

李燎 | 做更好的人

LI Liao | To Be A Better Man

空 | 白 | 空 | 间
WHITE SPACE BEIJING

李燎 | 做更好的人

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November 2, 2019 - January 18, 2020



每天八件事 Eight Things Everyday

2018-2019

胶带, 荧光笔 tape, highlighters

整体尺寸可变 overall dimensions variable

李燎 16 年从妻子那听到她老板讲的一个秘诀，说每天做八件事，就会成功，李燎很想成功，于是开始实施这个方法，从 2016 年开始每天做八件事。这里截取了 2018 年 4 月到 2019 年 5 月的每天八件事，记录里包含了《做更好的人》这个项目。

In 2016, Li Liao heard a secret of success claimed by the boss of his wife, that if one does these eight things every day, one would become successful. With a desire to become successful, he began to implement them on a daily basis since 2016. Here is an extract of these eight things done daily from April 2018 to May 2019, where it also includes the project "To Be A Better Man".

20181205	20181206	20181207	20181210	20181211	20181212
妈妈和天牛去高铁站 邮件询问一个意大利展览的信息 身房锻炼一小时 商场沟通作品维护 宜家买这星期的午餐冻食 剧学英语两小时 剧学英语三小时 衣服	1 送杨隽上班 2 读英语课文两小时 3 设计两套后备方案发给商场 4 看剧学英语两小时 5 发邮件沟通意大利展览的信息 6 健身房锻炼两小时 7 做晚饭 8 洗衣服	1 送杨隽去机场 2 读英语课文一小时 3 健身房锻炼一小时 4 画作品修改图 5 看剧学英语三小时 6 烧鸡汤 7 做几组哑铃 8 洗衣服	1 送杨隽上班 2 读英语课文一小时 3 健身房锻炼一小时 4 沟通调整一个武汉展览的作品 5 和藏家联系借展事宜然后回复展览方 6 看剧学英语三小时 7 在家做腹肌和肱二头肌训练 8 接杨隽下班	1 送杨隽上班 2 读英语课文两小时 3 看剧学英语三小时 4 校正作品资料 5 健身房锻炼两小时 6 接杨隽下班 7 在家做腹肌和肱二头肌训练 8 洗碗	1 和杨隽讨论公司企划 2 上传作品到云盘 3 送杨隽上班 4 读英语课文一个半小时 5 健身房锻炼一小时 6 看剧学英语两个半小时 7 做晚饭 8 在家做腹肌和肱二头肌训练



20180822
1送杨隽上班
2背英语课文两小时
3和 WJQ 聊租房中介
4上传作品素材
5背英语课文三小时
6健身房锻炼一小时
7接杨隽下班
8学单词

20180823
1送杨隽上班
2背英语课文两小时
3和微博官方交涉杨隽身份认证的事
4背英语课文三小时
5健身房锻炼两小时
6接杨隽下班
7清洗电子烟
8洗衣服

20180824
1送杨隽上班
2提交杨隽的认证修改
3背英语课文一小时
4健身房锻炼一小时
5背英语三小时
6接杨隽下班
7带天牛去听音乐会
8洗衣服

20180827
1送杨隽上班
2背英语课文一小时
3支付电脑尾款
4健身房锻炼一小时
5帮杨隽申请微博认证修改
6背英语课文两小时
7和 XLW 讨论艺术
8背英语课文一小时

20180828
1送杨隽上班
2背英语课文两小时
3让物业检修马桶
4背英语课文三小时
5查询户口落户政策
6健身房锻炼两小时
7接杨隽下班
8背英语课文一小时

20180829
1送杨隽上班
2去快递点查找快递
3背英语课文一小时
4整理新电脑
5背英语一小时
6调整电脑
7接杨隽下班
8烘干衣服

20180830
1和微博客服
2送杨隽上班
3发送作品文
4背英语课文一小时
5与联想集团
6背英语一小
7接杨隽去看
8回复意大利

杨父：我跟你说啊，事已至此。
Yang's Dad: I tell you, when things have reached this point.



艺术是真空 3 Art is Vacuum 3

2018

行为及录像文献 performance and video documentation

双频录像 two-channel video: 彩色, 有声 color, sound: 57'58", 黑白, 无声 b&w, silent: 18'35"

<https://vimeo.com/368761978> password: whitespace

<https://vimeo.com/316589011>

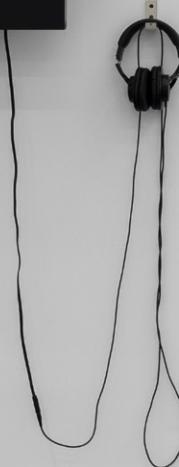
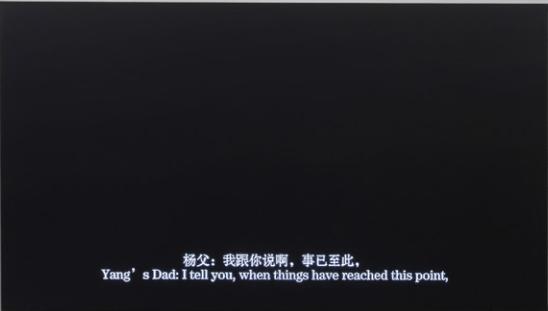
李燎杜撰了一个纪录片拍摄项目，通过 MMK 美术馆发函至他岳父的上级部门，申请开展一项对农村基层干部的访谈，名义上是对红色革命老区文化脉络的寻访，以及新中国改革开放的新农村文化建设的调研。一位美学博士、一位乐队主唱和岳父一起在湖面上进行访谈，李燎拿起摄像机展开行为。本作延续了《艺术是真空 1》的内在诉求——艺术到底能改变什么。在金钱失效后，李燎试图用名望、权力来缓解他与岳父之间的关系，作为拍摄者，摄影机的记录作用只是附带，更确切的是掌握摄影机时身份权力的变化，李燎可以肆无忌惮的拿起镜头冲向岳父，而景象里却是湖面泛舟，其乐融融。

Li Liao fictionalized a documentary film project, where he had the MMK Art Museum sent an invitation letter to his father-in-law's superior, in which he requested the permission to interview a cadre working on the village level, in the name of surveys on cultural genealogies in the former revolutionary sites and research on the building of new countryside culture since China's Economic Reforms. An American Ph.D. candidate, the lead singer of a music band interviewed his father-in-law on the lake, where Li Liao held the video camera and documented this performance. Art is Vacuum 3 extends the quest set with Art is Vacuum 1 - what art can change. Once money becomes irrelevant, Li Liao tried to alleviate his relationship with his father-in-law with fame and power. As the filmmaker, the documentary role of the camera is only a vehicle, but more accurately, the camera had given him the power to record, where he could point the lens at his father-in-law any way he wanted to, while the setting was placed peacefully in a boat on the lake.





