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## #069:Jolanda Jansen: Imprint (2015)

- You will need an A4-sheet of paper

- There are two varieties of this performance: 1. performing alone in front of a wall and 2. performing with a second person.

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1: Find a spot in front of a wall where you feel comfortable.

Roll the A4-sheet on the short side into a firm roll

till it looks like a stick, around 3 cm by 21 cm.

Stand in front of the wall at a distance of 2 feet.

-Place the rolled paper against the wall with one hand, keep the other hand down along your body.

-Place the rolled paper on the height of your forehead against the wall.

Now place your forehead against the end of the rolled up paper

and let the other hand down along your body. Lean against the paper so it wont fall.

Clear your head and stand there as long as you can.

If he paper falls on the ground just try again until you are satisfied.

When you are finished the roll of paper has left an imprint on your forehead as a reminder of your action.

2: Find a spot where you both feel comfortable.

Roll the a4 sheet on the short side into a firm roll

till it looks like a stick, around 3 cm by 21 cm.

Go and stand in front of each other at a distance of 3,5 feet.

Person 1: Stand still with your hands down along your body.

Person 2: place the rolled up paper against the forehead of person 1 with one hand, the other hand is kept down along the body.

Now place your forehead against the end of the rolled up paper

and keep both of your hands down along your body.

Lean against the paper so it wont fall and find a balance together.

Clear your head and stand there as long as you can.

If the paper falls on the ground just try again until you are satisfied.

When you are finished the roll of paper has left an imprint on your foreheads as a reminder of your action.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to **done@theconceptbank.org**.

We will archive it (anonymously) and we will also forward it to the artist.

Thanks and we hope you will visit us again.

Theconceptbank.org is a non-profit initiative, the use of the databank will be free for everybody Please don't publish the work on social media! It is free for you to use but it is not yours.

