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Tango Awareness



Synopsis

Learning to dance tango. Looking and feeling great is only the beginning. Find out how some dancers learn faster and better than others. Understanding the solid principals of Tango Awareness will make your mind drift away into the comfort zone. Being yourself while you learn is easy. As you read and slowly drift, you gain the power of understanding your unconscious. Propel yourself to the future of faster learning. It is time to change to Tango Awareness. -Release who you are. -Express yourself through movement. -Open up to new possibilities. You are in the future, looking back at yourself... Tango Awareness was the best decision you ever made.

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Customer Reviews

Born in Buenos Aires, Argentina, Mauricio Castro is a renowned dancer and teacher of Argentine Tango and the founder of Tango Discovery. He created and developed a personal style of dancing and teaching tango in Buenos Aires and then, through Tango Discovery, he brought it to the rest of the world. To his solid musical education at the prestigious Berklee College of Music (Boston, USA), he added contemporary dance and movement technique studies (Laban Analysis, Bartenieff Fundamentals and The Skinner Releasing Technique, among others). In addition, he also studied Human Sciences in Neuro Linguistic Programming, Design Human Engineering and Human Ecology. The joining of these disciplines and influences allowed him to create his particular and unmistakable style, systematizing it into an innovative method to accelerate the process of learning to dance. Breaking out from rigid sequences, his focus is to develop improvisation skills through a simple and dynamic technique where students discover not only a relaxed and released style, but

also a new way of expressing and communicating with their bodies. The synthesis of his method, recognized worldwide by hundred of dancers, is available not only by attending his classes but also in his books and cutting-edge multimedia CD-ROMs, available in several languages.

OK, the bad first. This book is terribly edited. It is full of typos -- egregious, conspicuous typos, like missing periods, and some really awkward phrasings. It isn't just the copy editing, though. The writing sometimes takes a sort of self-help infomercial tone that is both funny and painful: "You are in the future, looking back at yourself... Tango Awareness was the best decision you ever made." Give me a break! That said, you should *definitely* read this book if you dance tango, no matter your level. It's worth wading through the typos and the painful writing for the gems of insight and advice throughout the book -- advice that is spot-on. This isn't a book of steps or specific body techniques, but rather a way of thinking about dancing, about learning to dance. It nails down many things I'd half-discovered in the dance, but hadn't fully realized -- and it points out many things I'd never even thought of. His sections on the neurological basis of tango communication and on active following are each worth the price of the book alone. I'm giving the book -1 point for the shoddy copy editing and -1 point for the occasional silliness of the writing -- but that's starting from a score of 5 for content. So forgive the silly bits, forgive the bad editing, and read this book. It's worth it.

Easy to understand, hard to do... You have to change the look to the tango rules: Posture, balance, leader, follower, steps, etc. Actually, there are so many rules which make us forget about the truth: Maybe it is better not to challenge our nature. We are trying too much to adapt what we have been told and losing how to enjoy the music and the dance. Being relaxed is coming after reading this book... So, I mean, nice work.

I am a Tango Discovery Teacher and had the privilege of editing this book. If Mauricio's first two books, *Tango, the Structure of the Dance*, Vols. 1 & 2, are the "How" of Tango Discovery, *Tango Awareness* is more like the "Why." *Tango Awareness* is the core philosophy that Mauricio has brought to tango with the introduction of the Tango Discovery method. The roles of leader and follower are not that one is active and the other passive, although this was certainly true in the old ways of dancing tango. One active partner and one passive partner is not the best recipe for pleasure. With the introduction of Tango Discovery, Mauricio Castro brought the roles of leader and follower up to date with modern understanding of human communication and movement technologies. *Tango Awareness* is the interpersonal communication aspect of Tango Discovery. This

book is a must read for Tango Discovery students. For anyone interested in tango, it is a refreshing perspective on the dance, its history and its future. Maybe the best way to summarize the book is to quote the author, "The focus of this book is the exercise of changing old beliefs as the basis for faster dance evolution." Ravi Khalsa, Tango Discovery Certified Master Teacher, [...]

Disclaimer-- I don't tango. I've dabbled in it. But I'm a novice, at best. I was attracted to this book because my wife and I considered learning tango... And I liked the fact that some reviews like Mauricio Castro's approach as more systematic rather than rote memorization. As an internal martial artist (which I do actively aspire to master), I was doubly interested in Castro's approach of expanding one's awareness to more fully appreciate your partner and become a more fluid dancer. So, that being said... this book was difficult for me to judge in its utility to dancers from the standpoint that I am not a dancer and don't know how much/how little Mr. Castro's approach represents novelty or not. From an internal martial arts perspective, Castro's approach to what Peter Ralston would term "outreaching" (mentally expanding one's awareness of your partner/opponent's body) is old news and rudimentary. It was fun to read about an approach to this concept from someone who is not a martial artist, but there is no huge revelation here. For dancers really interested in "outreaching/feeling awareness" type concepts, go to the martial arts literature. In fact, Peter Ralston's latest book "Zen Body-Being" which I have just about finished, is awesome for all interested-- martial artists and non-martial artists. So, in addition to being rudimentary. Castro's book IS hard to read. He is clearly not particularly fluent in English. But he writes well enough to convey what he is talking about, and tells some interesting stories and gives some interesting anecdotes. Still, expect to feel like you're reading a book written by a 4th grader... ignore grammar and paragraph structure and all that. Focus on what he says. Also, this is not an instructional book. It is all conceptual. There are no exercises, really, to improve awareness, just an approach to use while dancing. Anecdotes to think about. There is no dance step instruction, either. No pictures (no point), just text. Bottom line? Don't buy this book. If interested, try to find it at your library.

I do not recommend this book. It purports to deepen one's "awareness" or theoretical appreciation of tango but, instead, it mires you down in almost unintelligible concepts and distinctions. It was not enlightening at all, largely because it speaks in gibberish and sophomoric ideas. So, look elsewhere for some intellectual stimulation regarding tango.

Extremely well written by one of my favorite tango authors. It demystifies the dance from the regular

tango stereotypes and gives new depth of understanding on how to learn this beautiful dance.

It is an excellent book. The history part of the book is a refreshing perspective, very different from the usual. Also the incorporation of new technical understandings is great.

When I got it I couldn't stop reading it until the end. I was enlightened. When I got it I couldn't stop reading it until the end. I was enlightening and fun to read. It describes the dance with very easy examples. I love it !

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