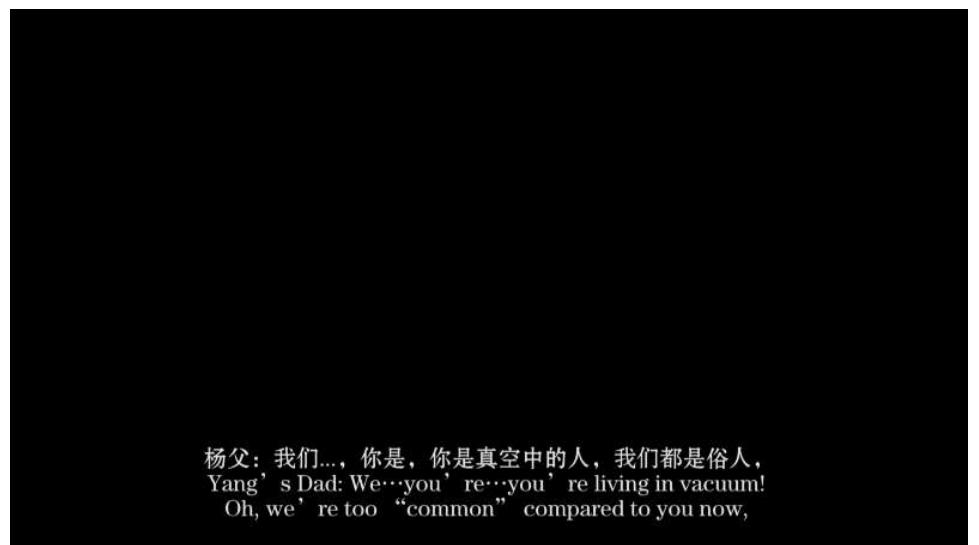
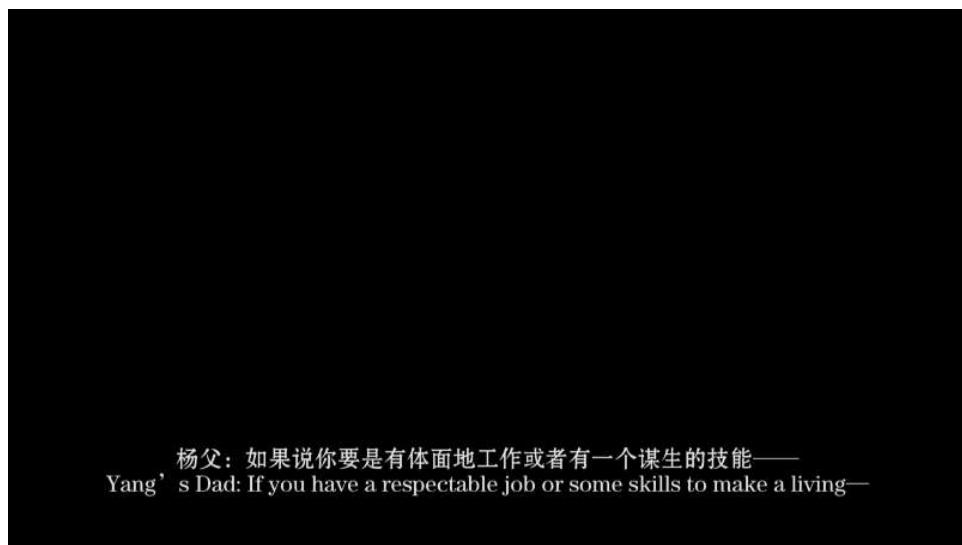
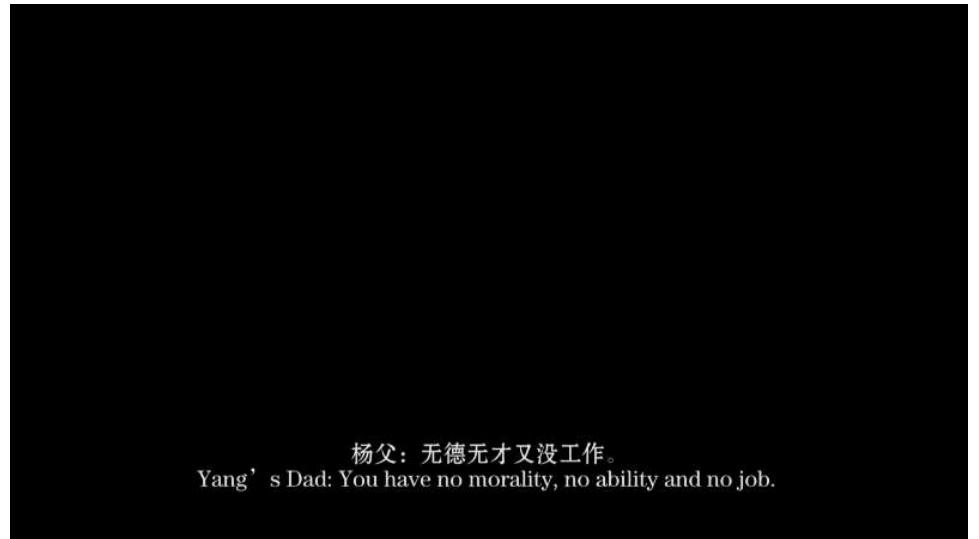
岳父：嗯，对，就把它重新一梳理
Father-in-law: Yes, right, we reorganize them





