

# The Trilogy of Restricted Movement

Concepts by Marie Nys & Quinten De Wilde



## Introduction

Hello! We are Marie (22y/o, BAC product design) and Quinten (22y/o, BAC costume design). In our opinion movement is associated with a feeling of freedom. We are fascinated by the idea of limiting this feeling. Or literally: limiting the possibility to move freely. A cage can be seen as a metaphor for this restricted movement. We take this object as a guideline through our creative process.

## Concepts

Based on our experiences and research @Labiomista we came up with 3 different scenarios. These concepts will be an experience on its own. For us and for the visitor as well. We want to experience it. We want to show other people. We want to make others think.

*What we know:*

*The importance of movement/ freedom for our body/mind*

*What we don't know:*

*What will be the effects of feeling locked up on our creativity?*

*What we want to know:*

*Can restricting movement give us new insights in this experiment?*

# 1. Living in a Cage (performance)

*How would it feel to be locked up in a cage? Setup: during 12 hours we will be locked up in a cage, only having each other and some paper and pen. No social media, no phones, no distractions. What will happen when our movement is restricted, feeling like a bird in a cage.*



*Like free birds captured  
in the wild  
living in their world of creativity  
What a time to be alive*

*In captivity great minds won't survive  
Go beyond, search further  
and feel free*

*A bird in a cage  
That's not me*

*M.N.*



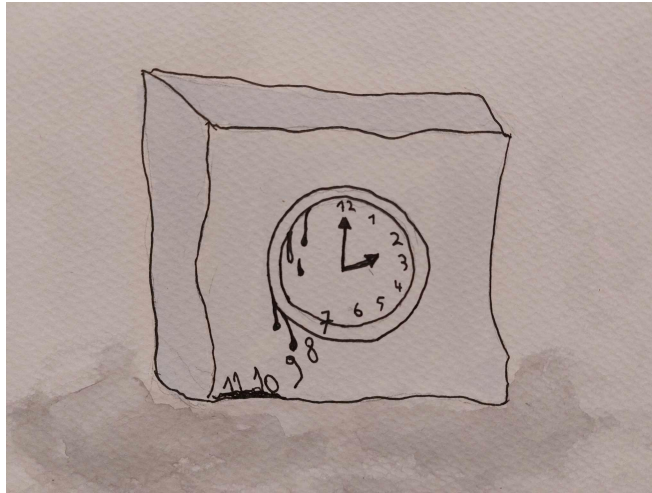
*When the cage is open  
It does not feel like an escape  
So what is freedom in an open cage?*



2. Frozen in Freedom (installation)

*A cage of ice, a matter of time*

*setup: a cage made of ice, melting*



*How is time related to freedom/movement?  
Can wasting your time be useful?*

*Until the ice melts we wait  
that's all we can do*

*They call it a waste of time  
but then stay anyway*



### 3. The Art of Restriction (costume/accessory design)

Wearing restricted clothing/ accessory pieces on purpose.

#### Introduction:

Throughout human history clothing and costume have always been a key part of how we define ourselves. They help us to communicate, to characterize, to define ourselves. Clothing has an impact on our movement, be it in different layers. A pair of heels makes someone walk differently, a suit makes us more stiff and confident, loose clothing gives us more freedom of movement. Clothing is part of our identity, part of who we want to be.

What if we restrict our body through garments, limit the movement. Will our creativity take over and help to free ourself in new ways?



