ACTOR TRAINING NOTES

Make a list of skil	lls you think all professional actors must n	
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		ALLEGE CONTRACTOR OF THE CONTR
	HOW DO ACTORS OBTAIN THESE SKILI	 LS?
Actor Training be	egan about 100 years ago in Moscow, Russ	ia with
CONSTANTIN STA	ANISLAVSKY (1863-1938)	
His Goal was		
HE DEVELOPED E	XERCISES THAT EMPHASIZED:	
	– breathing and stretching (tension is	bad)
	– mental and physical focus on the	5 senses
	– body control and ensemble w	vork
		oments from the past
for presenting be	elievable emotions on stage	
harinania a santa sa	– believing fully and truthfully in you	r given circumstances
like a child		
We can best see :	Stanislavsky's goal accomplished through	the performance of a
FOCAL POINTS OF	F THE MONOLOGUE:	
	Monologue – focus is on the audi	ence
2.	Monologue – focus is on anothe	r character –
	electing a fixed point above the audience's	
•	– focus is internal	

ACTOR TRAINING

Acting Skills

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

<u>Tempo/Rhythm</u> – 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:

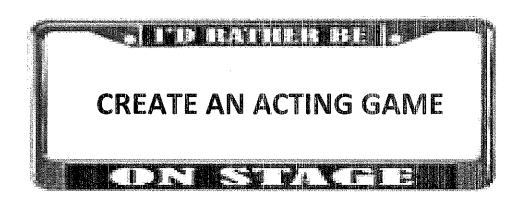
In groups of 2-4, create an original acting exercise.

Your game must:

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

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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, temporhythm, affective memory OR naivete

Your game must:

- have a purpose that we can apply to acting

Group Members' N	Names		
Acting Purpose of Circle at least 2:	Game:		anikala di konikemo
RELAXATION CONCENTRATION	TEMPO/RHYTHM	AFFECTIVE MEMORY	NAIVETE
Explain how to pla	y the game	<u>م</u>	
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		ang katalah jaga mila-dajan milak katalah dajahak kepadanyan Jarah yang ang pabab katal	ro kraučien i i nikimuori i kodiki kili kraužuskindoskreta i kisti
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Explain how the ga	ame relate	s to acting:	
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Name	Period Date					
	ACTOR TRAINING REVIEW					
Explai	n how we played these games and then match the activities with its purpose.					
В.	Relaxation – releasing tension Concentration – 5 senses Tempo/Rhythm – ensemble movement/sound D. Affective Memory - recalling E. Naivete – like a child 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

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BONUS				
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