艺术是真空 2 Art is Vacuum 2

2013-2015, 行为, 单频录像 (彩色, 有声)
performance, single channel video (color, sound), 2'47"
<https://vimeo.com/232434703>



艺术是真空 1 Art is Vacuum 1

2013, 行为及录像文献 performance and video documentation, 单频录像 (有声) single channel video (sound), 12'04"

<https://vimeo.com/368759167> password: whitespace

做更好的人 To Be A Better Man

2019

单频录像（彩色、有声）single channel video (color, sound)

189'45"

<https://vimeo.com/368768218> password: whitespace

李燎非常渴望成为一个中产，在观察中产具备的普遍符号后，决定采取一种诙谐的论调——“当你和他一样了，不是也是”，先到达结果。于是他选择了健身和英语，在一年的时间里每天健身、每天学英语，并严格模拟妻子的作息时间，朝九晚九，学习过上一个中产的生活。李燎以视频的方式展现了锻炼后得来的腹肌并配上 60 篇《新概念英语》课文，每篇朗读七遍（从朋友那得来的秘诀，这本书背完就会英语了，李燎已每篇七遍的背完），又将自己的完美腹肌如战利品形塑成希腊雕塑般的汉白玉石像。在对腹肌翻模过程中的硅胶，则与新概念英语课文融合为一体，成为李燎内外兼修的象征。

Li Liao hopes to become a member of the middle-class. Once he observed the general signs of this class, so he decided to first achieve the outcome through an absurd theory, "Once you look the same, you would become something even if you are not." So he chose to exercise and study English. For one year, he did these two things every day while strictly following his wife's work hours, getting up at nine and going to bed at nine, learning about the life of the middle-class. The video documents the six-pack he's built and the 60 English essays he has read 7 times each (A trick for studying English he adopted from a friend, with the promise that once he has recited each essay 7 times, he would be able to speak English). He shaped his perfect abdominal muscles into a white Greek marble statue as if it is a trophy. In the process of molding his six-pack, the silica gel is integrated with the New Concept English text, which becomes a symbol of Li Liao's refinement both inside and outside.



Lesson 55 From the earth: Greetings

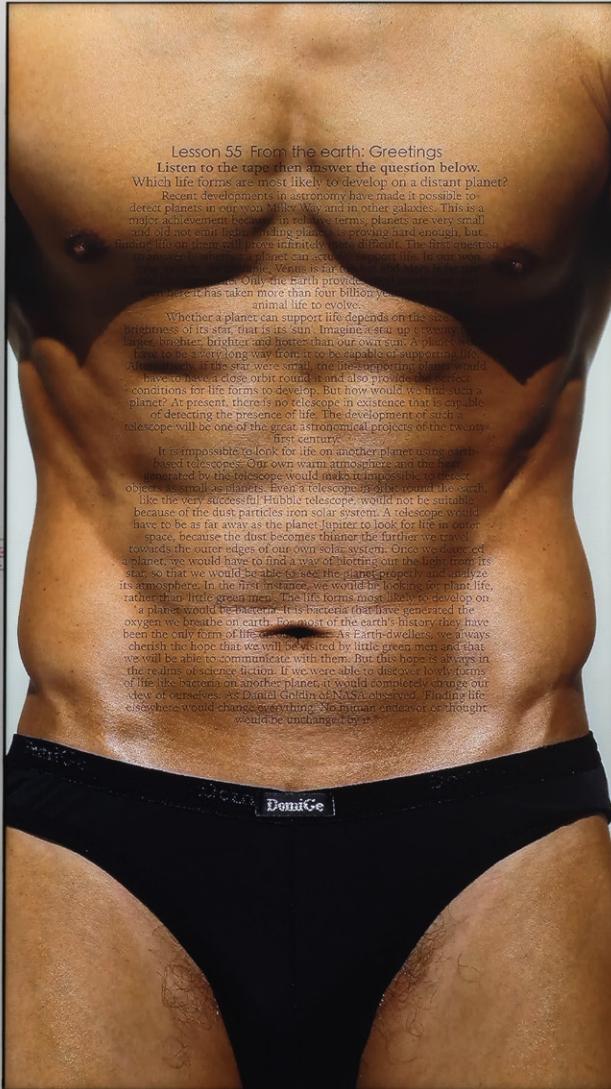
Listen to the tape then answer the question below.

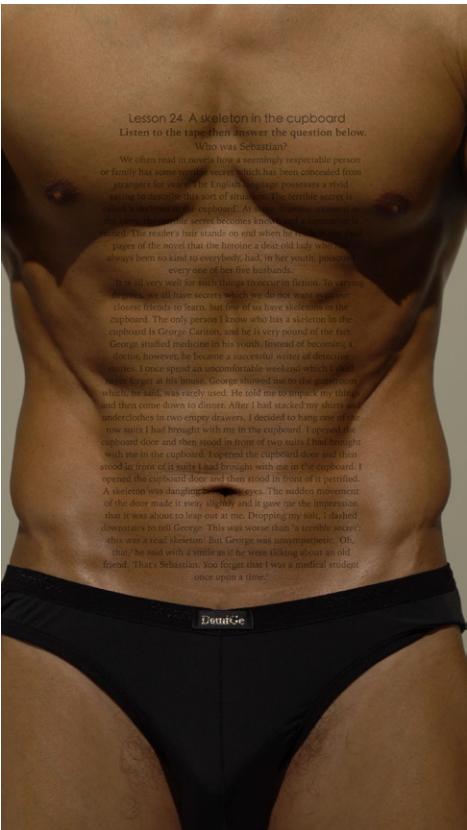
Which life forms are most likely to develop on a distant planet?

Recent developments in astronomy have made it possible to detect planets in our own Milky Way and in other galaxies. This is a major breakthrough, because to date no other planets were known, and old and new light-emitting planets are proving hard enough, but, finding life on them will prove infinitely more difficult. The first question to answer is whether a planet can actually support life. In our own solar system, for example, Venus is far too hot and Mars is far too cold for life to exist. Our sun provides the energy that makes life possible here. It has taken more than four billion years for animal life to evolve.

