

Corps extrêmes - Rachid Ouramdane



Extreme athletes inspire gravity-defying mid-air choreography on a towering climbing wall in an exploration of the existential questions of life's meaning. [Corps extrêmes](#) brings to life the desire to “dance” in the air using a climbing wall and tightrope. Dancers perform acrobatic feats that convey a sense of flight and a state of suspension

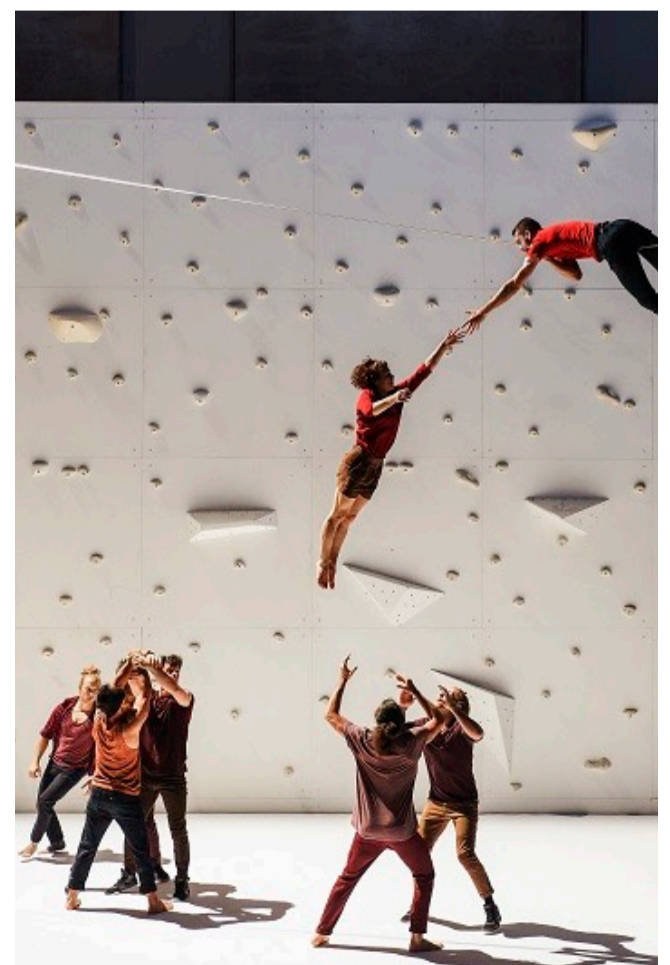
exploring a unique relationship with extreme sports enthusiasts including mountain climbers and highliners, in their quest to defy gravity, and risking life and limb every day to probe existential questions and give meaning to their lives in a society where they feel like eternal outsiders.

Get to Know... [RACHID OURAMDANE](#)

Rachid Ouramdane is a French choreographer. With an ambitious project based on diversity and hospitality, he has been director of Chaillot - Théâtre national de la Danse in Paris since April 2021. At the age of twelve, Rachid Ouramdane discovered dance through hip-hop. He also took intensive courses in classical and modern dance. In the early 1990s, he dropped out of his studies in biology to devote himself full time to dance, joined the Centre national de danse contemporaine in Angers. Rachid Ouramdane's creations are often marked by the seal of testimony and intimate experience (refugee children, victims of torture or natural disasters, amateur athletes, etc.) from which he weaves a structured choreography.

WHAT IS ACROBATIC DANCE?

Defined by its athletic character, acrobatic dance combines choreographed dance with precise acrobatic elements, using acrobatics as a storytelling medium in a dance context. In *Corps extrêmes*, this acrobatic dance, this fascination 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.

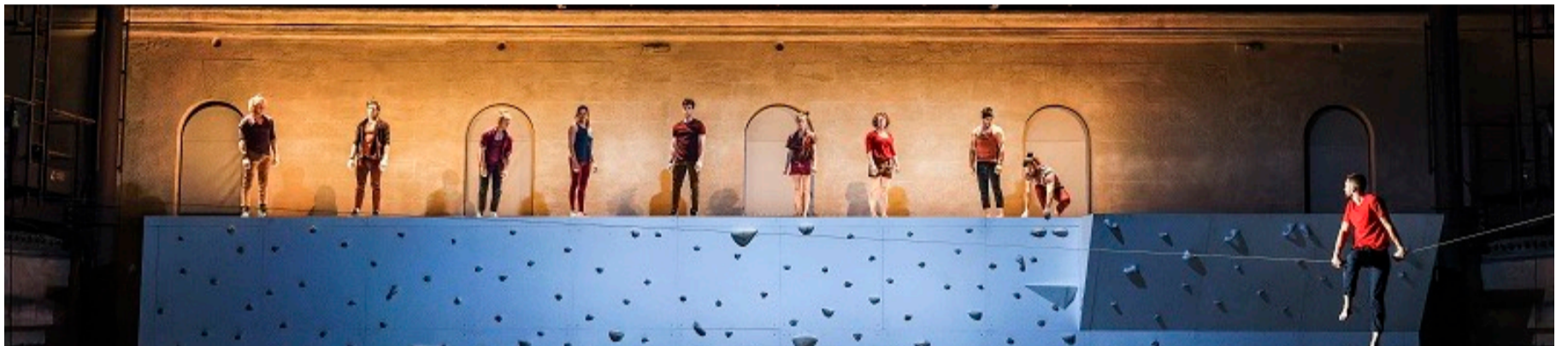


Artist Inspiration

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. This preoccupation with flight is central to *Corps extrêmes*' work. Striving against gravity is also a central theme that motivates their work. Mythical inspirations in the form of Icarus can also be seen, represented by visually striking images.

ACTIVITY

Watch one of the performances of *Corps extrêmes*' choreography on one of the links below. What do you feel? What kind of story do you think they are trying to tell? What do the visuals evoke for you? Reflect and pen down your thoughts.



Learn More



FURTHER VIEWINGS

[Corps extremes, Teaser \(Theatre de la Ville, Paris\)](#)

[Rachid Ouramdane's Interview with Parlons Theatre](#)

[Rachid Ouramdane's *Tout Autour* at Lyon Opera](#)

[Behind the Scenes, *Tout Autour* at Lyon Opera](#)

[Contemporary Dance Class with Rachid Ouramdane](#)



FURTHER READINGS

[On *Extreme Bodies*, designed by Rachid Ouramdane](#)

[On Dancing 'Vertigo'](#)

[Turning: A Study of Physics and Dance](#)

[On Environments, Technologies, and Dividual Performances](#)

[For a Topology of Practices: A Study on the Situation of Contemporary](#)