香港劇場年鑑 2016

舞蹈・戲曲・戲劇

HONG KONG THEATRE YEARBOOK 2016

Dance

Xiqu

Drama

年鑑系列 Year book series

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舞蹈

舞蹈科學：新一代的舞者

商俊樂、陳紀賢

或許「舞蹈科學」這個術語對不少人來說還非常陌生，而且往往被等同於體育科學。舞蹈科學，顧名思義是指利用科學研究，去幫助舞者提升舞蹈水平及減少損傷，能提高舞者的表現，並延長職業生涯的一種實際應用。應用舞蹈科學介乎於循證實踐（源自嚴謹的科學研究），與實踐智慧（從實際經驗獲取的知識）之間。舞蹈科學的核心，源於一種反覆詰問「怎樣能令舞者、導師或編舞表現更好」的好奇心。舞蹈科學家會不斷質疑現有的舞蹈實踐：「這樣是最好的方法嗎？」「有其他更好的做法嗎？」這好奇心推動著方法學上的科研成果與舞蹈實踐的有效改善。

儘管舞蹈科學或源於運動科學，但它們本質上是有差別的。舞蹈科學不只是把舞者看作是運動員，並兼顧到他們藝術家的特性。因此，舞蹈科學不僅要提升舞者在體能和心理上的表現，而且還增強他們的藝術表現力和創造力。歸根究底，保持身心健康最能讓舞者達至個人的最佳狀態。

舞蹈科學從運動科學汲取到的，包括改良了的訓練方法如何使個別運動員全面釋放潛能。在競技體育中，運動員的體能越來越強，不斷創造新的世界紀錄。這跟運動科學的進步和新式訓練方法有著密切關係，令運動員充分發揮潛能。也正正因為能有效釋放潛能，這類科學應用開始吸引舞蹈界去學習。透過應用在生物力學、生理學、心理學和動作訓練方面的最新研究和技術，舞蹈科學家聯同舞蹈導師、編舞家和舞團經理共同合作，協助舞者充分釋放其內在潛能。

舞蹈科學已在國際舞蹈界上發揮著影響。例如，為提高舞蹈科學的教學水平，及將循證實踐的方法引入課程大綱，皇家舞蹈學院聘請了一名舞蹈科學家去制定一個全球性的教育計劃。另外，「英國皇家芭蕾舞團」、「伯明翰皇家芭蕾舞團」以及澳洲「Co3」等等，也聘請了舞蹈科學家來協助舞者，全面提升他們的表現，部分原因是由於編舞家對舞者在體能與心理方面的要求越來越高。為了符合編舞家比以往更高的要求，舞者需要在身心兩方面都保持最佳狀態，以完成這些嶄新、具相當挑戰性的編排。

由於世界頂尖舞團對舞蹈科學的需求增加，全球大學開設的相關課程數量也因此而上升。然而，目前所有大學的舞蹈科學課程都不到十五年歷史，可見其在界別裡還是較新。在大學開辦舞蹈科學課程上走得最前的國家是英國，奇切斯特大學開辦數個碩士學位課程、一個學士學位課程，以及一些本科課程等。在香港，香港演藝學院已將舞蹈科學納入其舞蹈藝術碩士的課程裡，志在培養舞蹈科學家跟本地及國際舞蹈家合作。而

大學舞蹈科學課的增多，亦代表著這方面的舞蹈研究將蓬勃發展，繼而促進更多刊登相關論文的學術期刊出現。隨著更多研究的湧現，我們也進一步了解舞蹈及舞者，並讓舞蹈界充分利用研究成果，採取最新和有效的練習方法。

