

A practical possibility of phenomenological “I can” in human movement practice

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Abstract

The purpose of this study is to show a practical possibility of phenomenological “I can” in human movement practice. In particular, I focus on the terms “capability/vermögichkeit” in Husserl’s phenomenology. This “I can” means that “the ego, as unity, is a system of the “I can”.” (Husserl, 1989). It combines “be able to” and “possibility” (see Hamauzu, 2018). In addition, this “I can” is a practical possibility. Husserl says, “touching kinesthetically, I perceive “with” my hands; seeing kinesthetically, I perceive also “with” my eyes; and so forth; moreover I can perceive thus at any time. Meanwhile the kinesthesia pertaining to the organs flow in the mode “I am doing”, and are subject to my “I can”. (Husserl, 1960). In this consideration, I show a kind of bodily ability for human movement practice by considering the “capability.” I think this is based on the “I can” as practical possibility. Furthermore, it is important for this possibility to the fulfillment of kinesthesia. At the 47th IAPS conference, I presented on “the fulfillment of bodily ability in human movement practice.” In this consideration, I insisted that the bodily ability as “I can” is based on a “capability” in human movement practice. We can create our practice motivated by own bodily ability. By considering practice itself through a phenomenological reduction, I can enact my movement as a synthesis of “I can” based on my capability. Furthermore, I can organize and update my movement practice by continuing to act as a concrete “I can.” It is necessary for us to consider the system of this organizing and updating. We always enact movements as our own lived body which is based on our bodily ability as “I can.” We can fulfill our bodily ability by continuing to enact perceptual contents through this exploration. On the other hand, “I can” as practical possibility is limited by our Nature. The practitioner does not act her/his movement practice as a theory, (s)he acts intentionally her/his movement practice which is structured by her/his own lived body.

In this consideration, I explain that how practitioners can fulfill their practical “I can” by considering movement practice of my class. It is important for us to understand the relationship between capability and actuality. We can understand this relationship and we can reach to our actual goals. As a result, we can create our actual movement practice.

Keywords: capability/vermögichkeit, actuality, kinesthesia

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