

RA!
RA!
RAGE!

A MOVEMENT
MANIFESTO

PLEASE,
DON'T READ
THIS ONLINE.
PRINT IT,
AND DRINK IT.



PUT
ON
'GLUE'

BY BICEP

PLAY ▶

This manifesto is
drawn from my half-

year movement
research on Rage.

I make the title and
wanted to investigate
HOW
we can invoke & play
with rage.

(If you want more detail on how this happened with
the website)

This is a
personal
and intimate
Manifesto.

~~BUT
BECAUSE~~

I like to
think that
everyone can
read it.

It's not a
manifesto
really,
but I like to
call it so . . .

cause the
word
manifesto
makes me
feel like I
want to stand
for something.

For example
for my right
to desire.

DESIRE
TO
See RAGING
Boobies & To
ASK :

Thank you
to everyone
who encouraged
me to desire.
To those who

tried my crazy
ideas and
who also
questioned them.



There is
also no
particular
order in
what follows.

NOT CAUSE

it's cool

but because
this project
has demanded

from me
more than

I thought.

So here is
a good enough

RAGE MANIFESTO



RAGE
SCARES,
EXCITES,
INTRIGUES,
ME.

PAGE
CAN LOOK
HIDEOUS ♂
CONTORTED
♂ REO.

THE
RED
THAT PUMPS
FROM VEINS
in

1... 2... 3...

1... 2... 3...

1... 2... 3...

1... 2... 3...

IT CAN
ALSO BE
SILENT
AND ICE
COLD

FROZEN
in
Yours, my, our
Bellies.
OR NECKS
OR HIPSJJ

What does that
mean? ~~RAGE~~

Where does ~~#~~
come from?

Why do I keep
doing this?

How do I move past
this?

~~THAT~~ SUCH QUESTIONS
ARE IMPORTANT

BUT THEY
CAN ALSO
BE STOPPAGES.
SO SOMETIMES

DROP THE PEN
PAUSE THE ZEN
AND PLAY!
WITH RAGE
How Does IT COOL,
MOVE, TALLS, GRAS?

CAN
I DO
THIS WITH
MY
SHAME?



"I've
always
wanted to be
in a moshpit
but I'm scared."

What^{oo}
^ we
need to
play with
rage?

CLEAR
PHYSICAL
ENTRANCES

REMOVING OF
ACCOUNTABILITY

TRANSFORMATION

CARICATURE

POWER SHOW

NOSE IN THE

POOP

Forcing a
body part
to speak for
your entire
being.

CLAUSTRO
PHOBIA

METRO SITUATION

A MOTOR BIKE

HELMET

Crisps

AN APPLE

PILLOWS

WITH YELLOW

FOAM IN THEM

A MALTESE
WOMAN'S VOICE
THAT CAN
SCREAM
FOR
5 MINUTES

RED
BED SHEETS
WHITE
BED
SHEETS
ZIBEG
AND FINALLY

RECORDINGS
OF BEST MOVIE
RAGE SCENES

SO YOU CAN
LIP SYNC WITH
THEM.

"MY SPACE!"
"TAKE MY SPACE!"

There is something more
at Stake than sadism in
rage, in these scenes we
are making. You are not
looking at assholes
but people who are trying
to PROTECT their
space

inner
logic
of
your
RAST

are probably
different from
mine.

The consequences
of rage
should not stop
us from
RAISING

WE ARE
Creating
a
physical
world that
redefines
our own.
YOU CAN SLAP ME!
SLAP ME!!

To play
and
create
with rage
we built a
nest of trust.

Bodies
Touching

I have organised
Staging research
to see bodies
touching,
without knowing that
beforehand.

This morning as
I lead this
exercise, after
some time I
ask the participants
to start exploring

Slapping
and
Tearing clothes
From their own
Body.

Eventually I
ask them to
reach out to the
bodies of others in
space.

As I see this
group of bodies
Tugging and
Pulling
at each other
I realise that

this still to
some extent feels
false. It still
feels like a task.

There was someone
who gave a direction

and the participants follow. What they're doing is not their own yet. When watching from the outside you can really see when a

a touch is honest
or not. So I

TAKE
A FEW
STEPS
BACK.

"let's go back
to touching
each other
slowly."

I put on some
music.

In slowness
now a sensitivity
develops.

A care, but mostly
a curiosity.

These hands
exploring,
with an
Intense
Desire
to experience
are beautiful.

They are not

grasping.

The performers
allow their bodies
to guide while
listening to

The
Bodies
of
Others.

Eventually towards
the end of the

exercise I ask
them to engage in
an IN-BETWEEN
STATE.

Wanting
to touch
and be touched
Slowly

but perhaps
sometimes also
Wanting to
BREAK OUT
OF
TOUCH

or
challenge
the
other
body.

As I watch

I realise

that my interest
in rage

comes from

Somewhere

* in me that
believes that softness
and care are not
the only way to love
someone.

There are others

MORE
BRUTAL,
LESS SHY,
MORE RAGED
WAYS OF LIVING
MOVING, CREATING

As
the participants
engage beautifully
together I think
YES!
YES!

Our bodies
have become
shy... Can I
do this,
is this allowed?
How do we build
trust?

I start to see
PARALLELS
between
RAGE
CARE
LOVE
SEXUALITY.

There seems to
be some other
honesty here.

A NEW
HONESTY.