ZEN BASKETBALL

DIRECTOR
Mike Hoolboom

DURATION
4:30

YEAR
2020

ORIGINAL LANGUAGE
English

CATEGORY
Experimental



DESCRIPTION
In a series of simple frames, the often misunderstood practice of Zen takes shape as basketball bliss. Now in retirement, the greatest defensive player of the amateur leagues continues to practice on a remote island, far from the madding crowds. His techniques and dedication undergo continual refinement, revealed here in this startling exposé.

SOUND
Stereo

SHOOTING FORMAT
Digital

KEYWORDS
Sport, basketball, practice, zen

THEMES
Private life