

BREAK YOUR BOUNDS

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Erik Clausen, Denmark, 2000

98 min. | DK/Feature



Bent lives in a working class district once celebrated for its solidarity but now divided and self-centred. When he falls for a solo mother, Vibeke, he thinks there's a chance of a fresh start; Vibeke, who looks like a Madonna, is beset by problems that fill her with distrust and make it difficult for her to commit herself to anyone. There is also the age gap of twenty years between them, and in her eyes Bent is an old-fashioned oddball. But the former boxer is also a man who knows how to retaliate when life tries to knock him down. "Break Your Bounds!" was what his father used to say, advice that Bent is adept at following.

Basic information

Credits

Festivals & awards

Materials

Original title	Slip hestene løs
Danish title	Slip hestene løs
Other titles	Break your bounds
Director	Erik Clausen
Screenplay	Erik Clausen
Director of Photography	Dirk Brüel
Editor	Ghita Beckendorff
Sound	John Nielsen
Composer	Anders Bækholm Jensen
Production designer	Palle Nybo Arestrup
Appearances	Erik Clausen , Marianne Frost , Ricky Vends , Elith Nulle Nykjær Jørgensen
Production country	Denmark
Production companies	Clausen Film
Domestic distribution	Sandrew Metronome
International sales	Clausen Film ApS / Enghave Plads 14 / 1670 København V / t +45 3321 1968 / c +45 2859 5430 / f +45 3324 1968 / clausenfilm@pc.dk / www.erikclausen.dk
Festival information	Danish Film Institute
Technical info	2698 meter, 35 mm, Widescreen, color, Dolby, SRD
Danish theatrical release	11.08.2000
Cinemas	Dagmar, Palads, Palladium, Lyngby Teatret, Reprise Teatret, Gladsaxe Bio, BioCity (Tåstrup), Kastrup Bio, Baltoppen Bio 1-2, Albertslund Bio, Glostrup Bio Desuden 39 biografer i provinsen.
DFI subsidy	Konsulentstøtte
Danish rating	Not recommended for children under 7