

Let your imagination run riot. Let us start a new movement.

NO RUNNING EXPERIENCE NEEDED!
WE SWIM, WALK, SWIM, CYCLE, CRAWL AND JUMP (FOR JOY) TOO!

City Adventures, Running Heritage tours, Anti-Adult Masterclasses, Artist’s Studio Running Visits, Pop-Up Museums, hybrid-monster Festivals, Performances, Conferences, Exhibitions, Fantasy Maps, Articles, Installations, Film, and many other interdisciplinary, versatile, participatory and not-run-of-the-(tread-)mill programmes!
'Kai is a leader in the UK who’s made great impact in the arts and academic worlds in organising successful activities to open up running as a creative discourse.' — Artist Professor Gregg Whelan. ANTI Festival. 2015.

'... other conferences could take a leaf out of #r3fest’s book.' — Dr Alex Lockwood. The Guardian. 2014.

'You leave me and my Camden colleagues with lots of ideas for the future.' — Mr Peter Twist. Blue Badge Tour Guide Trainer. Retired Metropolitan Police Chief Superintendent 2014.

'I really enjoyed it, and have come away very inspired.' — Mr Devashishu Torpy. Sri Chimnoy Centre. 2014.

'After going to this kind of event I’ll find it even more difficult to summon up the enthusiasm for a more conventional academic conference.' — Associate Professor Derek McCormack. Oxford University. 2014.

'I really like your research and practice and believe that you’re on to something.' — Dr Martine Rouleau. UCL Art Museum. 2014.

'Thank you for the opportunity to attend the Run Run Run workshop, which I really enjoyed! Thanks once again for a fascinating day!' — Estie McLaurin, Participant Running-Creativity Workshop 2014.

'Kai has a global / international vision in art production and education' — Professor Christophe Charles. Tokyo. Supervisor, Collaborator. 2005.

'She was very friendly and informative and we very much enjoyed this insight into Bloomsbury life'. — Chris Crowley. 2012. On Kai’s guided tour, Bloomsbury Festival.

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running masterclasses in which local children teach grown-ups ways to be playful (again)

memory-jogging exercise

Debut: Warsaw Centre for Contemporary Art. Participants like Jon, 75 explored how running can function as a catalyst to transform what we know/remember about a place, such as the historically-complex Warsaw.

running-creativity workshop-cum visit to artist’s studio

Commissioned by the UCL Art Museum, 5km run and discussion about the correlation between running and creativity, followed by visit to artist-runner Jo Volley’s studio, where she shared with participants about her running-inspired art.

running-discourse

Premiered at DOCUMENTA 13 in Germany. A participatory performance in which participants ran and discussed about ‘discourse’. ‘Discourse’ from the Latin for ‘running from place to place’; Chinese for thinking and moving.

multifaceted multidisciplinary festival for all

First run: RUN! RUN! RUN! International Festival of Running #3, Slade Research Centre. Pioneering event to scrutinise running as cultural discourse. Innovative format: something for everyone. Attracted academics, artists, public, non-runners, social enterprises and charities such as Goodgym and a meditation expert from the Sri Chimnoy Centre.

Cultural/heritage tours/pub-museums crawl

Examples: tour on art and society during Bloomsbury Festival. Jogging from one museum to another with pub stops in between.

performance-lecture

Scripted talks accompanied by densely-collaged slideshow to spread this magnificent manifesto. Tendid and silly. Pictured: at Royal College of Art, in a programme that also featured Will Self and Iain Sinclair.

conférence

Themes: exploring running+creativity + wellbeing; how cultural sector can contribute positive narratives on mental health and neurodiversity, etc.

example: opening & closing cermonies of the multimillion dollar opening and closing ceremonies, 8th ASEAN Para Games 2015, the Paralympics for South East Asia. Praised by Prime Minister of Singapore as ‘spectacular’.

radical catwalk/catrun show on runway + (dis)service cat(suit)

What could a contemporary, creative (hi)story of wellbeing look like? This is a program of object-based art practice-related research that aims to unearth, invent, and reclaim a critical and creative history of wellbeing.

women + urban running

With a group of women artists who work with/through running in their art and PhD work. Running as a tool for empowerment. Collaboration with running groups for homeless women. Pictured: sketch of running up a wall performance.

psychogeography + urban adventures

Examples: Tour de Yorkshire intervention. 14-mile cycle along Leeds-Liverpool canal followed by tour of private art collection and meal.

#runrunrunleeds

Dynamic practice-related research programme based in and focusing on Leeds. Meetings, runs, workshops! Collaborators have included Leeds Art Gallery; and a mindfulness and student welfare expert.


multimedia shows about and with (dis)ability

First run: OPEN! OPEN! OPEN! International Festival of Running #4, Slade Research Centre. Pioneering event to scrutinise running as cultural discourse. Innovative format: something for everyone. Attracted academics, artists, public, non-runners, social enterprises and charities such as Goodgym and a meditation expert from the Sri Chimnoy Centre.

CARE! CARE! CARE! RUN WITH US

例: Marché, Wakefields: RUN! RUN! RUN! (near) Yorkshire Sculpture Park, also to mark International Women’s Day.

例: Summer, Europe: new interactive run-performance at international festival.


LET’S COLLABORATE. LET’S TRY SOMETHING NEW. LET’S RUN! RUN! RUN!
Kai’s 20-year international portfolio has been an investigation of the body and mind in motion as a motif/method/metaphor to articulate and impact the world around us. This vision and approach has been punched into shape by her training/work/life/lives in both the ‘wild west’ and ‘far east’ (PhD, Slade School of Fine Art; MA Distinction, Excellence Award, Musashino Art University; BA Fine Art 1st class honours Slade; School of Art Institute of Chicago). Kai activates mobilities such as running / swimming / Island-hopping / crawling / hula-hooping / drowning as critical/ creative modes of interrogation/intervention. Kai’s works are (in)formed by the collaging/collusion of a range of philosophies and practices from disparate disciplines/genres/cultures, and characterised by layering, wordplay, a day-glo palette and an unheroic/non-male/non-neurotypical perspective (given her superpowers of ADHD, dyspraxia and dyslexia). The wide range of media she works with/through include performance, installation, digital drawing, mapping, cine-essays and writing. Several have been interdisciplinary collaborations such as with choreographer Takao Kagawuchi, curator Rikrit Tiravanija, composer Professor Christophe Charles, creative director Philip Tan, butoh dancer Matsubara Toyo. Her tours have been in 400 exhibitions/conferences/publications (such as dOCUMENTA; Biennale of Sydney; transmediale; Artangle Open100, 8th ASEAN Para Games, at locations such as ICA, Tokyo Wonder Site, Dom Muzyki, MOMA and so on) in roughly 50 cities, and Kai has been billed with the likes of Yayoi Kusama and Song Dong. Awards and accolades include the San Francisco International Film Festival Golden Gate Award, Young Artist Award, Japan Foundation artist-in-residency award. In addition, a few of her artworks are in private and public collections such as Museum of London, Fukuoka Art Museum, United Overseas Bank and Leeds College of Art. Her large-scale permanent video installation, which can be seen daily at a underground train station in the arts and heritage district, has been voted a top artwork by a newspaper (Today).

Kai is currently Research Fellow at Leeds College of Art, Fellow of the Royal Society of the Arts, and a Peer Reviewer of the Arts and Humanities Research Council. Last December (2015), she had a successful run as Visual Director and Communications Director for the opening and closing ceremonies of the 8th ASEAN Para Games, the paralympics for South East Asia.