

erasmus report

impulstanz festival vienna 2026.07.13.-2026.07.17.

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This July I had the chance to attend the ImPulsTanz Festival in Vienna. The workshop I chose was titled *Attack Release* and was led by Jose Agudo. Participating in this workshop helped me deepen my understanding of contemporary movement through Jose Agudo's methodology, which draws from Kathak, Flamenco, martial arts, and contemporary dance. I was able to improve my stamina, precision, coordination, and awareness of energy while expanding my movement vocabulary and learning how to use attack, release, and directional change more effectively. The classes were physically demanding, but they also challenged me mentally, requiring constant focus, curiosity, and openness to new ways of approaching movement.

What was most inspiring for me was something Jose said on the very first day about the concept of attacking a movement. I had never worked with this idea before, but it completely shifted my perspective. Instead of simply performing a movement, I started thinking about my relationship to it. I realized that movement could become something I engage with rather than something that simply belongs to me. This way of working encouraged me to make clearer choices, to be more intentional, and to explore different qualities of presence and energy. It gave me a new sense of freedom and playfulness while also demanding greater commitment and precision.

As the workshop progressed, I began to realize what I am really looking for in dance and what it is that I love most about it. Jose brought an incredible spark into the studio every day. His passion, generosity, and commitment to movement reminded me that what inspires me most is not only technical excellence, but also the fire, passion, and excitement that make dance feel truly alive. Watching him teach and move made me reconnect with the reasons I started dancing in the first place and reminded me of the kind of artist I hope to become.

The workshop also gave me a much clearer understanding of my own strengths and the areas where I want to grow. If I want to dance with this level of intensity and clarity, I know that I need to continue building my stamina, muscle strength, coordination, and endurance. I also realized that I desperately need to improve my rhythm and musicality, as these are essential for the dynamic quality of movement we explored throughout the week. This realization was especially meaningful because it did not come from direct technical feedback, but from my own experience in the studio. Discovering this for myself has given me a much stronger and more personal source of motivation.

I also learned a great deal about myself and about others through working in such an international community. Being surrounded by dancers from different countries, backgrounds, and artistic experiences created an inspiring atmosphere of exchange and mutual support. Despite the intensity of the classes, everyone remained generous, curious, and committed, which made the experience even more rewarding.

Outside the studio, I had the opportunity to explore Vienna. I watched a performance, went swimming in the Danube, and biked around the city, enjoying its unique atmosphere and beautiful surroundings. These moments of rest balanced the demanding workshop and made the whole experience even richer. My time at ImPulsTanz was truly unforgettable, and I returned home feeling inspired, challenged, and more motivated than ever to continue developing both as a dancer and as an artist.



