

# JOSÉ ARCADIO LIMÓN

1908 – 1972



José Limón developed what is now called the “Limón technique,” emphasizing the natural rhythms of fall and recovery and the interplay between weight and weightlessness.

*Limón.org*

José Arcadio Limón was one of the 20th Century’s most influential dancers and choreographers in American Modern Dance.

Limón was born in Culiacán, Mexico, the eldest of twelve children. In 1915, his family fled the revolutionary turmoil in Mexico and settled in Los Angeles, California. Limón studied art for one year at UCLA before moving to New York City in 1928. In New York, he enrolled in a school to study dance and choreography, after attending a modern dance performance. Within a year, he had performed on Broadway and choreographed his first dance.

In March 1943, Limón was drafted into the United States Army, spending most of his time directing and choreographing performances for the troops. In 1946, after his discharge, he founded the José Limón Dance Company. Limón often explored political and humanistic themes in his work. In 1951, he began teaching dance at the Julliard School.

In 1954, Limón was chosen by the State Department as the first artist of any medium to serve as a cultural ambassador, touring South America and Europe. His company performed at the White House and as the first modern dance performance at the New York Shakespeare Festival Theater in Central Park and at New York’s Lincoln Center.

In 1964, Limón was awarded the Capezio Award and appointed artistic director of the American Dance Theatre at Lincoln Center.



While in the U.S. Army, José Limón choreographed several pieces to entertain the troops.

Limón’s most famous work is “Moor’s Pavane,” a ballet he choreographed in 1949 based upon the tragedy “Othello” by William Shakespeare.

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