



# THE ACTORS SPACE

*International theatre & film training*

## **The Playful Spirit - TAP 9 - September 2015**

During these two weeks we worked with the following:

Presence, Space, Timing and Rhythm

Movement technique

Re-play of daily life

The Neutral Mask

The Elements (Fire, Water, Earth and Air)

The Expressive Masks

The Animals

The Child

The Half Mask

Mask-making (Expressive and Half Mask)

How to devise a scene (space, situation & event)

The Crescendo

Collective Creation

Thematic Heart. What do we want to say?





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Even though there is no formula here are some principals we bare in mind when devising a scene/sketch/play:

- Silence/Stillness
  - Presence (here and now) - (State)
  - Rhythm
  - Space
  - Relationship (with Space or other Character - How does the character feel about the other character?)
  - Conflict - What does your character want? What is stoping them from getting it? Tension - The Push & the Pull
  - Motor of Play (is there one? Is there a 'motor' that is driving the scene?)
  - Crescendo (a scene must build in conflict/tension)
  - The characters states build into emotions/passions
  - The Event
  - Silence/Stillness
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- Poetic depths - what do we want to say? How does Theatre serve society? What do we say to the world? (is it all bad or can things change? Is there hope?)





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About:

**Neutral Mask** (essential dramatic presence) – this mask allows the actor to simplify and modify their own physical habits and idiosyncrasies through a series of special improvisational exercises. The actor un-learns and uncovers the body's full dramatic potential as a blank page, which later will take on different dramatic states and characters.



**Re-Play of Daily Life** – to be authentic, the actor must observe daily life and then convey these situations and incidents without exaggeration or distortion. This work with space, timing and action is a vital building block for later performance and creation.

**The Child** (play, energy, imagination, state and innocence) – play is an innate instinct that we all share and is the driving force of theatre. Through this liberating work the actor becomes released from inhibitions and self-consciousness. Freedom and spontaneity are accepted as our natural state and in this state we allow our imagination and creativity to flourish. We then channel this ability and energy into more sophisticated play and games which we then develop into dramatic and comic creations.

**Mask Theatre** (including mask making) – through mask work we develop the expressive power of the performer through stillness, movement and the dramatic attitudes of the body. By using masks in training the ability and the freedom of the physical actor becomes greatly increased. It is a territory which frees the performer to play in a heightened register.



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**Theatre Creation and Performance** – identifying the motors in the dramatic or comic situation. Working with the dynamics of a scene, playing with rhythm and crescendo.

Through the skills and techniques we explore, you will develop your corporal and poetic senses. You will learn what is playable, how to construct a scene and how to work as part of a creative ensemble. In any given performance situation you will be able to get the most out of yourself as a performer and as an artist. Past participants have applied this physical theatre training into both the devising of new work and classic text based productions.

**The world of Half Masks** - Commedia Dell'Arte is an ancient form of comic theatre that uses Half Mask and Clowning. Today's best comic films, sitcoms and theatre shows are created with the same principles of comedy that were at the heart of this theatre style. Commedia Dell'Arte or 'Comedie Humain', as Jacques Lecoq called it, is steeped in human nature, in the foibles of man and the ridiculous lengths he will go to in order to avoid pain and suffering and to ultimately survive. The animalistic comic territory revealed when playing in a half mask requires the performer to play in a heightened register that goes well beyond naturalism. The universal themes of love, hate, pride, sex, vanity,



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betrayal, power etc emerge and crush the hopes, dreams and desires of the characters as they desperately attempt to fulfil their insatiable cravings... a theatre of action and passion; corrupt bankers and politicians abuse their power and squander the common resources through greed and selfishness, while the innocent are blamed and punished, (sound familiar?)





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A note on **Games**:

Games are great for breaking the ice, team-building, warming up, becoming aware, focused, alert, present and have fun!



Thank you TAP 9!