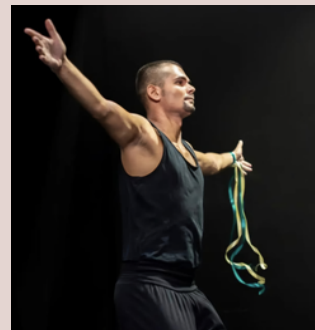




# PIZZICA Dance Classes

Join us for a FULL IMMERSION IN THE TRADITIONS OF SALENTO  
(a small subregion in Apulia) and Folk Dances of Central and  
Southern Italy

[WATCH THE VIDEO](#)



Held by  
**Mattia Carlucci**

**NEW OPEN DAY! Wednesday, 21 OCTOBER 26**  
**5:10 - 6:10 pm in GYM B**

**FOR BOOKING: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) / 0657053142**

The pizzica was danced by Apulian women, accustomed to hard work in the fields and marked by fatigue. The pizzica was not just a dance, but a kind of therapy; dancing was a way to free themselves from a certain sense of oppression shared by these women. Apulian music is hypnotic and fascinating. It has become an international attraction thanks to the FAMOUS Salento Taranta Folk Festival - Melpignano - Notte della Taranta (Night of Tarantula)



*Salento Taranta Folk Festival - The Night of Tarantula focused on PIZZICA, is attended by an average of 120,000 spectators.*

The sultry heat, the sand blowing in the morning air, and the arid soil of Salento. Here, women work in the fields... A tarantula bites one of them on the ankle, so she runs to get a tambourine and dances uninhibitedly until all the poison leaves her body. This turns out to be a real live musical catharsis, as well as the origin of the tradition that the Apulia region celebrates every summer: the pizzica tarantata, the pizzica-scherma and the most famous, the pizzica-pizzica.



## Pizzica and Folk Dances of Central and Southern Italy

### Dance classes By Mattia Carlucci\*

**Classes start on 28 October**  
**Every Wednesday 5:10 p.m. - 6:10 p.m. - Gym B**  
**Monthly fee €50**

An intensive workshop exploring the dance and music culture of "pizzica pizzica" - the tarantella of Salento. The workshop focuses on the symbolic, gestural, and ritualistic aspects of tarantism, as the original and expressive matrix of this dance, which is fundamental to understanding its evolution into a playful and festive dance. Students will be guided - through listening to music (from original archive recordings to experimentation with world music) and through dance practice (from initial physical training to the tarantella) - towards awareness of their own bodies, capable of expressing their conscious individuality, relating to themselves, to others and to space. We will delve into the study of the traditional codes of the pizzica, starting with the basic steps, postures, and gestures that identify it. Much attention will be given to the rhythmic pulsation of the body and the study of the triplet in downbeat and upbeat, which allows for the evolution and dynamics of the pizzica. We will then move on to the dynamics of dancing in pairs and dancing within the circle. In addition to dance practice, the lesson will be enriched by theoretical contextualization at a geographical, historical, cultural, anthropological, and literary level to gain a greater knowledge and understanding of traditional oral dance. It is also an opportunity to discover the various stylistic and choreographic differences in the pizzica dance in the different areas of Salento and the different ritual and festive contexts to which they are still strongly linked today, finding their own space and time for expression. From the "pizzica pizzica" of Lower Salento to Lower Murgia and Upper Salento, with particular attention to the Pizzica di San Vito and its tradition of barberie mandolins and the ritual of water tarantism.

**\*NOTE: The course will be confirmed only upon reaching min. 5 subscribers**

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