其中一種有效的舞蹈實踐，是理解何謂「過勞」和過度訓練——「究竟練習多少，是過多呢？」舞者本質上都是勤勞和嚴於律己的人，他們傾向認為練習越多，表現就會越好。可是，現在我們從研究成果得知，過度的練習會令表演水平下降，並增加舞者受傷的風險，這些都與勤奮練習的舞者所願背道而馳。研究顯示，有效的訓練與綵排，配合適當休息更能提升表現。最新的研究並強調心理健康的重要性，以及為舞者提供身心並行的訓練之需要，讓他們達至最高的水平。有見及此，目前的舞蹈課程也包含教授鼓動技巧、目標設定及壓力管理的方法，連同身體的技巧訓練，為當今舞者迎接面前舞蹈職業生涯的挑戰作好準備。

香港演藝學院舞蹈學院憑藉其在舞蹈科學的創新研究，帶領著廿一世紀舞蹈家的發展。學生在此課程中學習到如何循證實踐，以及認識到舞蹈醫學和舞蹈科學領域裡的最新研究。這批從演藝學院畢業的新一代舞蹈藝術家，能掌握到更安全有效的舞蹈實踐技巧，以及在技術和藝術層面做出更精細雕琢的演出。目前，香港演藝學院是唯一一所提供舞蹈科學課作為其整體課程核心一部分的專科為本學院，這便確保香港演藝學院訓練出來的舞者，比國際同行更具競爭優勢。

即將落成的舞蹈科學實驗室（於二〇一八年八月開幕），將進一步確保香港舞者名列世界前茅。利用最新的研究成果和技術，香港演藝學院將能協助個別舞者，讓他們充分發揮身心潛能。這個專門為舞蹈科學而設的實驗室，將用於研究香港舞者，並把成果設計成特定課程，致力提高舞者們的表現，及促進全球舞蹈科學知識的增長。

香港舞蹈科學研究最令人振奮的事，在於它擁有結合了東西方精華的多元文化環境。所以，香港是進行中西醫藥、哲學和技術研究的理想場所，有益於全球舞蹈界。香港的研究將為日益增長的舞蹈科學知識經濟增添華人的視角。事實上，香港演藝學院與一些國際機構已開始展開合作研究項目。

作為一所對全球舞蹈科學發展的重要機構，香港演藝學院於二〇一六年十月主辦第二十六屆國際舞蹈醫學及科學協會（IADMS）的周年會議。這次會議讓來自世界各地的舞蹈教育者、從業者和研究人員聚集在香港，進行為期五天的交流活動，包括研討會報告及工

會議嘉賓：Mandy Petty、Prof. Matt Wyon、Prof. Adrian Walter（左至右）
照片鳴謝：Wendy Chu 香港演藝學院

第二十六屆國際舞蹈醫學及科學協會周年會議
照片鳴謝：Wendy Chu 香港演藝學院

作坊。是次標誌著IADMS周年會議在香港的首次舉行，也標誌著會議成立二十六年來第二次踏訪亞洲。是屆IADMS之所以選擇香港作為主辦城市，是因為她的舞蹈醫學和科學的發展，在亞太地區傲視同儕。

為期五天的研討會中，為許多本地的舞蹈家，教師和從業者介紹了有關舞蹈科學最新研究發展。會議亦匯聚了香港舞蹈醫學和科學界的成員，讓大家把熱情集中在共同目標上。總結第二十六屆國際舞蹈醫學及科學協會周年會議的成果包括：提高香港舞蹈界對舞蹈醫學和科學的認識和關注；繼而成立香港舞蹈醫學及科學協會，並以「為舞者及舞蹈專業人士增進健康、提升表現，提供專業的科學知識、循證實踐的方法，和更可及的一流醫療保健及舞蹈科學支援服務」為使命；以及一項由協會領導的全港性研究計劃，記錄香港舞蹈教育界的安全舞蹈實踐，和預防受傷的各種策略。

由此看出，舞蹈科學是一個正迅速發展的研究和實踐領域，最終將能幫助舞者取得更好成績，並完善預防受傷的方法，和延長職業生涯。藉此機會，香港能充分借此優勢利用舞蹈科學來培育香港舞者。這種廿一世紀開創的發展，將確保新課程內的舞者走在舞蹈訓練和護理的最前端。

