

JOHN

implements, actions
& a scoring of moments

notes:

// do not perform //

// consult your instruction booklet as you need to //

// choose the order of actions as you wish //

// engage in each action with as a degree of mindfulness

// the variables for engagement are expansive / improvise these actions as you will //

// respond to the instructions as you see relevant from moment to moment //

// take rest when you need to / use whatever implement you require to do this //

// consult another participant whenever you need assistance //

// assist other participants in their activities if you wish //

// all instructions describe particular possibilities for action, however the forms of arrival of the positions and actions outlined here are indeterminate and the form of their execution is entirely up to you //

// if the duration for each action is not specified, invent one yourself //

BODY ADJUSTMENTS & POSITIONS

step up on one of the bricks / gaze upon the floor // **2 minutes**

step up on one of the bricks with the left foot / keep the right foot upon the floor // **5 minutes**

step up on one of the bricks with the right foot / keep the left foot on the floor // **5 minutes**

sit on one of the bricks // **2 minutes**

sit in a chair // **4 minutes**

stand in a chair // **4 minutes**

stand on a table // **4 minutes**

sit on the floor / holding knees towards chest // **1 minute**

lay on the floor / facing upwards // **6 minutes**

stand in and then swing upon the orange rope // **indefinite**

climb the ladder and throw the plastic stick upon the floor // **indefinite**

unravel the bull roarer and swing it in a circular motion beside your body // **indefinite**

skip with the yellow rope // **100 skips**

push a cardboard box along the floor // **indefinite**

pick up one of the objects and hold it above your head // **count to 100**

lay on the floor / facing upwards with a brick upon your abdomen // **indefinite**

ascend and descend the ladder // **indefinite**

sit on one of the cardboard boxes // **indefinite**

wear the yellow sash // **indefinite**

wear the brown sash // **indefinite**

dress another participant in the yellow sash // **indefinite**

dress another participant in the brown sash // **indefinite**

drape the black cloth over the shoulders of another participant // **indefinite**

wear the drum object / walk around with it / while doing so beat the drum twice
// **indefinite**

approach one of the objects by crawling on your hands and knees towards an
object // **indefinite**

walk as slowly as possible from the place you currently find yourself to another
spot in the room // **50 paces**

crouch down very slowly, so that you are positioned in a squatting pose // **hold for
as long as you can**

stand facing the wall so that your forehead touches it // **5 minutes**

lay on the table face up // **5 minutes**

ACTS OF CONSUMPTION

eat an apple / amplify it's eating / concentrate all will upon the eating // **indefinite**

pour some water from a bottle into a cup and drink it // **indefinite**

breath deeply and steadily into the microphone // **60 breaths**

blow up a balloon and breath the air back into your lungs // **indefinite**

look directly into the eyes of another participant from close range // **5 minutes**

RECORDINGS

take a photo of the events unfolding around you // **indefinite**

take a photo of someone who is not acting according to this set of instructions
// **indefinite**

take a photo of the floor // **indefinite**

take a photo of one of the other participants currently engaging in an action
// **indefinite**

draw a three meter long pencil line horizontally at head height along the back wall
// **indefinite**

using white masking tape plot a square on the floor that approximates 1m x 1m
// **indefinite**

stand in the space which is marked out 1m x 1 m square // **8 minutes**

mark out a tape line along the floor which measures the distance between two of
the other participants // **indefinite**

verbally count out the number of bodies in the room at any given time // **indefinite**

count the number of bodies in the room at any given time and inscribe this
number in pencil somewhere in or on the work // **indefinite**

hold a long cardboard tube up to each ear and listen // **3 minutes**

STAGING CHANGES

blow up a balloon // **indefinite**

burst a balloon on the tip of one of the pencils // **indefinite**

cover one of the other objects in the work with the black cloth // **indefinite**

remove the black cloth from where it is currently positioned revealing that which it conceals // **indefinite**

shift an object to a place other than where it currently resides // **indefinite**

lay the black cloth directly upon the floor so that it is as close to the ground as possible // **indefinite**

kick something or someone // **indefinite**

slap something or someone // **indefinite**

use a long black pole to push one of the other objects across the floor // **indefinite**

kick the stick from underneath the stretched rubber line joined to the concrete pillar // **indefinite**

twang on the stretched rubber line joined to the concrete pillar // **2 minutes**

sit on a cardboard box // **indefinite**

step on a cardboard box / use the force of your body so that the box is depressed toward the floor // **indefinite**

undo the elastic join which binds the aluminium boundary / disassemble the boundary line by line // **indefinite**

rethread the aluminium boundary with black elastic / line by line // **indefinite**

push the table with the brick on top of it around the space aimlessly // **4 minutes**

nudge one of the other participants with one of the cardboard boxes // **indefinite**

