



**Visual Story for
Born to Manifest**

January 25th 26th & 27th
7:30pm

The RELAXED PERFORMANCE is on January 25th at 7:30pm

The venue is Performance Works
1218 Cartwright Street, Granville Island, Vancouver

About Born to Manifest

Performance time

- The performance will aim to start at **7:30pm**
- It is about 55 minutes long.
- It will finish around 8:25pm.
- If you want to attend the **introduction** where we show you the intense parts of the show, please be there by **7pm**
There will only be an introduction at the relaxed performance on the 25th

Chill-Out Zone

- If you want to leave the Theatre at any time, there is a Chill-Out zone in the lobby you can visit
- An usher can help you go there
- You can go back into the theatre any time

What to expect

- Loud abrupt noises as if someone is trying to knock down a door
- Movements that can be perceived as sexual and monkey noises happen a lot throughout the piece
- Police sirens
- Music that can be triggering
- A lot of silent moments throughout the work
- Shouting and aggression towards audience through monkey sound and word
- The lights above you will always stay on, it may be a bit dark sometimes, but **never all dark**
- It is ok to move
- It is ok to make noise
- It is ok to react
- It is ok to use your electronic devices (on silent)
- BUT it is not ok to take pictures or make calls

The Set and the Performers

There will be nothing in the space. The audience sits on bleachers and in front of them an empty space with black curtains around it.

Here are pictures of all the performers



Joseph Toonga



Cache Thake

About the Story

Short synopsis (the whole visual story will be later in this document):

Joseph Toonga made this show. It is about the experiences of young Black British men. It shows how sometimes they feel oppressed but also how they support each other and how proud they are of themselves.

The show begins with Toonga and some different noises: monkey noises, gunshots, the sounds of police making arrests.

Soon, **Cache Thake** joins him and from there, it becomes a physical dialogue: the two dancers move both with and against each other, sometimes it looks like they are fighting, each other or other people and other times they are helping each other.

There are some intense scenes or experiences:

- The piece follows the journey of two black men journey on brotherhood, friendship, discovery of self and others around them.
- It's a physically exhausting and tiring piece, you may worry about the performers. They are ok. But they will be very tired after the show.
- Both dancers will move like a monkey and the music will be playing with the different tones a monkey can make.
- There is a lot of hugging, supporting one another through head support, lifting on one shoulder.
- The dancers will pretend to shoot at each other and pretend to be shot.
- There is a moment where the performers think police are around them and because they are scared they become violent manner they support but also fight each other because they don't know what to do.
- You may feel guilt at times when watching this show as it deals with racism, love, white fragility and how the performers look at themselves but also how society looks at them.
- You may feel empowered by some the moment depending on what walk of life you come through and angle your looking at the piece from.
- You may see people cry or just be still.
- It's ok to feel all this emotion

Loud Sounds and bright lights

- The house lights will always stay on dimly during the relaxed performance, but not on other nights.
- There is no flashing lights, strobe lights or pyrotechnics, but the lights will flicker sometimes.

However, these are the times that you may still find intense:

- In the beginning, when Joseph leans back like in the picture to the right and there will be a sudden, loud noise of knocking. As if someone is banging on the door.
- Still in the first section with just Joseph on stage, after about 8 minutes, he will have his hands up for a longer time and the loud banging will be played again.



Maybe you will like the play, and maybe not, that is ok. It's alright to feel happy or sad or scared or angry after seeing a show.

At the end of the play, people will clap. That is a way to say thank you to the people who made the show. It is also a way to say you like the show.

It's ok to cover your ears if that is too loud. You can also wave your hands instead of clapping.

Born to Manifest Visual Story

SPOILER ALERT :

The visual story tells you everything that happens in the show.

At first Joseph is by himself.

It is quiet, for the first few minutes you only see his back and the movements are very subtle. The silence is broken by loud banging when he is leaning back like this.



The movements become bigger and the noises become louder, you will hear monkey noises and a police officer telling him: "Stay down." This is repeated and becomes more intense.

He will stand with his back to the audience and his hands up for a longer time, there will be more banging as he slowly turns towards us.

Joseph points to himself, puts his hands up, moves like a monkey. He says: "I just want to go home." He repeats that 7 times. Every time he does this, he turns a little bit to and faces a different way. Then he does the same in reverse 7 times but he doesn't speak. These are two pictures from that part.

For 1 minute Joseph does very intense monkey movements toward us.

Joseph collapses to the floor. He suddenly stands up and wipes his entire body with his hands, from his head to his knees several times. The last time he does it slower and collapses again. That is when Cache come walking on and he grabs Joseph's hand.

