

## **APPENDIX 4**

### **PERSONAL INTERVIEW WITH RAMON FERNANDEZ (20 OCTOBER 2010)**

Lynn Fernandez: Ramon how do you feel when you dance and when you play tennis?

Ramon Fernandez: When I dance I feel part of a family. I don't feel I have to take on everything on my own. Dancing allows me to express my feelings ... it makes me feel good about myself ... on stage I feel something inside me taking over and filling my body with happiness. When I am angry I can express it through the way I hit the ball ... but its more a rush of adrenalin ... I feel great when I hit a good shot ... but you can't show it as much in tennis ... it's a different kind of feeling in dance...in tennis I need to feel tense and tough ... I'm there to win ... fight ... dance is not a fight ... its becoming one with yourself ... dance is being the best you can be ... tennis is trying to be better than the other ...

## **APPENDIX 5**

### **VIDEO CLIPS 1-77**