

ACTOR TRAINING NOTES

Make a list of skills you think all professional actors must have:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

HOW DO ACTORS OBTAIN THESE SKILLS?

Actor Training began about 100 years ago in Moscow, Russia with...

CONSTANTIN STANISLAVSKY (1863-1938)

His Goal was _____

HE DEVELOPED EXERCISES THAT EMPHASIZED:

- _____ – breathing and stretching (tension is bad)
- _____ – mental and physical focus on the 5 senses
- _____ – body control and ensemble work
- _____ – re-experiencing moments from the past for presenting believable emotions on stage
- _____ – believing fully and truthfully in your given circumstances like a child

We can best see Stanislavsky's goal accomplished through the performance of a **MONOLOGUE:** _____

FOCAL POINTS OF THE MONOLOGUE:

1. _____ Monologue – focus is on the audience
2. _____ Monologue – focus is on another character – established by selecting a fixed point above the audience's heads
3. _____ – focus is internal

ACTOR TRAINING

Acting Skills

- Vocal quality
- Body control
- Listening
- Memorization
- Reading comprehension
- Commitment to scene
- Playfulness
- Theatre knowledge
- Comfort onstage
- Work ethic
- Positive attitude
- Creativity
- Researching
- Past Experiences

Acting Trainer:
Constantin Stanislavsky
 (1863-1938)

HIS GOAL: to see
 actors perform realistic
 (believable)
 human behavior on a
 consistent basis



DEVELOPED EXERCISES THAT EMPHASIZED:

Relaxation – breathing and stretching (tension is bad)

Concentration – mental and physical focus on the 5 senses

Tempo/Rhythm – body control and ensemble work

Affective Memory – re-experiencing moments from the past for presenting believable emotions on stage

Naiveté – believing fully and truthfully in your given circumstances like a child

ACTING EXERCISES

- Relaxation exercise
- Imaginary Object Throw
- 1234 Clap
- St. Peter, St. Paul, St. John
- Living in the Pause
- Living Statue
- Favorite Birthday Story
- Eight-count Shakedown
- Mirror Game
- Staring Contest
- Ball Game

We can best see Stanislavsky's goal accomplished through the performance of a monologue.

THE MONOLOGUE

A monologue is long speech given by one actor within a play or for auditions/competition.

**FOCAL POINTS of the
MONOLOGUE**

1. Narrator Monologue – focus is on the audience
2. Character Monologue – focus is on another character – established by selecting a fixed point above the audience's heads
3. Soliloquy – focus is internal

**PUT YOUR NOTES AWAY AND
MOVE YOUR DESKS IN. THERE
SHOULD BE NO EMPTY DESKS
IN THE NEW, SMALLER CIRCLE.**

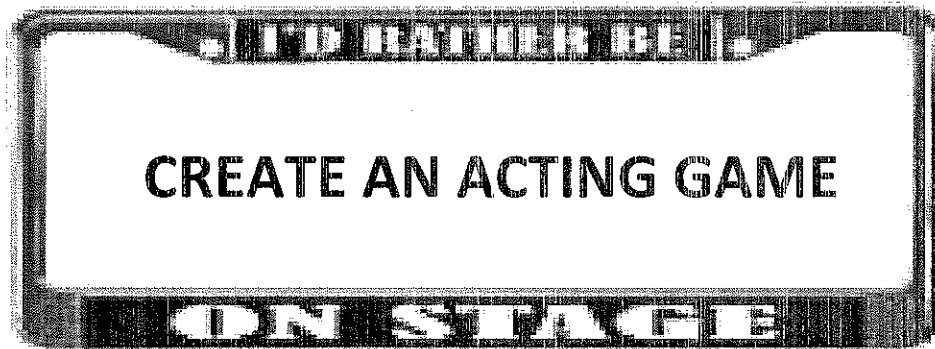
YOUR ASSIGNMENT:

In groups of 2-4, create an original acting exercise.

Your game must:

- include everyone
- emphasize relaxation, concentration, tempo-rhythm, affective memory OR naivete
- have a purpose that we can apply to acting

DUE _____



ASSIGNMENT:

In groups of 2-4, create an original acting exercise. Create a NEW game!

Your game must:

- include everyone in class

Your game must:

- emphasize relaxation, concentration, tempo-rhythm, affective memory OR naivete

Your game must:

- have a purpose that we can apply to acting

Group Members' Names

Acting Purpose of Game:

Circle at least 2:

RELAXATION CONCENTRATION TEMPO/RHYTHM AFFECTIVE MEMORY NAIVETE

Explain how to play the game:

Explain how the game relates to acting:

Name _____ Period ____ Date _____

ACTOR TRAINING REVIEW

Explain how we played these games and then match the activities with its purpose.

- | | |
|--|---------------------------------|
| A. Relaxation – releasing tension | D. Affective Memory - recalling |
| B. Concentration – 5 senses | E. Naivete – like a child |
| C. Tempo/Rhythm – ensemble
movement/sound | F. Spontaneity – top of head |
| | G. Building Character |

1. ___ Relaxation exercise

2. ___ Imaginary Object Throw

3. ___ 1234 Clap

4. ___ St. Peter, St. Paul, St. John

5. ___ Living in the Pause

6. ___ Favorite Birthday Story

7. ___ Eight-count Shakedown

8. ___ Mirror Game

9. ___ Half-Time Improv

10. ___ Party Quirks Improv

11. ___ Da-Do-Ron-Ron

12. ___ What Are You Doing?

DO NOT WRITE ON THIS TEST!!!!

ACTOR TRAINING TEST ANSWER SHEET

1. _____
2. _____
3. _____
4. _____
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33. _____
34. _____

BONUS