Whether a planet can support life depends on the size and brightness of its star, that is its sun. Imagine a star up twenty times larger, brighter and hotter than our own sun. A planet would have to be very long was from it to be capable of supporting life. Alternatively, if the star were small, the life-supporting planet would have to be closer to orbit in order to receive the same perfect conditions for life forms to develop. But how would we find such a planet? At present, there's no telescope in existence that is capable of detecting the presence of life. The development of such a telescope will be one of the great astronomical projects of the twenty-first century.

It is impossible to look for life on another planet using earth-based telescopes. Our own warm atmosphere and the heat generated by our planet make it impossible to look for life on other planets from our vantage point. Even a telescope of enormous strength, like the very successful Hubble telescope, would not be suitable, because of the dust particles iron solar system. A telescope would have to be as far away as the planet Jupiter to look for life in outer space, because the dust becomes thinner the further we travel towards the outer edges of our own solar system. Once we detected a planet, we would have to find a way of blotting out the light from its star, so that we would be able to see the planet properly and analyze its atmospheric layer. The problem is that the best way to detect life, rather than little green men, is for life forms must have to develop on a planet without a star. It is bacteria that have generated the oxygen we breathe on earth. For most of the earth's history they have been the only form of life on our planet. As Earth-dwellers, we always cherish the hope that we will be visited by little green men and that we will be able to communicate with them. But this hope is always in the realms of science fiction. If we were able to discover lovely forms of life like bacteria on another planet, it would completely change our view of ourselves. As Daniel Goldin of NASA observed, "Finding life elsewhere would change everything." An human endeavor or thought would be unchanged by it.





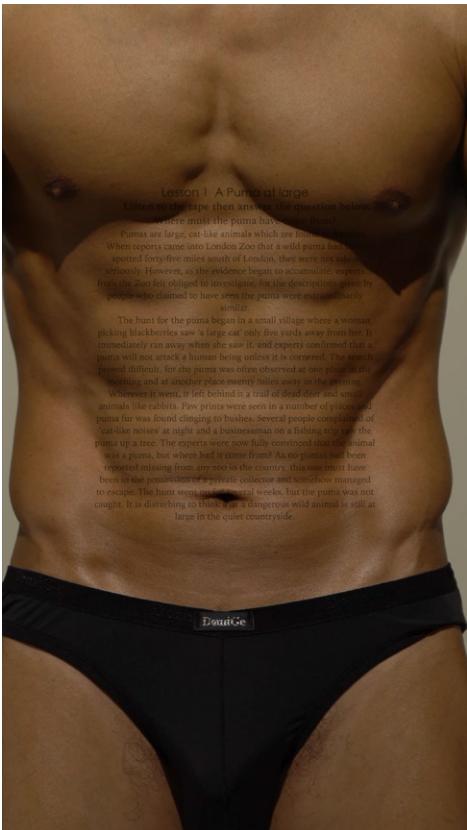
Lesson 24 A skeleton in the cupboard
Listen to the tape then answer the question below.

Who was Sebastian?

We often read in novels how a seemingly respectable person or family has some terrible secret which has been concealed from strangers for years. The English language possesses a vivid saying to describe this sort of situation. The terrible secret is called a *skeleton in the cupboard*. The secret becomes known when a reputation is ruined. The reader's heart stands on end when he realises that the last pages of the novel that he bought a dear old lady will have always been so kind to everybody, had, in her youth, poisonned every one of her five husbands.

It is all very well for such things to occur in fiction. In varying degrees, we all have secrets which we do not want even our closest friends to learn, but few of us have skeletons in the cupboard. The only person I ever heard has a skeleton in the cupboard is George Cukor and he is a victim of it. When George studied medicine in his youth, instead of becoming a doctor, however, he became a successful writer of detective stories. I once spent an uncomfortable weekend which I shall never forget at his house. George allowed me to the guestroom which, he said, was rarely used. He told me to unpack my things and then come down to dinner. After I had stashed my shorts and undershorts in empty drawers, I decided to hang one of the many suits I had brought with me in the cupboard. I opened the cupboard door and saw that there were two suits I had brought with me in the cupboard! I pushed the cupboard door aside and stood in front of it. One suit I had brought with me in the cupboard. A skeleton was dangling in my eyes. The sudden movement of the door made it wavy slightly and it gave me the impression that it was about to leap out at me. Dropping my suit, I dashed upstairs and emerged a few moments later than 'a terrible secret' was revealed after George's death. George died in New York, Och.

That's what he said with a smile as if he were talking about an old friend. That's Sebastian. You forgot that I was a medical student once upon a time."



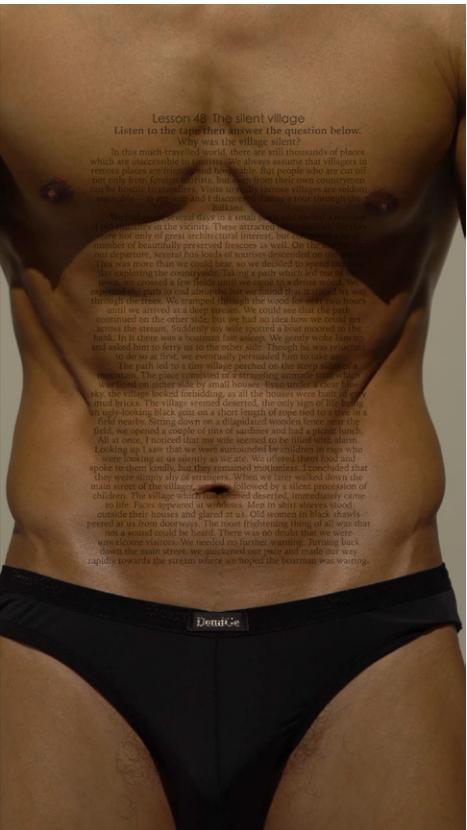
Lesson 1 A Puma of large size
Listen to the tape then answer the question below.

Where must the puma have been?

Pumas are large cat-like animals which are found in South America. When reports came into London Zoo that a wild puma had been spotted forty-five miles south of London, they were not taken seriously. However, as the evidence began to accumulate, experts from the Zoo felt obliged to investigate, for the descriptions given by people who claimed to have seen the puma were extraordinarily similar.