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（中譯：林凱敏）

商俊樂

商俊樂現為香港演藝學院高級講師。商氏於一九九一至二〇〇七年間專職於新西蘭和英國作舞蹈員，並從英國聖三一拉邦音樂與舞蹈學院獲得舞蹈學士學位，英國伍爾弗漢普頓大學獲得舞蹈科學碩士學位。

陳紀賢

陳紀賢現為香港演藝學院舞蹈藝術碩士（舞蹈科技），國際舞蹈醫學及科學協會會員。陳氏持有北京舞蹈學院中國舞一至十三級教師資格證書，為春蕾舞台藝術工作坊的創辦人，並擔任網上舞蹈藝術電台節目《非常舞台》的編輯及主持。

Dance

Dance Science: A New Generation of Dancers

Brenton Surgenor, Grace Chan

The term "dance science" may be an unfamiliar one to many people, and it is often equated with sports science. Dance science is explicitly the application of scientific research to help dancers optimise performance and minimise injury for having more productive and longer careers. Applied dance science sits somewhere between evidence-based practice (knowledge derived from rigorous scientific research) and practitioner wisdom (knowledge drawn from practical experience). At the core of dance science is the curiosity about how to do what performers/teachers/choreographers do better. Dance scientists are constantly questioning existing dance practice: "Is this the best way to do it?", or "Is there a better way to do it?" This curiosity leads to scientific research that inquires into what works and how dance practice can be improved.

Although dance science may have its roots in sports science, it is fundamentally different since it looks at the dancer not only as an athlete but also as an artist. Therefore, dance science seeks to enhance not only the physical and psychological performance of a dancer, but also their artistic expression and creativity. Ultimately, maintaining a healthy body and mind gives a dancer more opportunities to perform at their best.

One of the lessons dance science has learned from sports science is how improved training methods can assist individual athletes to maximise their performance potential. In competitive sports, athletes are getting faster and stronger and consistently setting new world records. This has come about through advances in sports science and new training methods, which are being drawn upon to help individual athletes reach their full potential. It is precisely this application of science in maximising performance potential that has become so appealing to the world of dance. By utilising the latest research and techniques in biomechanics, physiology, psychology and motor learning, dance scientists work with teachers, choreographers and company managers to help every dancer to realise their full potential.

Internationally, dance science is already making a difference within the dance profession. For example, the Royal Academy of Dance has employed a dance scientist to develop a global education programme to upskill their teachers in dance science and introduce evidence-based practice into the teaching syllabus. The Royal Ballet (UK), Birmingham Royal Ballet (UK), Co3 (Australia), to name but a few companies, have also engaged dance scientists to help their dancers to optimise their performance. This has in part been brought about by the higher physical and psychological demands placed on dancers by

choreographers. As choreographers are seeking more from their dancers than ever before, dancers need to remain in top form physically and mentally to perform these new, challenging choreographies.

The demand for dance science expertise from top international companies has led to an increase in the number of university dance science programmes on offer around the world. Yet all current university dance science programmes are less than 15 years old, which highlights the newness of the field. The UK leads the way with several master's degree programmes in dance science, a bachelor's degree programme offered by the University of Chichester, and other undergraduate level courses. In Hong Kong, The Hong Kong Academy for Performing Arts (HKAPA) has incorporated the dance science strand into its MFA in Dance to produce dance scientists for working with local and international dancers. The growing number of university dance science programmes is seeing a rapid increase in dance specific research, and in turn more specialised journals that publish dance science research. With more research come increased knowledge about dance and dancers, and more opportunities for the dance community to adopt the most up-to-date and effective practices.

