師劉銘鏗的合作是趣味無窮的，他的創作每次都帶來既好玩又有哲理的收穫。今次他身兼多職，設計以外亦擔綱演出，是一位愛玩又多才多藝的藝術家，演出有他的參與，一定更歡樂。而與 Namstrops 合作對作品來說絕對是理想配搭，亦有深遠意義。

三年前因緣際會認識 Namstrops，看到他們以運動的質感發展特殊的身體表演，深深吸引我去了解他們對身體與舞蹈的概念。同年，不加鎖舞蹈館便邀請他們來香港進行五天舞蹈交流工作坊，交流中有更多機會去了解他們的「表現式體育」，從中明白到如何把它發展成我們認識的創意舞蹈。我們彼此更因此而看到舞蹈和運動除了有助小朋友身心健康外，更有助發展其他領域如想像力、控制力、應變和熱情等等。為了讓香港小朋友有機會接觸這樣的身體培養理念，這兩年不加鎖舞蹈館不僅常邀 Namstrops 來港分享，更會到宮崎取經，目前我們已發展了一系列「身體運動」教材。藉是次創作，我相信我們將會有更多東西分享和交流，也期待未來有機會，讓您的孩子接觸到這套好玩又創意十足的「身體運動」。

**不加鎖舞蹈館藝術總監
王榮祿**

Hello to all parents, boys and girls! Welcome to the brand-new international multi-arts production of Unlock Dancing Plaza — *KU-SO- OLYMPICS*. The extraordinary line-up of artists, Namstrops from Miyazaki, Japan, Unlock Dancing Plaza from Hong Kong, and pop-up paper arts designer SunFool, jointly create an original work that assembles dance, creative sports, pop-up paper arts and music. In line with the theme of sports, the stage turns into an amusing sports ground where props and bodies are used to create interesting sports performances filled with imagination. In this hot summer, we hope our performers will ignite everyone's passion for sports and find enormous joy and self-fulfillment from the playful and competitive performance.

The collaboration with pop-up paper arts designer SunFool offers endless fun; audiences of his works are always rewarded with entertainment and philosophical inspiration. Taking up various roles this time, he designs and performs for the production. As a playful and versatile artist, he will surely add joys to the show through his participation. His cooperation with Namstrops is definitely offering an ideal partnership for the work and producing profound and lasting significance.

Three years ago, I coincidentally encountered Namstrops, fascinated by their unique physical performance elaborated with a touch of sports, drew me into their concepts of body and dance. It was the same year when Unlock Dancing Plaza invited them to Hong Kong for a five-day dance exchange workshop. During the exchange, I had more opportunities to learn about their concept of "Expression Physical Education" and found out how to develop it into a creative dance that we are familiar with. It made us to realise that dance and sports are not only to promote children's physical and mental health, but also to enhance other areas such as imagination, self-control, adaptability and enthusiasm etc. In order to introduce this set of body training to children in Hong Kong, Unlock Dancing Plaza has invited Namstrops frequently to Hong Kong for sharings, and visited Miyazaki for excursions in the past two years. At present, we have developed a series of teaching materials for our project "Bodydynamics". I believe that through this production, we will have more to share and exchange with project stakeholders. We look forward to seeing your children to find out more about this fun and creative "Bodydynamics" project.

Ong Yong Lock
Artistic Director, Unlock Dancing Plaza

演出主題

THEME OF THE SHOW

空想運動比賽
KU-SO- Sports
Competition

空想運動秘笈
The Secret KU-SO- Sports
Guide

空想運動慶祝派對
KU-SO- Sports
Celebration



不加鎖舞踊館

不加鎖舞踊館成立於 2002 年，是本地具獨特風格的現代舞團，藝術總監為王榮祿。舞團積極與不同媒介藝術家合作，透過互動創作，解放舞台的束縛，為觀眾開闢嶄新的現代舞欣賞體驗。

舞團近年劇場作品包括《跳著舞去火星》、《力 / 速狂想》、《男生·男再生》、《游弋蒼穹》、連續舞蹈劇場《牆四十四》、《失物待領》及《蕭邦 vs CA 幫》。作品《用心看世界——火鳥延續篇》、《游弋蒼穹》及《男生·男再生》分別榮獲 2009、2015 及 2016 年香港舞蹈年獎。舞團自 2009 年起成為香港藝術發展局資助團體。

Unlocking Dancing Plaza

With Ong Yong Lock as the Artistic Director, Unlock Dancing Plaza is a promising modern dance company with a unique style founded in 2002. Bold to innovate, Unlock is keen to collaborate and interact with artists from different disciplines in search of the intricacies of life and beyond. By liberating the constraints of the stage, the Company strives to display new ways to appreciate and experience dance.

Its recent dance productions include *Jump to Mars*, *Dance with Me*, *A Rhapsody: Power & Velocity*, *Boy Story. Reborn*, *Wanderer*, serial dance-theatre *Walls 44*, *Lost & Found*, and *Chopin VS Ca*. Its production *Phoenix III – Read the World with Your Heart*, *Wanderer* and *Boy Story. Reborn* received the Hong Kong Dance Awards in 2009, 2015 and 2016 respectively. Unlock Dancing Plaza is financially supported by the Hong Kong Arts Development Council since 2009.



