



Επιστήμη του Χορού
Τόμος 7, 2014

Ηλεκτρονικό Περιοδικό
Electronic Journal

Science of Dance
Volume 7, 2014

www.elepex.gr

ISSN 1790-7527

**Biomechanical Approach to Traditional Greek Dance:
Methods and Technology**

Aggeloussis N.

D.P.E.S.S., Democritus University of Thrace

Abstract

From biomechanical point of view, dance is a complex movement, involving a definite number of simple discrete movements that are harmonically executed sequentially and alternately in accordance with rhythm and music. Both modern and traditional dance have similar biomechanical requirements, but unlike modern dance there is a severely lack of biomechanical information about the traditional dance. One of the possible reasons might be that specialists in traditional dance are not sufficiently aware of the potential of current biomechanical research methods to answer the questions relating to traditional dance. This paper aims to present the modern technology and methods that are used in the biomechanical study of the movements of the whole body and its segments, and to show the useful information that can be extracted from it.

Keywords: traditional dance, biomechanics