One example of such effective practices is understanding "burnout" and overtraining in dance: "How much is too much?" Dancers are by nature hard-working and disciplined, and they are inclined to equate more training with improved results. However, we now know from research that overtraining leads to decline in performance and increased injury risk, which are the opposite of what a hard-working dancer wishes to achieve. Research has demonstrated that rest and recovery mixed with efficient training and rehearsal results in better performance. Current research has also highlighted the importance of a healthy mind and the need to provide psychological skills training alongside physical training for dancers to achieve the highest levels of performance. To this end, motivation techniques, goal-setting and stress management are now being taught alongside physical technique in dance programmes to prepare today's dancers for the challenges of a professional career in dance.

The School of Dance of the HKAPA is leading the development of 21st century dance artists with its innovative dance science studies. Students are introduced to evidence-based practice and the most up-to-date research in dance medicine and science. This new generation of dance artists are graduating from the programme with knowledge of the latest techniques for safer dance practice as well as more refined performance on both technical

and artistic levels. At present, the HKAPA offers the only conservatoire-based dance programme with dance science as a fully integrated core component of the curriculum. This is to ensure HKAPA trained dancers possess competitive advantages over their international counterparts.

The soon-to-be completed Dance Science Lab (slated for opening in August 2018) at the HKAPA will go even further in ensuring that Hong Kong dancers are among the best in the world. By utilising the latest research and technology, the HKAPA will be able to work with individual dancers to assist them to reach their full physical and psychological potential. This dedicated dance science lab will be used for undertaking research on Hong Kong dancers to develop specific programmes, which are designed to further improve dancers' performance and contribute to a growing global body of dance science knowledge.

One exciting development for Hong Kong-based dance science research lies in the multi-cultural environment which combines the best of East and West. Hong Kong is the ideal place to undertake research in both Western and Chinese medicines, philosophies and techniques for the benefit of the global dance community. The research to emerge from Hong Kong will add a Chinese perspective to the growing dance science knowledge economy. Indeed, collaborative research projects are already taking place between the HKAPA and some international institutions.

As an important contribution to the global development of dance science, the HKAPA hosted the International Association of Dance Medicine and Science (IADMS) 26th Annual Conference in October 2016. This event saw dance educators, practitioners and researchers from all over the world congregate in Hong Kong for five days of research presentations, workshops and networking. It was the first time the IADMS Annual Conference had been held in Hong Kong, and the second time in Asia in 26 years since its launch. The IADMS chose Hong Kong as the host city as it leads the Asia Pacific region in dance medicine and science.

The five-day conference introduced a significant number of local dancers, teachers and practitioners to the latest development in dance science research. It also offered an opportunity for members of the Hong Kong dance medicine and science community to come together and focus their shared passion on some common goals. Outcomes of the the IADMS 26th Annual Conference include: greater awareness of dance medicine and science within the Hong Kong dance community; the establishment of Hong Kong

Conference guests: Mandy Petty, Prof. Matt Wyon and Prof. Adrian Walter (from left to right)
Photo courtesy: Wendy Chu, The Hong Kong Academy for Performing Arts

The International Association of Dance Medicine and Science (IADMS) 26th Annual Conference
Photo courtesy: Wendy Chu, The Hong Kong Academy for Performing Arts

Association of Dance Medicine and Science with the mission to "enhance the health, performance and well-being for dancers and dance professionals, through high quality scientific knowledge, evidence-based practice and better, more affordable access to first class dance-specific healthcare and dance science support services in Hong Kong"; and a Hong Kong-wide research project led by the Association to document safe dance practice and injury prevention strategies engaged by the teaching community across Hong Kong.

As can be seen, dance science is a fast developing field of research and practice that will ultimately help dancers to achieve better performance, improve injury prevention and increase career longevity. Hong Kong is particularly well-positioned to take advantage of the advances in dance science for the training and development of Hong Kong-based dancers. These 21st century innovations will ensure Hong Kong dancers are at the forefront of innovative new programmes in dancer training and care.

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