
MARTHA GRAHAM

Celebrating the 100th anniversary of the oldest
working dance company in the United States –
The Martha Graham Dance Company

MG: ICONIC DANCER AND CHOREOGRAPHER



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ABOUT MG

- American, lived 1894 – 1991; danced for >70 years
- 1926 – formed her first dance company (all women; first male admitted in 1938) in a small studio in Carnegie Hall, NYC
- Radically changed choreography – “modern” – to incorporate sparse, angular movements and use of fabrics in innovative ways

What is choreography?

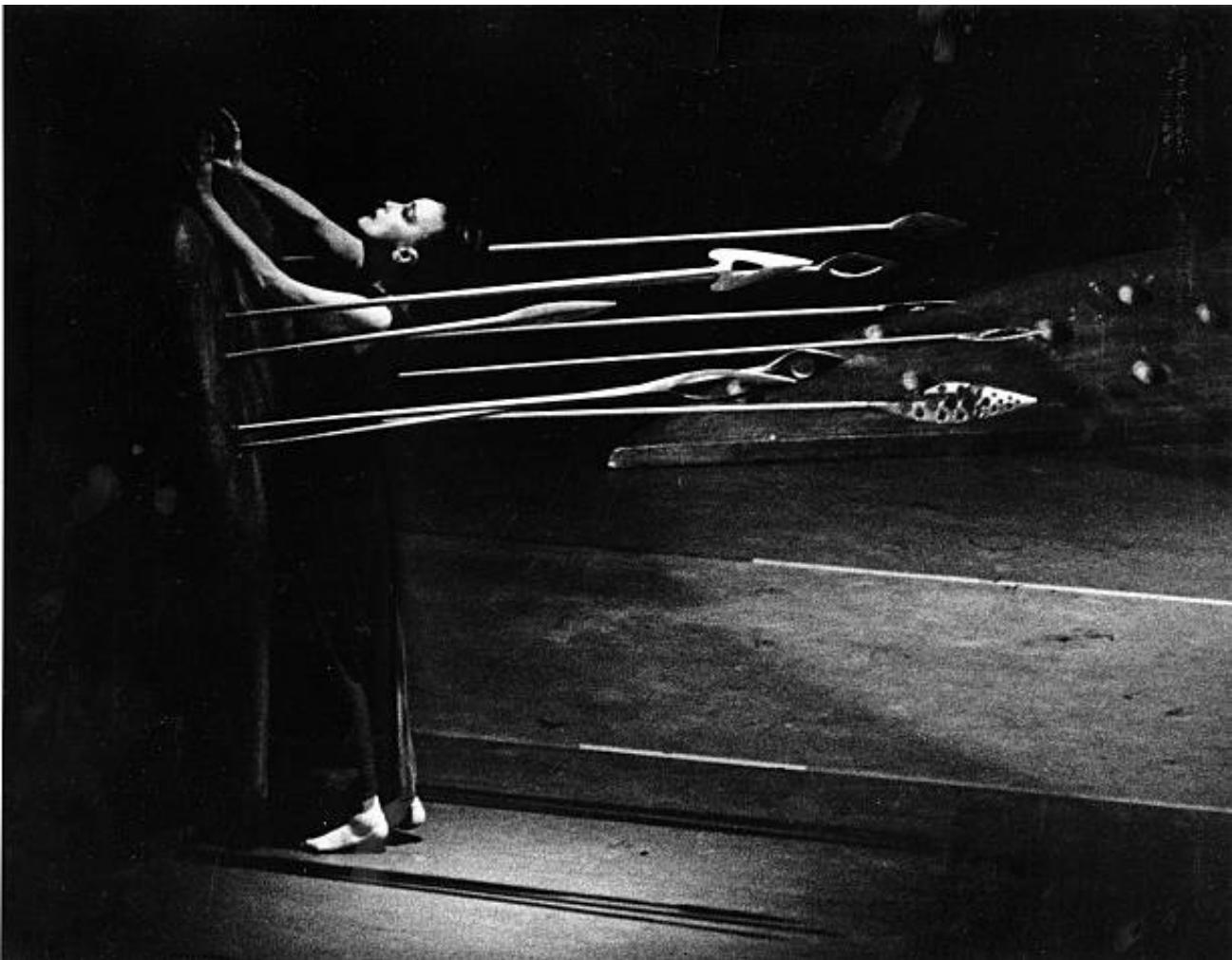
What is a dance company?



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MG CREDITS/HONORS

- First dancer to:
 - Perform at the White House
 - Travel abroad as cultural ambassador
 - Receive highest civilian award – the Presidential Medal of Freedom with Distinction
- Created >180 works exploring human psychology and myth
- Accolades:
 - Guggenheim Fellowship in Choreography (3x!)
 - Dancer of the Century (*Time* magazine)
 - National Women's Hall of Fame



VIDEOS TO EXPLORE

- <https://youtu.be/itKJXEoBWWg>
- https://youtube.com/shorts/n_VgHk34FFA?si=zpD3rkeyBuT4_ICL
- <https://www.youtube.com/shorts/jphoQ5utjhg?feature=share>

EXPLORE MOVEMENT – *LAMENTATIONS* STYLE

After viewing *Lamentations* (use QR code to the right), find an extra-large sized knit shirt, dress, or large piece of fabric.

Then, create a short movement study that transforms your body into morphing shapes that communicate how you feel – silly, joyful, sad, anxious, curious, angry, or simply moving in exploration from one sculptural form to another.



EXPLORE WHAT MG EXPLORED



- Think about, research, discuss the following:
 - *What is the power of movement?*
 - *Why do we tell stories (through movement or otherwise)?*
 - *What 'inherent genius' do you have – what would it look like if you used it to guide you every day of your life?*
 - *Why commit to practice?*
 - *What is your one reason why you CAN? (your thousands of reasons why you CAN'T don't matter)*

CLOSE WITH INSPIRATION

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique.” – Martha Graham

Write about **your** unique life force – your passion – and how the world needs **YOU**. *Only you* can bring the particular action your life force and passion create.

Go be incredible – you’re the only one holding you back!