

AKUTUK DISCOVERY WORKSHOPS

Children from 6 to 12 years old

Maximum of 10 participants per speaker

Maximum duration of the workshop 1 hour



This introductory workshop to water percussion using the Akutuk technique combines musical practice, sports practice and the discovery of a little-known culture. Akutuk offers a wide range of sensory, sound and play experiments. It is an intense practice that develops energy and promotes concentration.

THE INTERVENER : LOIS ZONGO

Lois Zongo comes from a small village in the Gulf of Guinea. She is the heir to an ancestral tradition passed down from mother to daughter over the generations. Initiated from an early age and perfectly mastering the grammar of this multi-century art, **she is the ambassador of Akutuk in France. For more than fifteen years**, she has been working to make this art known to a wide audience through the demonstration, initiation and performance of shows.

AKUTUK DISCIPLINE

Akutuk is a game between **air, water and the body**. It is practiced in **swimming pools, rivers, lakes or in the sea**. Depending on the posture of the body, the position of the hands and the intensity of the breath, the air bubbles that you bring into the water with your hands **generate vibrations that are transformed into powerful and distinct sounds**. At each step, the fluid is either heavy or light, revealing several sound levels that allow you to move from lapping to bass, via a multitude of medium sounds. No instruments are required. Sometimes hands caress the water, search, hit or pick it up, **sometimes hands clap between them or lean on the water to feel its density**. By combining sounds together, we create a rhythm...

Akutuk being an intense practice, the entire session will not exceed 1 hour.



PUBLIC

The workshops are open to children from 6 to 12 years old. Beyond this age, the practice of aquatic percussion using the Akutuk technique is traditionally reserved for women.

The workshop is open to a maximum of 10 participants per speaker, under the supervision of a lifeguard. For more than 10 participants, a second intervener must be present.

A PLACE ADAPTED

Two solutions are possible:

- Practical in a pool basin with reduced depth (small or large bath with increasing depth)
- Practice in a self-supporting pool

Water level: workshop participants must have water up to their waist, so a pool with a depth of between 50 cm and 1 metre of water should be provided.

Water temperature: between 25° and 32° C.

Pool size: the size of the pool must be adapted to the number of participants. It is important to provide a play area of about 1 to 2 metres per person, i.e. no more than 10 people + 1 facilitator in a large self-supporting pool.

PROGRESS

The Akutuk sessions are divided into 3 phases:

Phase 1: Warm-up, posture and breath

Duration: 10 minutes - out of the water

Actions: Exercises for breathing, muscle warm-up and joint relaxation. Learning of the postures necessary for the game of aquatic percussion akutuk.

Objectives : Help participants manage their breath, feel their body, warm up and integrate the postures necessary for Akutuk practice.



Phase 2: the 3 sound levels (surface, intermediate and deep)

Duration: 30 minutes

Actions : Demonstration and production of surface sounds (lapping, whirring), intermediate sounds (splashing, slamming), deep sounds (bass and infra bass).

Objectives: This part of the session allows each participant to learn the technique of the different sound levels and to practice obtaining these sounds. It is a discovery of the field of sensory and sound experimentation that the aquatic element offers.

Phase 3: Introduction to the coordination of sound levels, rhythmic interactions

Duration: 20 minutes

Actions : Sharing sound creations through rhythmic interactions. Work on tempo, improvisation, group play and listening to others.

Objectives : Allow each participant to listen and interact in order to discover the possibilities of coordinating sound levels for rhythm production. Discovery of water as a musical instrument.

COMPLIANCE WITH HEALTH AND SAFETY STANDARDS

In an aquatic workshop, safety standards exist and are constantly evolving. Akutuk is an artistic discipline that necessarily requires physical effort, and therefore sports. However, Akutuk cannot be considered as a sporting discipline. As the regulations are evolving, it is important that the organizer inquire with the administrations concerned to take all the necessary measures to ensure the safety of the public for whom he will be responsible.

The same applies to hygiene standards, which will be of a very different nature depending on the location of the workshops.

Adapted "care" workshops can be set up for people with intellectual, motor or hearing disabilities.



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