Postcards in Attention For skin and sound Practice (if you like) in any order, for any duration, each panel.

The performance will be in a pre-determined order for predetermined durations that you will be unaware of. You will respond to the panels prompt until the screen changes. Panel 3 will always come before panel 10.

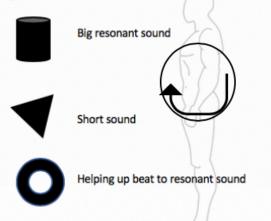
You may use any means of sound production you like

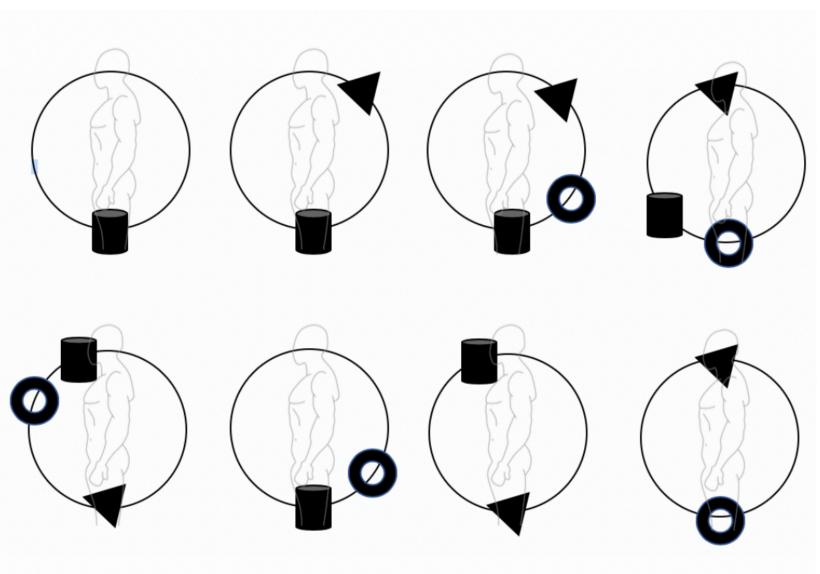
Play an excerpt from a piece of music you like to play, from memory

Start by creating movement up and down in your torso, using your core. Imagine this shape extending into a circle. Your movement dictates tempo, you can choose to vary or keep this tempo the same, any change in it must be felt in the movement first.

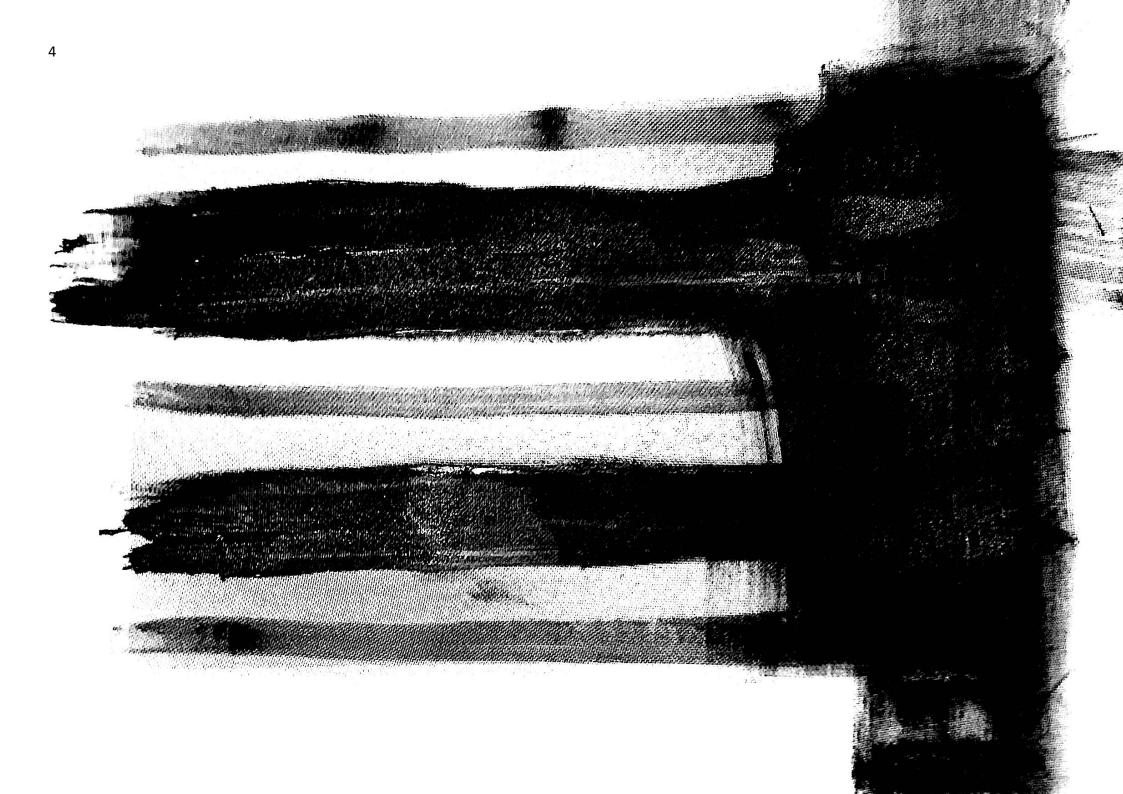
When you are ready, play sounds (in any way) only striking when they fall roughly on your imagined circular movement, in relation to the graphics. The bottom of your circle is always your downbeat.