The hunt for the puma began in a small village where a woman picking blue berries saw a large cat with a neck and a long tail. It immediately ran away when she saw it, and experts confirmed that a puma will not attack a human being unless it is cornered. The search proved difficult, for the puma was often observed at one place in the morning and at another place twenty miles away in the evening.

Whenever it went, it left behind in a trail of dead deer and small animals like rabbits. Paw prints were seen in a number of places and puma fur was found clinging to bushes. Several people complained of 'catlike noises' at night and a busman who was driving traps over the paths in the village now found himself being followed by a puma. The experts, who now fully concerned, finally decided that it was a puma, but where had it come from? As no puma had been reported missing from any part of the country, this one must have been in the possession of a private collector and somehow managed to escape. The hunt went on for several weeks, but the puma was not caught. It is disturbing to think that a dangerous wild animal is still at large in the quiet countryside.



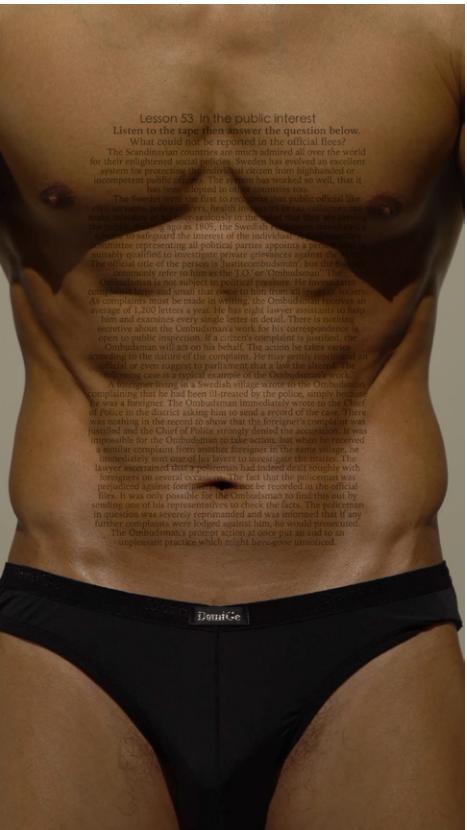
Lesson 48 The silent village
Listen to the tape then answer the question below.

Why was the village silent?

In this much-travelled world, there are still hundreds of places which are successfully hidden. We also assume that villages in remote places are friendly and hospitable. But people who are cut off not only from foreign tourists, but even from their own countrymen, can become unfriendly and even hostile. This is what happened to us— as my wife and I discovered during a tour through the mountains of Sweden.

We had been in a small town for a number of hours and it was the only place of great architectural interest, but the town was not of much importance. On the way back to our departure, several bus loads of tourists descended on the town. This was more than we could bear, so we decided to go outside. We had to walk for a long time, but eventually we reached a field. Then, we crossed a few fields until we came to a dense wood. We walked through the trees and bushes until we came to a small stream. We sat down there while we waited for the bus to arrive. It was nearly dark when we arrived, but we had to wait for two hours until we arrived at a deep stream. We could see that the path continued on the other side, but we had no idea how we could get across. There was a boat tied to a tree on the bank. In it there was a boatman fast asleep. We gently woke him up and asked him to ferry us to the other side. Through he was reluctant to leave his boat, he eventually agreed.

The path led to a tiny village perched on the steep side of a mountain. The place consisted of a straggling number of houses built by small boys. The houses were built of logs and sticks. The sky, the village looked forbidding; as all the houses were built of mud bricks. The village seemed deserted, that only sign of life was a dog barking. We were the first visitors to the village. We stopped in a field nearby. Sitting down on a dilapidated wooden fence near the field, we opened a couple of cans of sardines and had a picnic lunch. I took a can of sardines and a can of beans and a can of ham. Looking up I saw that we were surrounded by children in rags who were looking at us asently as any group of outsiders. They were simply shy of strangers. When we later walked down the main street of the village, we were followed by a stream procession of children. They were all carrying sticks and stones. One of them to life. Faces appeared at windows. Men in shirt sleeves stood outside their houses and stared at us. Women in their dresses showed up at the front doors. The most frightening thing of all was that not a sound could be heard. There was no doubt that we were in a voiceless village. We received no further warning, turning back, we went down the street we had come. We moved very rapidly towards the stream where we hoped the boatman was waiting.



Lesson 53 In the public interest
Listen to the tape then answer the question below.

What could not be reported in the official files?

The Swedish Ombudsman comes in much more frequently over the world for their services than for political ones. His office has evolved excellent system for protecting individual citizen from highhanded or incompetent public officials. The Ombudsman has worked so well, that it

The Swedes were the first to recognise that public official like civil servants, police officers, health care workers, collectors and tax officials, etc., should be held responsible for their actions. As early as 1809, the Swedish Ombudsman introduced a committee to safeguard the interest of the individual citizens against administrative departments. The Ombudsman appears a person who is suitably qualified to investigate private grievances against the state. The official title of the person is Justitieombudsman, but he is known as the Ombudsman.

Ombudsman is not subject to political pressure. He investigates complaints which come to him. Ombudsman receives on average of 1,200 letters a year. He has eight lawyer assistants to help him and examines every single letter in detail. There is nothing secret about the work of the Ombudsman. All correspondence is open to public inspection. If a citizen's complaint is justified, the Ombudsman will act on his behalf. The action he takes varies according to the nature of the case. He may issue a formal demand to a minister or even suggest to parliament that a law be altered. The Ombudsman can also write to a newspaper or the Queen.

A foreigner living in a Swedish village came to the Ombudsman complaining that he had been ill-treated by the police, simply because he was a foreigner. The Ombudsman immediately sent the letter to the Chief of Police and directed him to make record of the case. There was nothing in the record to show that the foreigner's complaint was justified and the Chief of Police strongly denied the accusation. It was then that the foreigner approached the Ombudsman again and filed a similar complaint from another foreigner in the same village, he immediately sent one of his lawyers to investigate. The lawyer had the foreigner arrested and beaten very roughly with foreigners on several occasions. The fact that the policeman was persecuted against foreigners cannot be recorded in the official files. It was then that the Ombudsman sent a letter to the Chief of Police, sending one of his representatives to check the facts. The policeman in question was severely reprimanded and asked to make any further complaint which was reported to have been ill-treated by the world power.

