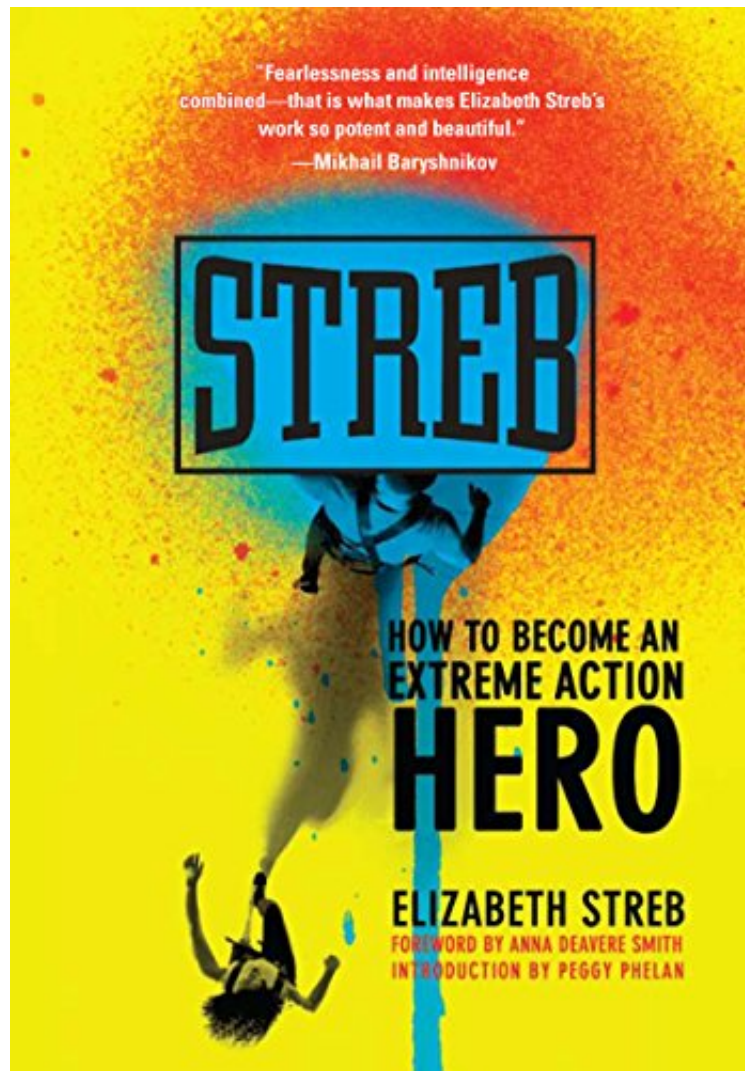


(Read now) Streb: How to Become an Extreme Action Hero

## Streb: How to Become an Extreme Action Hero

*Elizabeth Streb*

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#1139671 in Books 2010-04-01Original language:EnglishPDF # 1 7.25 x .40 x 5.50l, .75 #File Name: 155861656X144 pages | File size: 52.Mb

**Elizabeth Streb : Streb: How to Become an Extreme Action Hero** before purchasing it in order to gage whether or not it would be worth my time, and all praised Streb: How to Become an Extreme Action Hero:

1 of 1 people found the following review helpful. Elizabeth Streb, action movement genius.By maggie boeppleElizabeth Streb, the genius behind Streb, the company, describes how she moved from being a dancer to testing the limits of a human body through movement and choreography. Having seen the joyful company in action made me want to understand her and how she came to this point. A must read for all Streb fans around the world.0 of 0 people found the following review helpful. FascinatingBy AnonymousFascinating. Streb took the road less traveled. I enjoyed her story.2 of 7 people found the following review helpful. ?By Michael SilverwiseI found it hard to read... so

I put it down and haven't had the strength to pick it back up.

Elizabeth Streb has been testing the potential of the human body since childhood. Can she fly? Can she run up walls? Can she break through glass? How fast can she go? With clarity and humor and with a world-class dance troupe called STREB she continues to investigate what real movement is and has come to these conclusions: It's off the ground! It creates impact! It hurts trying to stop it! In this pathbreaking book, Streb combines memoir and analysis to convey how she became an extreme action dancer/choreographer, developing a form of movement that's more NASCAR than modern dance; more boxing than ballet. Called the Evel Knievel of dance, Elizabeth Streb intertwines the disciplines of dance, athletics, rodeo, the circus, and Hollywood stunt-work. She founded STREB in 1985, which performs internationally in theaters, museums, and town squares. She established S.L.A.M. (STREB Lab for Action Mechanics) in 2003, a factory space in Williamsburg, Brooklyn, which produces a cottage industry of extreme action performances and invites everyday people to wonder about movement, gravity, and flight.

From Publishers Weekly Starred . In this dizzying, inspirational self-help memoir, choreographer and performer Streb details her life-long exploration of movement, the body, and time while providing brief lessons in math and practical philosophy: "Impact is a primal and primitive practice we at my dance company STREB accept: the full, weighted human body, with its issues of vectors and forces and angles of incidence and choices that are incurred in the flash of an instant, yet determine everything." Based out of "an anti-white cube, anti-glass bubble, anti-ivory tower arena" in New York, STREB creates performances such as Artificial Gravity, which "explores whether there is a perfect radius that would be essential for the human form on a horizontal surface," and "Wild Blue Yonder," commemorating the anniversary of the Wright Brothers' flight ("STREB began with a dream of flight, rugged and rough... dealing with true space, the sky, an area above the ground"). In her explanations and experiments, including an unprotected and unrehearsed dive through glass, Streb gives readers new ways to consider the body and its movement, from "the mechanical measurement of the legs, arms, torso, neck, hips, feet, shoulders, ankles, and knees" to "the alchemetic processes of the neurological systems." Accompanied by full-color and black-and-white photographs, Streb's riveting prose should provoke and inspire philosophy students, dancers, and athletes of all kinds. "[A] dizzying, inspirational self-help memoir... Streb's riveting prose should provoke and inspire philosophy students, dancers, and athletes of all kinds." Publishers Weekly "Fearlessness and intelligence combined that is what makes Elizabeth Streb's work so potent and beautiful." Mikhail Baryshnikov, former artistic director of the American Ballet Theatre "...its incredibly well written, blazingly articulate, brimming with ideas regarding space, time, movement as if Martha Graham and Albert Einstein had a love child and named her Streb; like Batman and Robin gave her the secret code to how to explain all that happens behind KAPOW, SPLAT, and ZOWIE." A. M. Homes, author of *The End of Alice* "Elizabeth courts danger, tricks the eye, and thrills the spirit. She is a dynamic force. She's superhuman. She's Superwoman." Trisha Brown, choreographer and visual artist "in this inspiring and passionate book, ultra-tenacious Elizabeth shares with the reader some of her surrealist goals: leaving a room through the walls; never landing after jumping; and moving so fast that you stand still. Wow!" Philippe Petit, high wire artist "[Streb] has long been a pioneer in blending gymnastics, dance, acrobatics and sheer daredevil insanity, and many have seen her work as an exhibition of pure dance energy." *New York Times* "Streb is a glorious acrobatic adventure." *The Guardian* "Streb cooks up a vibrant stew that's part circus, part sporting event, part theater, part student recital, and part scrupulous time-motion-energy investigation. The neighborhood sniffs the aroma and crowds in the door." *Village Voice*