Namstrops (日本 Japan)

來自宮崎縣的 Namstrops 於 2006 年成立，名字反轉過來就是 Sportsman，即運動員的意思。舞團活躍於本地和海外，成員都是體育老師出身。他們用超過十年時間，鑽研了一種融合體育、藝術和教育的舞蹈形態，名為「創意舞蹈」，在日本推行的舞蹈教育中實踐。創意舞蹈於現代舞中屬於「當代體育藝術」範疇，Namstrops 結合體育和藝術，發展出一套獨有的身體理論，為業界內頂尖團隊。他們曾受邀到南韓、中國、英國、愛沙尼亞及羅馬尼亞等地演出，在 2008、2011 和 2012 年的日本橫濱舞蹈節中均晉身決賽。另外，他們聯同宮崎大學教育文化學部的教授高橋留美子，成立非牟利團體宮崎舞蹈中心，推動舞蹈教育發展。

The dance unit Namstrops, who come from Miyazaki, founded in 2006 and has been active at home and abroad. Namstrops, the reverse spelling of "sportsman", implies their athlete background. They studied and created a unique dance program called "Creative Dance" for 10 years which has been developed in school physical education in Japan. In Contemporary Dance, Creative Dance is classified as Contemporary Artistic Physical Education. Namstrops is a leading organisation in Creative Dance; they attempt to display a concept of Physical Education in art spaces by introducing their thought of developing body. They have performed worldwide such as South Korea, China, the UK, Estonia and Romania and were selected the finalists in the Yokohama Dance Collection EX in 2008, 2011 and 2012. Besides, they run a non-profit organization, Miyazaki C-Dance Center, in collaboration with Professor Rumiko Takahashi from University of Miyazaki to facilitate the development of dance education.

劉銘鏗 (神父)

人稱「神父」。舞台燈光及立體紙藝設計師。曾創作立體書劇場《北風先生逸事》、《一眼思淚》、《日常生活》及《不太完整的棲息在大地》等。多次獲提名香港舞台劇獎最佳燈光設計，曾為香港及海外多個表演團體設計燈光，包括不加鎖舞踊館、進劇場、前進進戲劇工作坊、香港話劇團、台灣窮劇場、澳門足跡 (Step Out) 及新加坡實踐劇場等。

Lau Ming-hang (SunFool)

Also known as "SunFool", Lau is a lighting design and a pop-up paper arts designer. He has directed and created several works of pop-up theatre, including *The Fire Kid*, *Am I Crying*, *Ordinary Living* and *Mr. HALF Dwells...* Lau has received multiple nominations for Best Lighting Design at the Hong Kong Drama Awards, and he has designed lighting for many Hong Kong and Overseas performance groups, including Unlock Dancing Plaza, Theatre du Pif, On and On Theatre Workshop, Hong Kong Repertory Theatre, Approaching Theatre (Taiwan), Step Out (Macau) and The Theatre Practice (Singapore).

創作及製作團隊

CREATIVE & PRODUCTION TEAM

概念及創作 Concept & Creation

王榮祿 Ong Yong Lock

創作及演出 Creation & Performance

義輪壯平 Souhei Nobe

豐福彬文 Akifumi Toyofuku

兒玉孝文 Takafumi Kodama

丘展誠 James Yau

李振宇 Andy Lee

張嘉怡 Kerry Cheung⁺

創作及演出、燈光及舞台設計

Creation & Performance, Lighting and Stage Design

劉銘鏗 (神父) SunFool

作曲 Music Composition

大野源喜 Genki Ohno

服裝設計 (部份) Costume Design (Partly)

樺島優子 Yuko Kabashima

藝術顧問 Artistic Advisor

高橋留美子教授

Professor Rumiko Takahashi

製作經理 Production Manager

鄺嘉欣 Karen Kwong

執行舞台監督 Deputy Stage Manager

袁建雯 Yuen Kin Man

助理舞台監督 Assistant Stage Manager

梁鑾 Leung Kam

助理燈光設計 Assistant Lighting Designer

郭佩欣 Kwok Pui Yan

音樂統籌 Sound coordinator

簡僖進 Kan Hei Chun

不加鎖舞蹈館創作及製作團隊

Creative and Production Team of Unlock Dancing Plaza

藝術總監 Artistic Director

王榮祿 Ong Yong Lock

駐團藝術家 Resident Artists

李振宇 Andy Lee

張嘉怡 Kerry Cheung⁺

丘展誠 James Yau[^]

李偉能 Joseph Lee[^]

舞團經理 Company Manager

何詩慧 Ho Sze Wai[#]

外展經理 Outreach Manager

周金毅 Elsie Chau[#]

高級節目主任 Senior Project Officer

李漢廷 Michael Li

高級外展主任及研究員 Senior Outreach Officer & Researcher

馮顯峰 Fung Hin Fung

實習節目及宣傳主任 Programme & Marketing Trainee

黃芷賢 Effie Wong^{*}

會計助理 Accounting Assistant

何家寶 Elaine Ho[#]

行政助理 Administrative Assistant

李潔儀 Jan Lee[#]

[#] 兼職員工 Part-time staff

[^] 以項目形式聘請 On a project basis

⁺ 「藝術人才培育計劃」是由香港藝術發展局資助
The Artistic Internship Scheme is supported by the
Hong Kong Arts Development Council

^{*} 藝術行政人員實習計劃由香港藝術發展局資助
The Arts Administration Internship Scheme is supported by the
Hong Kong Arts Development Council



如遇特殊情況，主辦機構保留更換表演者及節目的權利。

The presenter reserves the right to substitute artists and change the programme should unavoidable circumstances make it necessary.

本節目及場刊所載的內容及資料由表演團體提供，不反映康樂及文化事務局的意見。

The programme as well as the content and information contained in this house programme are provided by the arts group and do not represent the views of the Leisure and Cultural Services Department.