The Ombudsman's prompt action at once put an end to an unpleasant practice which might have gone unnoticed.



腹肌 Six Pack

2019, 汉白玉 White Marble, 33×16.5×36.5 cm, Unique



often made to feel guilty

and so carefully were soon in
sight, I saw the Officer's face
as it with delight.
"I am not exempt from
the strange mixture I make
with an unpleasant smell
carried away with precious
旅行,

讽刺地

参考译文

现在的海关官吏，
甚至是被革职的人也
恭恭敬敬。最近一次，我出
了“您有什么需要申办
没有。”我自信地回
答。“请打开这只手提箱好
好的。”我回答说。
那位官员十分仔细地把箱子
关不上了。突然，我看到它
的反光，他讥讽地说，
“嘿，这是香港水，”我说，“是生
水，这不是香港水，”我叫喊着，
“一闻吧！”我立即将瓶
子打开。

“手提箱好。”我回答说。“十分仔细地把箱子再关不上了。我看到官吏再关不上了。*surprisedly*，那位官员十分仔细地把箱子起来。“香水，嗯？”他讥讽地说，“是‘*enough*’，这不是香水，他并不相信我。”我说。“果不出所料，他并不相信我。”我催促：“你就用一闻吧！”海关官员打开瓶盖，把瓶子放到行，手提划着宝贵的粉笔，*shaking*。

summary writing 摘要
not more than 80 words
not include anything
other than these questions:
What did the writer have?
Did the Customs Officer find it?
What do you think was in the bottle?
What did the writer tell him?
What does he think?
What does the writer say about the bottle?

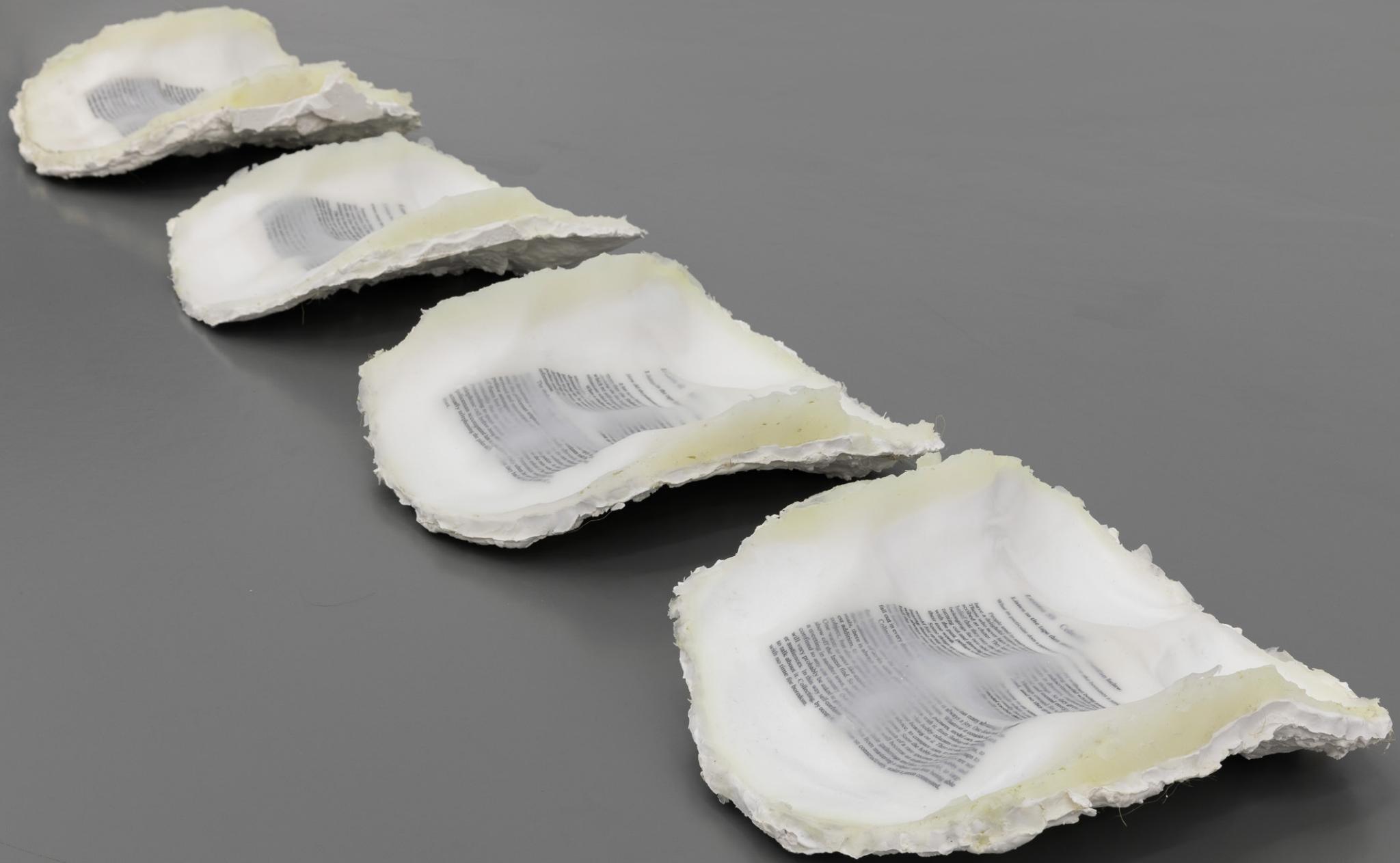
宝贵的粉笔笔记
choleko 14

summary writing 摘要

In not more than 80 words
Do not include anything
Answer these questions:

- 1 Did the writer have?
- 2 What did the Customs Officer do?
- 3 Did the Customs Officer believe him or not?
- 4 What did he find?
- 5 What did he think was in the bottle container?
- 6 What did the writer tell him in the bottle container?
- 7 Who had made it?
- 8 Did the Customs Officer encourage the writer to do?
- 9 What convinced the Officer that the writer was telling the truth?
- 10 What convinced the Officer that the writer was telling the truth?
- 11 Did the Officer let the writer pass through the Customs or not?

