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## Stack and Bend

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# Stack and Bend

## **Abstract**

An excerpt on body contortion.

## **Author/Artist Bio**

Ngoc “Knock” Ho is a Los Angeles media producer and aerial addict. Ngoc is a studio instructor at Jagged Vertical Dance Fitness ([www.jaggedvdf.com](http://www.jaggedvdf.com)). She practices pole, contortion, and lyra (aerial hoop). She secretly trains her cats, Panda and Pushkin, to do yoga. It’s not working out too well.

## **Keywords**

body, contortion, exercise, dance, anatomy

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**Stack and Bend**

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## **Stack and Bend**

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Contortion is an art that takes practice, patience, and persistence. Why? One is ostensibly conditioning the body to bend, and mold into forms that can be painful and dangerous. No one contorts overnight. It is a skill acquired to force awareness into the mind to push the body beyond the boundaries it perceives. You learn to stack and fold where weight is distributed evenly. Over time, you listen to the body as it wills you to create your own unique shapes and lines. Eventually, you accept that discomfort will always be a close friend, then you can stack and bend more fluidly.