

## ZEN BASKETBALL

**DIRECTOR**

Mike Hoolboom

**DURATION**

0:04

**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

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**KEYWORDS**

Sport, basketball, practice, zen

**THEMES**

Private life