

**Human
Body
Movement
Advance**



A documentation of a successful moving body

All the traffic in the city cures them. Its harmonious frequencies move and bang my eardrum.

Perfect sympathy.



Perfect harmony.

Story

1. scene

The first scene starts with a bird's eye view onto a terraced house in the middle of a big city. Slowly there is a zoom: first on a house, on a white window on this gray facade and in the end the zoom goes through the window and shows a bedroom. An alarm clock rings loudly. The viewers see in the first person perspective, that the main character wakes up, puts away the blanket and turns off the alarm.

The viewer sees a perspective on the body parts (--> Parts of a body of a boy)

Commentator/ translator protagonist: "A new day - in my old body"

2. scene

The boy is on his way into the bathroom and turns on the light. His heavy breath is loudly herable. He is so out of breath that he needs to support himself on the edge of the bathtub. Here he takes some heavy breaths.

Commentator/ translator protagonist: "My bladder is on fire!"

He tries to run to his toilette, folds it up, sits down and urinates in SOS rhythm

Commentator protagonist: "Aaah"

3. scene

The main character comes out of the shower. He dries his hair with a towel and cleans the fogged mirror with his other free hand

Commentator/translator protagonist:

"Aaaaau, my back." He flinches and touches his back

"And my belly. Mmmmh." He contorts his face and looks down

4. scene

The main character (boy) goes into his kitchen to get something to eat. He will decide for his favorite breakfast: coffee and cigarettes.

A part of the kitchen gets filmed: dark colors, mold, dirt and a flickering neon tube on the ceiling

A piece of toast pops out of the toaster, the boy takes it and leaves the apartment.

Commentator/ translator: "The best way to start the day. My coffee and cigarettes. All vital nutrients are absorbed."

5. scene

The main character (boy) drives with his car to his working place. On his way he is surrounded by noisy road traffic. He tries to do the shoulder view, but then he gets lumbago.

Commentator/ translator - gains in pain.

He has his hands on the steering wheel while eating his toast. While he takes a bite he drives by a gym and sees all the happy sporty people.

First person perspective: hands on the steering wheel while eating his toast

Commentator/ translator: "There are all my sporty friends - just like every morning. It's nice to see them."

Later he drives to the parking lot of his working place and tries to get out of the car - but it takes a few painful attempts.

6. scene

The main character gets into the big gray building, enters the entrance and stands in front of the elevator and the stairs.

Commentator/ translator: "Only today. Only today I will make an exception and take the elevator - but only today!"

The main character presses the button to get the elevator.

7. scene

A loud noise sounds "BING" and the elevator doors open in front of the main character. He goes to his working space - again heavy breathing and limping. He greets his work colleagues on his way to his desk.

Commentator/ translator: "Jeff! Did you see the derby yesterday?"

Jeff answers: "Nope. I played soccer myself yesterday with my friends in the park."

Then he reaches his workplace and drops into his chair with relief.

"Uff, finally sitting again. On the shock - first of all a cigarette."

The main character rolls with his seat through his small office. He puts on the glasses that are made especially for his display workstation. He looks at the screen and the blue light of the display relaxes him. An advertisement for a gym membership pops on - but the main character is faster and clicks it directly off.

8. scene

The main character has a break now and stands with a coffee and a cigarette on the balcony. Here he sees his own reflection in the window (--> He sees his bad,

unhealthy and crooked posture). He reacts immediately, by focussing his working place through the window reflection.

Commentator/ translator: "What am I doing? I never wanted to end up like this. I never wanted that. Am I that stressed or lazy?"

9. scene

The day has turned into early evening. The main character is on his way back home. The traffic light forces him to stop and wait for the green signal. While he is waiting in the car he looks around and sees some (bright and colorful) joggers running through the traffic light. His view follows them.

Commentator/ translator: "That seems to be a very good idea!"

He switches to another lane when the traffic light changes and secretly follows the colorful joggers. The joggers are turning right into a green park. The main character turns left and stops in front of a store for Segways.

End.



The commentator or translator

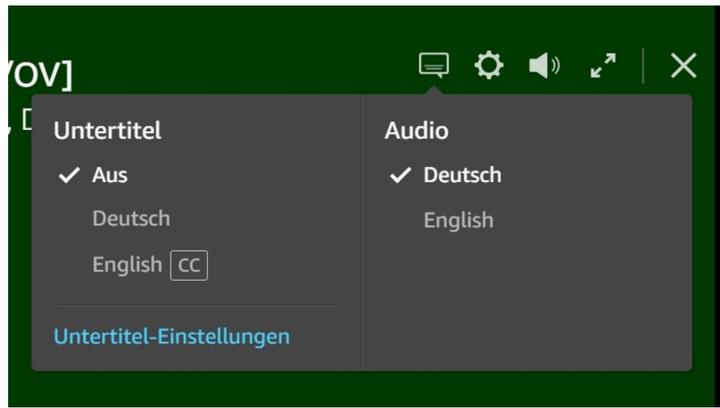
I can roll my tongue. I can move my mouth. I will tell you in this movie what's going on. I will comment on my daily life. Honestly and rakishly. You will see, my life is wonderful. Painfree. Full of motion. Jumps. Runs. Squats. Climbing trees. Swimming in savage streams.

I have to run and hunt for food. Fasten my eyes up to the trees or down to the bushes. To collect some vital fruits, nuts or berries.

The movement of my lips and tongue is perfect in form. I can articulate crystal clear. So can I hear. Neither I nor you need any signs to read. Writing only damages our eyes. You and I can understand everything without harmful



subtitles.



To whom it addresses?

To all my sporty friends.

