EXERCISES – STANISLAVSKI ACTING CLASSES

1. Disobeying Hands
   a. Stand in circle – with arms out to the side for spacing
   b. Basic Starting Posture –
      i. heels together, toes a little apart, knees stretched, diaphragm & stomach pulled in, buttocks in, shoulders down & back, chest out, eyes front, relax the neck, check tension in fingers
   c. What - Evoke a mental image of what you are doing with your arms. Express it with your body. Use your spine – it will make your body expressive.
   d. The Movement –
      i. Right arm to the front, raise it, then to the side then back down
      ii. Repeat, but follow with the left arm one move later – R out, R up / L out, R side / L up, etc
      iii. After each movement stop, evoke an image of what you are doing and make sure your body expresses it
2. Vocal Exercise 1
   a. Stand in circle
   b. Basic Starting Posture
   c. What – Voice/Body control – keeping your diaphragm in while you breathe/vocalize
   d. The Exercise –
      i. Inhale, exhale saying "mi" and change to "la". Repeat.
      ii. Pair up.
         1. One member accuses and one defends.
         2. Have a definite image of why you are accusing the others and why you are defending yourself.
         3. Use the sound "mi"
         4. Move your body before you begin the sound and after you finish it. The body must begin the action and it must finish it.
3. Vocal Exercise 2
   a. Stand in a circle
   b. Basic Starting Posture
   c. What – Development of will and memory
   d. The Exercise
      i. First person says a word, second repeats it and adds another, third repeats both and adds a third and so on
      ii. Use only nouns
      iii. The added words should be suggested by the image of the prior word
      iv. Continue until there are too many words to remember. Repeat.
4. Improv 1
   a. What –
      i. In life, whatever you do always takes place in certain given circumstances
      ii. Build awareness of what you do in life
      iii. Building circumstances for actions to avoid mechanical clichés
   b. The Improv –
      i. "Opening a door"
      ii. Group tries to determine the circumstances from what is performed