Joseph pushes Cache away. They stand staring at each other for a long time. Cache runs towards Joseph to hug him. Joseph first doesn't want to be hugged, his body becomes stiff but as Cache holds on he relaxes and accepts the hug.

Joseph and Cache start dancing a duet. They dance together and support each other but sometimes Joseph rejects Cache's support. It is a duet of coming together and going apart. Their are movements from boxing, jumping, acrobatics and martial arts in the duet. the duet finishes with Cache collapsed on Joseph's shoulder. This will look like this.



Note: this is what it will look like, but the person on the shoulder will not be this person, it will be Cache instead

Joseph puts Cache on the floor and leaves him, he walks away. Cache is alone.

Cache is standing in a wide squat. For a long time he slowly looks over the audience back and forth, but only his head moves. Then he moves like he is shaking the hands of his friends. He goes to the back left bends back and drops to the ground. He gets up and runs to the front right, bends back and drops to the ground again. We start hearing soft monkey noises. He gets up and starts making monkey movements for a long time, first small then slowly bigger. The monkey noises get louder in the meantime.

The monkey noises stop. Cache starts moving defensively, yelling “What?!?” over and over again as if people are threatening him and coming into his personal space. At the end of that he stands with his hands in the air. And he does the wiping movement from head to knees like Joseph before, first slow, he repeats it and he speeds up until he loses his balance.

Cache goes into freestyle krumping, expressing his feelings of frustration, fear and anxiety. It can look aggressive but he is actually trying to express his feelings, not make anyone else feel scared or attacked. He ends with his hands in the air as if he is trying to shield his face from the light.

He starts to repeat the same thing: shield from the light, run to the back, swing around, come back. He does that faster and faster and the movement become messier.

Then Cache does the same movements as when he was yelling “What?!?” before but he doesn’t say “What?!?” After that he bring his hands up in the air, completely exhausted.

After that he starts dancing again. and ends up walking from the front left to the back right as if he is on a tightrope while dodging things coming at him.

He starts moving very erratically, repeating things he did before, like he is very frustrated.

After that he dances around the stage, on different places he goes into different feelings. At first it is about memories coming back to him, then it goes into being big and proud, then the monkey noises and movements come back and the last part is everything coming together as if he is fighting. He fights and fights until he collapses.

Joseph comes back and tries to get Cache back on his feet. They move around as Joseph tries to support and gently tries to get him back to feeling ok. This part finishes with Cache sitting on Joseph's shoulder.

Note: this is what it will look like, but the person on the shoulder will not be this person, it will be Cache instead



While Cache is on Joseph's shoulder, Cache collapses as if he is getting shot. There is no noise of gunshots, you just see it. Joseph gently puts Cache down.

In the next part, Joseph and Cache move around hectically, it is as if they are getting attacked from all sides. Sometimes they collide and run into each other very hard. This is an image from that part.



Note: this is what it will look like, but the person in the front will not be this person, it will be Cache instead

At that time you start hearing the monkey noises and other music again, soft at first and then it becomes louder and more intense. This part ends with both of them at the front, close to us. It looks like this.

Note: this is what it will look like, but the person in the front will not be this person, it will be Cache instead



The movements become softer, move wavy, less frantic, aggressive or defensive. Sometimes there are little moments where aggression comes back but it only lasts a few seconds. This part finishes with Joseph and Cache facing each other in a spotlight moving in slow motion.

Cache stays in the back with his fist in the air moving in slow motion while Joseph comes to the front and dances by himself. He moves back and forth across the stage. In this dance he repeats the wiping motion from the beginning. This dance looks like it is breakdancing mixed with waving.

Joseph walks to the back where Cache is still walking in slow motion. He startles him and they suddenly start dancing together very fast. Sometimes they dance the exact same way, other times they don't. At the end of that part they shake hands and punch towards each other 3 times, after the third time they fall into each other and hug.

They separate suddenly and start walking from the front right towards the left back in slow motion. Joseph walks in front. When he is halfway he suddenly turns fast towards Cache. They go between slow motion and sudden short quick movements and they end up side by side facing us walking back in slow motion. In the slow motion Joseph lifts up Cache's chin at one point. After that Joseph starts walking normally while Cache moves slowly in circles in the spot lower and lower, towards the floor. Joseph walks around him as Cache starts moving faster on the floor. Cache suddenly jumps onto Joseph who lifts him on his shoulder like before.



Note: this is what it will look like, but the person on the shoulder will not be this person, it will be Cache instead

Joseph spins around with Cache on his shoulder a few times and slowly lets him down. They dance close to each other facing each other. Grabbing shoulders, pushing hands away and then grabbing again. Joseph lifts up Cache's chin one more time. They stare at each other and the lights go down. That is the end of the show.