



*tr'ensemble* is the sports-musical training in Basel which includes drumming, dance and melody.

We work on pieces from the festive customs *Wadaiko / Taiko* (from the Japanese main island), *Eisa* dance (from Okinawa) and *Pungmul* or *NongAk / SamulNori* (from Korea). The choreographies, rhythms and melodies have been handed down for centuries.

As characteristic of the training, the whole body and mind are fully activated and in swing – no matter whether we play a drum, a gong or a bamboo flute, sing or move in dance. In other words, music and dance are always one. Sometimes we learn by imitating, sometimes by exploring, sometimes by observing. In addition to the strong link between rhythm and movement, specific rhythmic languages are used. The coordinative and figural complexity is increased with the progressive learning process: Over time, rhythmic embellishments are added, movements are fine-tuned.

We train with the concepts of *ki-ai* from the Japanese and *ho-heup* from the Korean tradition. These concepts combine inhalation and exhalation with alertness, resulting in a driving momentum on an emotional level and of the whole body, making us confident in the movements and persistent in the sometimes hour-long performance. *ki-ai* and *ho-heup* are the supporting elements in dancing, drumming, using the voice and playing the flute; they connect these different forms of expression and are the foundation of the interplay between the group members.

The training *tr'ensemble* under the artistic direction of HENDRIKJE LANGE and EMANUEL HAN embodies not only the technical and artistic methods of the above customs, but also

their spirit, which encourages, entertains and unites communities through the power of tradition.

*tr'ensemble* is a very physical affair. Be prepared to get active and sweat. Wear appropriate loose and comfortable workout clothes and bring a water bottle.

Training place: Auf dem Wolf 10, 4052 Basel  
Training times:

Training can be attended once or several times a week, with the same participation fees:

- every **Monday** 18:15-20:30
- every **Wednesday** 18:15-20:30

Participation fees per quarter (3 months):

- Normal price CHF 320
- Price for students CHF 200 (discount: 37.5 %)
- Price for aged 10 to 17 or unemployed CHF 180
- Supporter price CHF 420

Next taster course:

- Sat September 3rd 2022, 10-13h
- Sun September 4th 2022, 10-13h

Registrations via [tr'ensemble@labonneheure.ch](mailto:tr'ensemble@labonneheure.ch)

Website: [labonneheure.ch/tr'ensemble](http://labonneheure.ch/tr'ensemble)

Next public performance: tr'ensemble-Fest, Sunday 18. September 2022, 13-18h, Münchackerstrasse 7, Pratteln

Reference videos:

- Wadaiko / Taiko* [youtu.be/7kbsvw9SpFs](https://youtu.be/7kbsvw9SpFs)
- Eisa* [youtu.be/5HmTEDC9Xo4](https://youtu.be/5HmTEDC9Xo4)
- Pungmul / NongAk / SamulNori* [youtu.be/KSribFN6Mag](https://youtu.be/KSribFN6Mag)