



AN ACROBAT OF THE HEART

A PERSONAL APPROACH TO
TEACHING AND LEARNING OF THE ART OF JAZZ

STEPHEN WANG
WITH 16 ILLUSTRATIONS BY GAIL BRIDGES
A YOUNG ORIGIN

An Acrobat Of The Heart A Physical Approach To Acting Inspired By The Work Of Jerzy Grotowski

**Franco Chamberlain, Bernadette
Sweeney**



An Acrobat Of The Heart A Physical Approach To Acting Inspired By The Work Of Jerzy Grotowski:

An Acrobat of the Heart Stephen Wangh, 2010-05-05 Courageous and compelling an invaluable resource for actors directors and teachers that can open a pathway to inner creativity The actor will do in public what is considered impossible When the renowned Polish director Jerzy Grotowski began his 1967 American workshop with these words his students were stunned But within four weeks they themselves had experienced the impossible In *An Acrobat of the Heart* teacher director playwright Stephen Wangh draws on Grotowski's insights and on the work of Stanislavski Uta Hagen and others to bridge the gap between rigorous physical training and practical scene and character technique Wangh's students give candid descriptions of their struggles and breakthroughs demonstrating how to transform these remarkable lessons into a personal journey of artistic growth

Physical Dramaturgy Rachel Bowditch, Jeff Casazza, Annette Thornton, 2018-06-27 What is physical dramaturgy While the traditional dramaturg shares research intellectually the physical dramaturg does so viscerally and somatically By combining elements of text history dramatic structure and the author's intent with movement analysis and physical theatre pedagogies the physical dramaturg gives actors the opportunity to manifest their work in a connected and intuitive manner and creates a field that is as varied and rich as the theatre itself *Physical Dramaturgy Perspectives from the Field* explores the ways in which this unique role can benefit the production team during the design and rehearsal phases of both traditional and devised productions Individual chapters look at new ways of approaching a wealth of physical worlds from the works of Shakespeare and other period playwrights to the processes of Jerzy Grotowski Lloyd Williamson Richard Schechner and Michael Chekhov and devising original works in a variety of contexts from Pig Iron Dell Arte International Bill Bowers and mime Tectonic Theater Project and Liz Lerman's Dance Exchange This anthology gives dramaturgs actors and directors new ways of looking at existing methods and provides examples of how to translate combine and adapt them into new explorations for training rehearsal or research

Training of the American Actor (Large Print 16pt) Arthur Bartow, 2010-07 The first comprehensive survey and study of the major techniques developed by and for the American actor over the past 60 years Presented side by side each of the 10 disciplines included is described in detail by one of today's foremost practitioners An invaluable resource both for the young actor embarking on a career and for the theatre professional polishing his or her craft successful acting must reflect a society's current beliefs The men and women who developed each new technique were convinced that previous methods were not equal to the full challenges of their time and place and the techniques in this book have been adapted to current needs in order to continue to be successful methods for training actors The actor's journey is an individual one and the actor seeks a form or a variety of forms of training that will assist in unlocking his own creative gifts of expression

Movement for Actors (Second Edition) Nicole Potter, Barbara Adrian, Mary Fleischer, 2017-01-03 In this updated rich resource for actors renowned movement teachers and directors reveal the physical skills needed for the stage and the screen Readers will gain remarkable insights into the physical skills and

techniques used in a wide variety of performance styles through ready to use exercises and approaches Included in this new edition are chapters covering Stage combat Yoga for actors Martial arts Body mind centering Authentic movement Bartenieff fundamentals Grotowski based movement Those who want to pursue serious training will be able to consult the appendix for listings of the best teachers and schools in the country This inspiring collection is a must read for all actors directors and teachers of theater looking for stimulation and new approaches Allworth Press an imprint of Skyhorse Publishing publishes a broad range of books on the visual and performing arts with emphasis on the business of art Our titles cover subjects such as graphic design theater branding fine art photography interior design writing acting film how to start careers business and legal forms business practices and more While we don't aspire to publish a New York Times bestseller or a national bestseller we are deeply committed to quality books that help creative professionals succeed and thrive We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers **Michael**