spray a green dot on the top of one of the cardboard boxes // **indefinite**

spray a green dot upon the floor // **indefinite**

spray a green dot upon the hexagonal face of one of the furnishings // **indefinite**

turn the low hanging fluorescent light on // **indefinite**

turn the low hanging fluorescent light off // **indefinite**

turn the high hanging fluorescent light on // **indefinite**

turn the high hanging fluorescent light off // **indefinite**

stand with the black cloth over your face // **5 minutes**

lay down on the felt mat with the black cloth over your face // **indefinite**

drag the large plank affixed with orange cord from one part of the space to another // **indefinite**

adjust the clock to display the time of day // **indefinite**

adjust the clock to display the time of day minus 8 hours // **indefinite**

sit on the chair which is positioned upon the mobile grey platform // **10 minutes**

push the mobile grey platform around the room // **indefinite**

place one of the bricks in the 1m x 1m tape square // **indefinite**

place one of the balloons in the 1m x 1m tape square // **indefinite**

unravel all the yellow twine from its spool // **indefinite**

rewind all the yellow twine onto its spool // **indefinite**

drag the aluminium boundary around while it is attached to the long pine plank // **indefinite**

manipulate the aluminium boundary line into its most linear configuration // **indefinite**

manipulate the aluminium boundary into its most expansive configuration // **indefinite**

manipulate the aluminium boundary so that it includes less objects than those

which are situated on its exterior // **indefinite**

empty the area defined by the aluminium boundary of all objects except for a brick
// **indefinite**

drop the cup upon the floor // **indefinite**

drop an empty water bottle from the top of the ladder // **indefinite**

use one of the linear objects to nudge a brick across the floor // **indefinite**

use one of the linear objects to nudge one of the cardboard boxes across the floor
// **indefinite**

wave the fawn felt implement with tassels in the air // **1 minute**

SOUNDING

roll a long black pole under your foot in a backwards and forwards motion // **5 minutes**

beat one note from the glockenspiel // **indefinite**

strum the guitar repetitively // **10 minutes**

strum the guitar once // **indefinite**

take a tube / breath loudly into the tube / direct your breath towards the room's outer walls // 6 minutes

whistle // **indefinite**

clap // **indefinite**

stamp evenly upon the floor // **4 minutes**

stamp on the floor vigorously // **4 minutes**

tap rhythmically into the microphone // **7 minutes**

tap randomly into the microphone // **indefinite**

dip the microphone into the bucket of polystyrene balls and stir around // **10 minutes**

dip the microphone in and out of the bucket // **10 minutes**

slowly drag the microphone across the floor // **indefinite**

swing the microphone in a pendulous fashion towards and away from the amplifier // **10 minutes**

hum softly into the microphone // **indefinite**

rub the microphone over your arms and legs and torso // **indefinite**

amplify the sound of the cymbal // **10 minutes**

drag the chimes along the floor as slowly as possible // **indefinite**

drag the chimes along the floor quickly // **indefinite**

drag the chimes up the ladder // **indefinite**

rub an inflated balloon across the floor // **indefinite**

rub an inflated balloon on the skin of the freestanding drum // **indefinite**

beat the freestanding tom drum once // **indefinite**

beat the freestanding tom drum 9 times / at 1 second intervals // **indefinite**

breath into a microphone / amplify this process // **5 minutes**

attend to the long plank affixed with orange cord / pick up the cord and use it to manipulate the plank in a swinging fashion across the ground surface / dragging it toward your body and then away from your body in a repetitive motion // **10 minutes**

play the glockenspiel note by note / from smallest (highest) to longest (lowest) // **indefinite**

knock once upon every object // **indefinite**

whistle into one of the thin grey plastic tubes // **indefinite**

whistle into the barrel of one of the cardboard tubes // **indefinite**

play the cymbal in a low rumbling fashion // **8 minutes**

tap your right foot on the floor repetitively // **indefinite**

tap on the back wall // **5 minutes**

clap the 2 blocks of wood together above your head // **indefinite**

FACILITATING FORMS OF TENSION

balance a long black pole in the curve of the hanging orange rope // **indefinite**

lean into and balance with the hanging orange rope // **5 minutes**

wedge the stick underneath the stretched rubber line joined to the concrete pillar // **indefinite**

balance a brick on a balloon // **indefinite**

tape an inflated balloon to a brick // **indefinite**

balance a water bottle on your upturned hand // **5 minutes**

lay down horizontally / with 2 cardboard boxes beneath you for support / hold yourself as lightly as possible // **indefinite**

lean against a wall // **indefinite**

wedge one of the bricks under the leg of the ladder // **indefinite**

do a handstand against the back wall // **indefinite**

lean a series of objects in a diagonal orientation against the wall // **indefinite**

extend a length of elastic until taught // **3 minutes**

pull the elastic from the pillar to its furthest possible extension // **indefinite**