



SBADABENG or the art of hitting yourself

Comedy / physical theatre / body percussion performance
written and performed by Anselmo Luisi

7th - 8th - 9th - 10th March - 8:40pm / 11th - 12th March - 3:10pm /
14th - 15th March - 8:40pm / 16th - 17th March - 7:20pm / 18th March - 5:50pm
Adelaide Town Hall (128 King William Street) - The Garage International

A man is alone on stage. No object or instrument besides his body. A hilarious journey through music and theatre which will make you discover unexpected sound landscapes blending mime, body percussion and singing.

An allergic coughing fit becomes a beatbox performance; a lady at the restaurant complaining with the owner about a dish becomes a scat duet of rhythmic jibberish; a man rinsing his dirty shirt becomes a body percussion performance which will lead the entire audience to experiment what it feels like to generate sounds and to make music using by hitting yourself.

Be ready to get your face slapped.

Trailer:

<https://www.youtube.com/watch?v=L2AYYm4eNo8>

Photos:

https://drive.google.com/drive/folders/10nQSdFbhclFzmNjL-4bCJmqFI1toCiw?usp=share_link

“Conquering the audience with captivating simplicity, the show presents itself as a powerful arrangement of the performer's vocal, bodily, mimic and interactive skills.

After leaving the place of the performance, the audience keeps vividly the memory of an experience lived in the first person, of an ethereal and at the same time intense suspension of space”

Oretta Bressan on “La Voce del Popolo”, 28/06/2022

Tour



Sava (IT), Casa 131, 6/11/2022
Taranto (IT), Stazione 37, 4/11/2022
Rijeka (Croatia), Drama Centar, 28/05/2022
Fiano (IT), Teatro Medici del Vascello, 12/03/2022
Turin (IT), Torino Fringe Festival, 9/09/2021
Bibione (IT), Magic Summer, 8/09/2021
Milan (IT), Germi Idc, 21/11/2021
Lahti (Finland), Lahti Fringe Festival, 3/09/2021
Piacenza (IT), Teatro Trieste 34, 21/02/2020
Alba (IT) Fisico International Festival, 15/02/2020
Brindisi (IT), Teatro Kopò, 08/02/2020
Lecce (IT), Manifatture Knos, 07/02/2020
Varazdin (Croatia), Gllugl, 5/04/2019
Tangeri (Morocco), American Language Center, 24/04/2019
Zavidovici (Bosnia and Herzegovina), Kulturni Dom, 02/08/2019
Milan (IT), Il cielo sotto Milano, 22/02/2019
Turin (IT), Teatro 3D, 05/10/2019
Trieste (IT), Hangar Teatri, 25/03/2019
Naggio (IT), Amici di Naggio, 04/08/2019
Rome (IT), Teatro Kopò, 9/11/2018
Karlovac (Croatia), Zorin Dom Gradsko Kazaliste, 26/06/2018
Milan (IT), La corte dei miracoli, 06/04/2018
Pontelagoscuro (IT), Totem Festival, 27/05/2018
Trieste (IT), Hangar Teatri, 27/03/2018
Trieste (IT), Casa della Musica, 15/12/2017
Vicenza (IT), Spazio Nadi, 17/12/2017
Milan (IT), Il Cielo sotto Milano, 17/11/2017
Berlin (Germany), Urbanraum, 30/07/2017
Schaffhausen (Switzerland), Rhybadi, 19/07/2017
Milan (IT), It Festival, 9/06/2017
Naples (IT), Ex Asilo Filangeri, 5/02/2017

About Anselmo Luisi:

Anselmo Luisi is a drummer, performer and body percussionist.

He is an active performer and musician with several bands and shows. He has toured in **Italy, Slovenia, Croatia, Austria, Germany, Serbia, Bosnia and Herzegovina, Kosovo, Switzerland, France, Morocco, Finland and China.**

He has taken part in several theatre plays as actor and performer; since 2017 he has been performing in **SBADABENG or the art of hitting yourself**, a comic body percussion solo show which has been performed in Italy, Germany, Switzerland, Bosnia and Herzegovina, Morocco, Finland and Croatia.

Since 2018 he performs with the band **Mombao**, with whom he has extensively toured Italy, Slovenia, Croatia, Morocco, Germany, performing in some of the most renown european clubs and festivals. In 2021 they took part to the TV show **X Factor Italy**, gaining major fame and success in their native country. Since 2022 the band has been nominated *associated artist* of the important italian cultural centre BASE Milano.

For further information:

<https://www.anselmoluisi.com/en/page/bio>

anselmoluisi90@gmail.com