Chekhov's Acting Technique Sinéad Rushe, 2019-01-24 Intended for actors directors teachers and researchers this book offers an exceptionally clear and thorough introduction to the renowned acting technique developed by Michael Chekhov Sinéad Rushe's book provides a complete overview of the whole method and includes illuminating explanations of its principles as well as a wide range of practical exercises that illustrate step by step how they can be applied to dramatic texts Part One provides an outline of the ideas that underpin the work which help to prepare practitioners to become responsive and receptive and to awaken their imagination Part Two charts a journey through the foundational psychophysical exercises that can both orient an actor's training routine and be applied directly to the development of a role Part Three focuses on more specific and elaborate methods of scene work characterisation and the art of transformation Drawing on the full range of Chekhov's writing in English and French this book also examines unpublished material from the Dartington Hall archives and features interviews with actors who have worked with the technique including Simon Callow and Joanna Merlin It illustrates Chekhov's approach by referring to Rushe's own productions of Nikolai Gogol's short story Diary of a Madman and Shakespeare's Othello as well as characters and scenes in Sarah Kane's Blasted and the contemporary American television series Breaking Bad Michael Chekhov's Acting Technique is an accessible comprehensive and contemporary point of reference for those already trained in the method as well as an initiation and toolkit for practitioners who are just beginning to discover it

Why Do Actors Train? Brad Krumholz, 2023-01-26 How are we to understand the actor's work as a fully embodied process Embodied cognition is a branch of contemporary philosophy which attempts to frame human understanding as fully embodied interaction with the environment Engaging with ideas of contemporary significance from neuroscience psychology linguistics and philosophy Why Do Actors Train challenges the outmoded dualistic notions of body and mind that permeate common conceptions of how actors work Theories of embodiment are drawn up to shed important light on the ways and reasons actors do what they do Through detailed step by step analyses of specific actor training

exercises the author examines the tools that actors use to bring life and meaning to the stage This book provides theatre practitioners and scholars alike with a new lens to re examine the craft of acting offering a framework to understand the art form as one that is fundamentally grounded in embodied experience *Performed Ethnography and Communication* D Soyini Madison,2018-04-27 *Performed Ethnography and Communication* explores the relationships between these three key terms addressing the impact of ethnography and communication on the cutting edge of performance studies Ranging from digital performance improvisation and the body to fieldwork and staged collaboration this volume is divided into two main sections Embodied technique and practice which addresses improvisation devised theatre making and body work to consider what makes bodies move sound behave mean or appear differently and the effects of these differences on performance Oral history and personal narrative performance which is concerned with the ways personal stories and histories might be transformed into public events looking at questions of perspective ownership and reception Including specific historical and theoretical case studies exercises and activities and practical applications for improvisation ethnography and devised and digital performance *Performed Ethnography and Communication* represents an invaluable resource for today s student of performance studies communication studies or cultural studies *The Routledge Companion to Performance Practitioners* Franc Chamberlain,Bernadette Sweeney,2020-08-16 *The Routledge Companion to Performance Practitioners* collects the outstanding biographical and production overviews of key theatre practitioners first featured in the popular Routledge *Performance Practitioners* series of guidebooks Each of the chapters is written by an expert on a particular figure from Stanislavsky and Brecht to Laban and Decroux and places their work in its social and historical context Summaries and analyses of their key productions indicate how each practitioner s theoretical approaches to performance and the performer were manifested in practice All 22 practitioners from the original series are represented with this volume covering those born after 1915 This is the definitive first step for students scholars and practitioners hoping to acquaint themselves with the leading names in performance or deepen their knowledge of these seminal figures *Performer Training Reconfigured* Frank Camilleri,2019-01-24 Offering a radical re evaluation of current approaches to performer training this is a text that equips readers with a set of new ways of thinking about and ultimately doing training Stemming from his extensive practice and incorporating a review of prevailing methods and theories Frank Camilleri focuses on how material circumstances shape and affect processes of training devising rehearsing and performing Frank Camilleri puts forward the post psychophysical as a more extended form of psychophysical discussion and practice that emerged and dominated in the 20th century The post psychophysical updates the concept of an integrated bodymind in various ways such as the notion of a performer s bodyworld that incorporates technology and the material world Offering invaluable introductions to a wide range of theories around which the book is structured including postphenomenological sociomaterial affect and situated cognition this volume provides readers with an enticing array of critical approaches to training and creative processes *The Actor and the*

