

[Untitled]

This art piece is not finished until you walk.

According to the American naturalist, essayist, poet, and philosopher Henry David Thoreau, you must walk like a camel. "Moreover, you must walk like a camel, which is said to be the only beast which ruminates when walking", he says.

In this performance chewing gum is introduced as an oropharyngeal stimulation of a rumi- native action while walking.

In this performance, we will investigate the critical potential of chewing gum while walking.

The performance is performed in 3 steps.

#1

Choosing the gum.

In this step you will choose the gum that you will be chewing on while walking.

Different types of gum can have different qualities that you can benefit from late on in the performance. In the following I will go through some of the key questions you should ask yourself when you are choosing the gum.

Choose a piece of gum.

Do you want a stick of gum, a tab of gum, or even a gumball? Different brands come in different shapes and sizes, and you can experiment to find out which one you prefer. Brands like Extra and Wrigley market their gum in sticks, while Stimorol, SorBits, and V6 come in smaller tabs or mini-sticks. Other brands even make candy gum balls.

What flavour do you prefer? Minty, fruity or maybe an even sweeter taste?

Decide if you want a regular or sugar-free gum.

Nicorette gum can also be used if you are addicted to nicotine. This will give you the taste and the tingling sensation of nicotine in your mouth while walking. If you are addicted to nicotine this is highly recommended, as chewing gum is much better for walking than smoking cigarettes, cigars, or pipe.

Moreover, you must choose your gum like a camel. [If a camel is the only beast which ruminates when walking, a camel is likely also the only beast which ruminates when choosing gum.]

When you have chosen your gum, and you are satisfied with your choice, you are ready to go on.

#2

Chewing the gum (an introduction to a few techniques)

In the following I will go through a series of gum chewing techniques, that will be used again later in the performance.

Unwrap the gum you have chosen and place it in your mouth.

Before you can start chewing, you'll need to place the gum in your mouth. This step may look different depending on the type of gum that you have chosen. If you have chosen a stick of gum, you might fold the piece in half as you pop it into your mouth if your mouth is a bit small. With smaller tabs, you might even place two in your mouth at once. If you have chosen a giant gumball, you may opt to bite off half as most gumballs are big.

If you want to be a little more discrete about your chewing, you can place the unwrapped gum in your hand and casually bring your hand to your mouth, as if to cover to yawn. Pop the gum discretely into your mouth as the hand reaches the mouth. This technique is relatively easy to learn. After a few minutes of practising, you will be able to pop a piece of chewing gum into your mouth without anyone noticing.

First part of the chewing.

You may need to chew a bit more vigorously to begin with to loosen up a new piece of gum. Use your big teeth in the back of your mouth, called your molars, to chew. Molars are the teeth associated with chewing because of their flatter surfaces.

Move the gum from side to side.

The gum can be moved from side to side when you chew it. This will ensure that one side of your mouth does not get tired from the repetitive chewing motion. Occasionally, you can also draw the gum to the front of your mouth with your tongue and exercise your biting teeth. Using your biting teeth occasionally will give your molars a short break.

Variations in speed and intensity.

Chewing gum can vary in both speed and intensity. You can chew both fast and intensively or slow and sneakily. Try out different variations of speed and intensity in the chewing movement.

Chewing Gum Sneakily.

Another trick you can use if you want to be a little more discrete about chewing is chewing sneakily - Take small, slow bites on the gum with your back molars. Make sure that your jaw is not tensing visibly as you do this. It is important to make tiny movements with your teeth with your mouth closed, so that the chewing is discreet. If you have trouble chewing inconspicuously, it can help to cup your face with your hand as you chew. It will appear like you are casually resting your face in your hand, while concealing a moving jaw.

Clap or tap along with the rhythm of the chewing.

Clapping or tapping along with the rhythm of your chewing can help you coordinate the timing and the rhythm of your chewing to help everything fall into place.

Blow bubbles.

Stick your tongue into the chewing gum slightly so that the gum itself wraps around your tongue, almost like a second layer. Then pull the gum back into your mouth a bit and blow gently. Different elastic-plastic characteristics and different colours of various types of gum will give the bubble different characteristic qualities as different shapes and colours. When blowing bubbles, the gum might slightly lose some of its flavour.

Practise these different chewing techniques for 10 till 15 minutes. Notice how you can take control of the chewing action by varying the speed, the rhythm, and the intensity of the chewing movements, and shifting between these various techniques. Keep practicing till you are comfortable with the techniques and the performance of the gum in your mouth. It is important that you are fully in control of every movement in your mouth while performing each technique.

Moreover, you should practise your chewing techniques like a camel. [Even though a camel is not said to be the only beast which ruminates when practicing chewing techniques.]

[If the practised chewing techniques does not work well with the gum you have chosen in the first part, you can always go back and chose another piece that performs better.]

When you are satisfied with your chosen gum and feel comfortable and in control of the chewing techniques you have been practising, you are ready to go on.

#3

Walking and chewing

In this part you will be chewing gum while you are walking.

Spit the gum you have used while practicing out and take a fresh piece – The walk will soon begin.

Start walking and chewing.

First pay attention to the burst of flavour of the gum you have chosen earlier in the performance. Feel the texture of the gum as it softens and stretches. Focus on chewing the gum on only one side of your mouth, then switch to the other side. Continue as you slowly chew and synchronize your chewing with the rhythm of your walk. You can now start playing with these two rhythms, the rhythm of your chewing and the rhythm of your walk. Using the techniques that you have been practicing earlier on in the performance, you can now start playing with different variations of speed and intensity in the rhythm of your walking and the rhythm of your chewing. It is only you and your chewing gum - your mouth, your teeth, your tongue, your feet and legs, your chewing, your walking and the gum in your mouth.

Now start focusing on the different impulses from the city you are walking in. Try to isolate the sound and the rhythm of the traffic, the sound, and the rhythm of people around you talking or other sounds and rhythms in the city. It is only you, your walk, your chewing gum, and this sound.

As you walk on, you gradually add more and more of these sounds and rhythms of the city, add thousands, add them all. You just keep adding till the rhythms gradually crosses into a dense noise. Its only you, your walk, your chewing gum and this dense noise of the city.

Keep playing with the rhythms and sounds of the city, your walk, your chewing and the gum in your mouth for as long as you like.

When you are done you spit the chewing gum out – The performance is over.