summary writing



新概念腹肌 New Concept Six Pack

2018-2019, 石膏, 硅胶, 丝绸 plaster, silica gel, silk , 34×40×12 cm

他们的阳台不晾衣服 They Don't Hang Clothes on the Balcony

2018-2019

烘干机废料 lint collected from a dryer

整体尺寸可变 overall dimensions variable

作为模仿中产生活的方式之一，李燎将干衣的方式从阳台晾晒改为用干衣机烘干。在为期一年的时间当中，他收集了烘干机中残留的衣物废料，将他们重新制作成干净整洁的布。

As one of the ways imitating a middle-class living, Li Liao changed the way of drying clothes from the balcony to a clothes dryer. Over the one-year period, he collected the laundry waste left in the dryer and remade them into clean and tide cloth.



他们的阳痿不等于衣服



软弱性 Fragility

2019

肥皂，海绵，铝板，单频录像（彩色，无声）soap, sponge, aluminum plate, single channel digital video (color, silent)

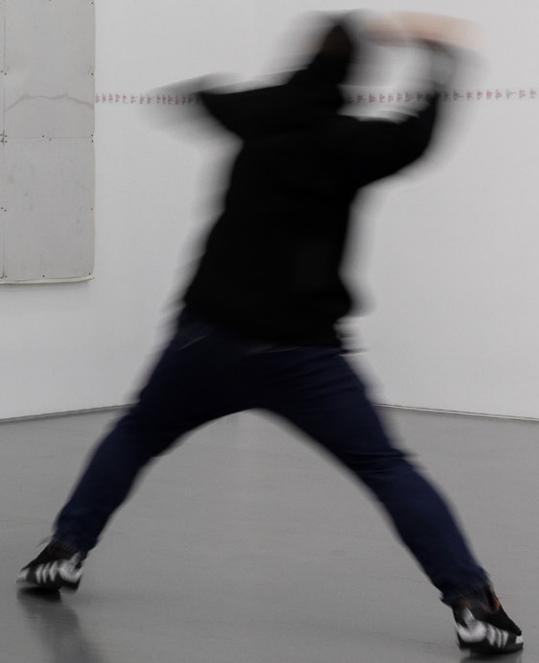
35"

整体尺寸可变 overall dimensions variable

<https://vimeo.com/368758099> password: whitespace

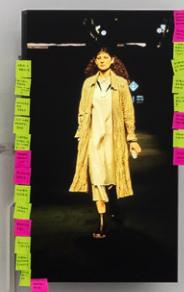
李燎某次看到家里洗手池上肥皂的形状很怪异，询问妻子多次后得知，是一次争吵后妻子摔肥皂发泄形成。这个行为对于当下的经济生活是最具性价比的发泄方式，肥皂又硬又软，基本上不会损坏财产，投掷又是个非常好的锻炼方式，也具备街头革命的形式感，于是他们协商，只要是生气了，就去摔肥皂。

Li Liao found the shape of soap in the bathroom sink at home rather odd. He asked his wife and found out if she had thrown it multiple times when they quarreled. This kind of approach to release anger seems to be the most cost-effective in the current life economy, because the soap is hard yet malleable, that does not cause any damage to personal assets, and throwing can also be considered a good way to exercise, which to a certain extent, mimics the forms of behaviors in street riots. So, the artist and his wife agreed, any time anyone of them gets upset, one should throw soap around.





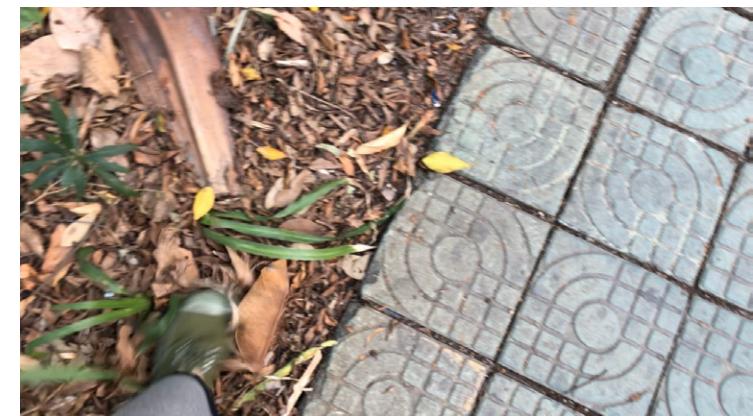
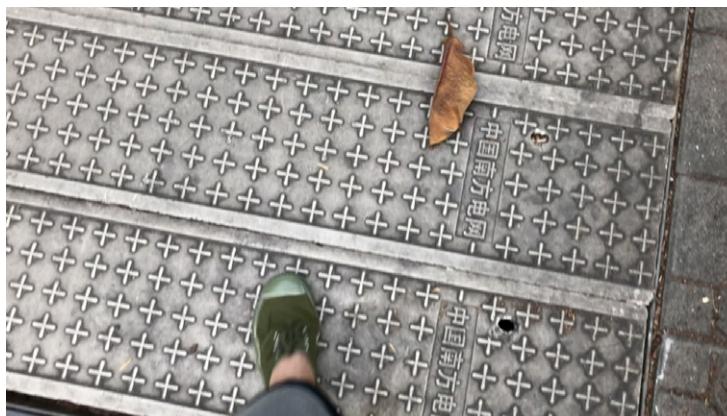
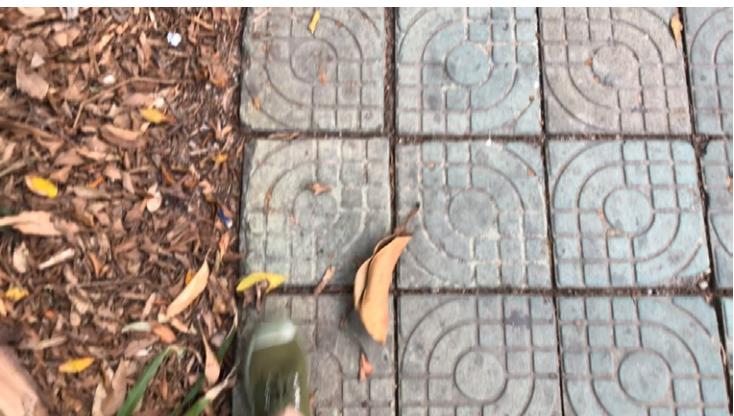
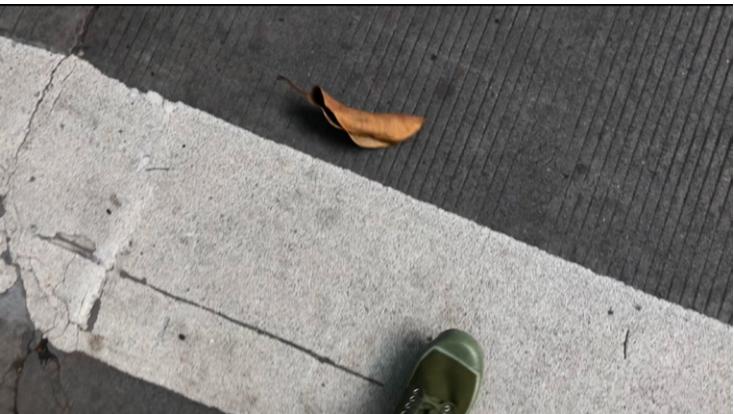