Repeat circles at will, or play in any sequence





An Improvisation, as free as you like



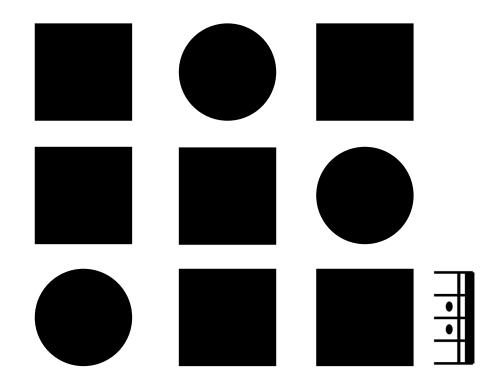
A man is supple and weak when living, but hard and stiff when dead. Grass and trees are pliant and fragile when living, but dried and shrivelled when dead. Thus the hard and the strong are the comrades of death; the supple and the weak are the comrades of life. Therefore a weapon that is strong will not vanquish; A tree that is strong will suffer the axe. The strong and big takes the lower position, The supple and the weak takes the higher position. LXXVI, <i>Tae Te Ching</i> , Lao Tzu	movingthose woodpedestalssweetmovingoldfasto thepain	hioned hioned heted rocking horses -Sappho
ra terra ter raterra ter rater ra ter raterra ter raterra ter raterra ter raterra ter raraterra te rraraterra t terraraterra	Here all the leaves alift aloft, full o'liefing, fe over Ombrellone and his parasollieras with the thronguards from the Country Shillelagh. Ign invincibles, innocents immutant! Onzel groo Lodewijk is onangonamed before the bridge and his twy Isas Boldmans is met the blueybe Dandeliond. We think its a gorsedd shame, the lark of limonladies! A lurk of orangetawneyr backleg wounted, budkley mister, bester of the <i>-Finnigan's Wake</i> , James Joyce	Kuragon, homofratog de ciu hautkoloro la tempmirago, kiu dialgis nin damninde heir black norant tvatter of primerose ells near nese godams. A nan! You're

Any subdivision you like Rotate through pattern Continue to repeat All other decisions free

Silence Listen, respond to anything you hear, or just listen

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Create and memorize a sonic pattern to be associated with the square graphic Create and memorize a sonic pattern to be associated with the circular graphic Rotate through created memorized patterns following graphics repeat



Try to re-create your free improvisation from earlier, with your eyes closed

Prepare or sight read at your own personal needs, mediate impossibility in whatever way you think is best.