你的时间是老板的，你的身体也是老板的







秋风 Autumn Breeze

2018, 行为及录像文献 performance and video documentation

单频录像（彩色、有声）single channel video (color, sound), 21'07"; 3D 铜材打印 copper 3D printing, 23×6.5×3.8 cm

<https://vimeo.com/317221622>

天气冷的时候，李燎在经常散步的辅道上踢一片落叶，一直踢到商场里妻子公司的门店。

As the weather cooled down, Li Liao kicked a pile of fallen leaves on the path he often walks on, all the way to the shopping mall, where his wife works.

怎样做一个优秀的**人 How to be an Outstanding ** Employee

2018

单频录像（彩色，有声）single channel video (color, sound)

22'05"

<https://vimeo.com/317006962>

妻子数次拿回公司领导的发言稿让李燎代写读后感。李燎挑出最近的一篇招募了一位整形美女把其演讲出来，之后再没写过读后感。

Li Liao's wife has brought back the speech given by the head of her company and asked him to write a reader's response. Li Liao chose one of the most recent ones and hired a woman who's done plastic surgery to read it out loud, but had not ever written more responses.



剩余价值 Surplus Value

2018-2019

碎布头，订书针，办公椅 neadend, staple, office chair

整体尺寸可变 overall dimensions variable

李燎委托妻子在公司工作之余收集公司的废布头，在繁忙的工作时间见缝插针的在布头上订满订书针，以此来缓解工作上的压力，一个看似薅资本主义羊毛的行为，同时却也是李燎和老板对妻子的双重剥削。

Li Liao commissioned his wife to collect shreds of fabric from her company in her spare time and staple these shreds together whenever she could find the time, as a way of alleviating the pressure of her job. A task that seemingly takes advantage of capitalism, in fact, generates dual exploitations of the artist's wife by both the artist and her boss.





以彼之道，还施彼身 An Eye for an Eye and a Tooth for a Tooth

持续性项目 an on-going project

视频《水晶石》，便签条，不锈钢字，水晶石 video Crystal Stone, sticky note, stainless steel word, crystal stone

水晶石 Crystal Stone

2016, 单频录像 (彩色、有声) single channel video (color, sound), 4'53"

<https://vimeo.com/304512369>

李燎的妻子在一家服装设计公司工作，这家公司的老板出于一种对于“健康生活与工作”理念的笃信，将其化入公司文化建设，制定了一条内部规定，员工工作之余每天要行走一万步，用微信运动功能呈现证明，如果没有完成这个任务，就要扣减奖金。而李燎的妻子在繁忙工作之余很难完成这一任务，于是李燎就帮助她作弊，用摇晃手机的方式产生虚假的“计步”数量。在这一事件中，一种“观念”（健康生活）产生行为规则（每人每天走一万步），进而因为各种原因，预期的目标行为（步行）被异化成另一种事与愿违或风马牛不相及的行为（摇手机）。最终，摇手机这一异化行为本身产生了某种意味，并凝固为“有意味的形式”（克莱夫·贝尔）。

出于对这一形式的关注，李燎通过妻子开启了一项潜伏式的项目：让他们公司服装展示走秀的模特每人手持一个水晶石，在走秀过程中不停晃动，以此对应和延续晃手机完成步行任务的这一行为。

Li Liao's wife has been working at a fashion design company. Her boss is a "healthy lifestyle" enthusiast and stipulated rules for the staff to improve the corporate culture: in addition to the daily work, the staff is required to complete 10,000 steps on WeRun, a step monitoring account on Chinese messaging app WeChat. Bonuses and allowances will be deducted if anyone failed to achieve this goal. Li's wife's busy schedule forbids her from completing this task, so the artist helped her by shaking the cellphone to increase steps on WeRun. In this case, a concept (healthy life) causes an action rule (10,000 steps per day for each person) that distorts the expected goal (walking) into an unrelated performance (shaking the cellphone). In the end, the action of shaking the cellphone in and of itself generates meanings and becomes a "significant form" in the sense of Clive Bell.

Out of his interest in this form, Li Liao started a secret project in response to the action of shaking the cellphone via his wife: at a fashion show released by the company, each model was required to hold a crystal stone and shake it constantly during the show.



你的时间是老板的，你的身体也是老板的





员工每周要有三天步行超过一万步，否则，一次没完成罚100 RMB。

“保持健康，才能更好的上秒速”

妻子没有时间完成家务。

我开始帮她。
(艺术家很闲)

我拿着她的手机跑步。

需要两个小时。
太累了。

于是我发现了
一个作弊的方法。

用手指手机，
是会轻松和
更快的达到一万步。

我经常一边看着电视剧一边
摇手机

看起来像个
神经病。