Character Vladimir Mirodan, 2018-11-12 Transformative acting remains the aspiration of many an emerging actor and constitutes the achievement of some of the most acclaimed performances of our age Daniel Day Lewis as Lincoln Meryl Streep as Mrs Thatcher Anthony Hopkins as Hannibal Lecter the list is extensive and we all have our favourites But what are the physical and psychological processes which enable actors to create characters so different from themselves To understand this unique phenomenon Vladimir Mirodan provides both a historical overview of the evolution of notions of character in Western theatre and a stunning contemporary analysis of the theoretical implications of transformative acting The Actor and the Character Surveys the main debates surrounding the concept of dramatic character and contrary to recent trends explains why transformative actors conceive their characters as independent of their own personalities Describes some important techniques used by actors to construct their characters by physical means work on objects neutral and character masks Laban movement analysis Viewpoints etc Examines the psychology behind transformative acting from the perspectives of both psychoanalysis and scientific psychology and based on recent developments in psychology asks whether transformation is not just acting folklore but may actually entail temporary changes to the brain structures of the actors The Actor and the Character speaks not only to academics and students studying actor training and acting theory but contributes to current lively academic debates around character This is a compelling and original exploration of the limits of acting theory and practice psychology and creative work in which Mirodan boldly re-examines some of the fundamental assumptions of actor training and some basic tenets of theatre practice to ask What happens when one of us becomes somebody else

Performer Training for Actors and Athletes Frank Camilleri, 2023-06-15 What goes on in the body and mind of an endurance athlete at the limits of performance How do they relate to the world around and prepare for the task ahead Offering a refreshing perspective on training in the cross lighting of aesthetic and athletic processes this book focuses on the learning mastery and creative adaptation of technique in performance From traditional and physical actors to runners boxers and other sports practitioners it is about performers their bodies trainings and experiences It interrogates what it means to prepare and train as a performer in the early 21st century Writing from extensive experience in physical theatre and long distance running the author combines insights from both disciplines along with theatre history sports science and perspectives like embodied cognition and affective science From the kind of thoughts that go through the mind of an actor or a runner to the economy and aesthetic of their movement and to how they feel about it this book sheds light on the performing body and its capacities for action Topics covered include attentional focus and distraction affordances and equipment choking and stage fright physiological regulation and effort perception pacing and play optimal flow and creative improvisation and intentionality and automaticity in expert performance The volume presents an informative and thought provoking account accessible to readers interested in theatre dance performance running athletics and sport **Elements**

of Theatre at Work Brian Groves, 2014-05-12

Reflections on performance at work Brian Groves, 2014-04-04

Personal Performance Potential at Work Brian Groves, 2015-07-13 By approaching workplace performance from the perspective of the theatre my previous books² have attempted to illustrate the connection between work and the world of drama and dramatic texts Here now the emphasis is on performance at work borrowing in many instances as we shall see from the theatre for the sake of satisfying an audience comprised of our stakeholders That we are all performing at any moment is a noted idea With the increasing presence of surveillance cameras in many towns and cities today we are indeed almost continually in the spotlight That said personal performance in this book relates to our intentional actions as opposed to activities merely performed as habits or reactions to stimuli deriving from external sources Focusing on performance potential and the workplace certain ideas were originally produced as material for my personal blog³ over the period June 2013 June 2014 Excerpted from the Introduction **Embodied Learning in Educational Theatre** Nancy

Smithner, 2025-04-29 This book explores embodied teaching practices through applied and physical theatre drawing extensively on the author's rich experience teaching in diverse urban environments including schools colleges and prison settings It presents a groundbreaking conceptualization of embodied practice aimed at fostering personal and social growth through educational theatre Each chapter delves into theories of social transformation supported by qualitative data from student reflections to provide both theoretical and practical insights These insights illustrate how physicalized pedagogy can be effectively used to engage students with socially transformative ideas and identities It also emphasizes the significant role of the facilitator in this process highlighting how they can create an environment that fosters ethical and multicultural awareness in both formal educational settings such as classrooms and informal settings like community workshops By promoting an ethos of inclusivity and ethical consideration it argues that facilitators can help students navigate and engage with complex social issues through the medium of theatre An accessible and compelling text it aims to inspire educators to adopt innovative methods that promote deeper engagement and understanding among students **Creativity and the**

Performing Artist Paula Thomson, Victoria S. Jaque, 2016-12-30 Creativity and the Performing Artist Behind the Mask synthesizes and integrates research in the field of creativity and the performing arts Within the performing arts there are multiple specific domains of expertise with domain specific demands This book examines the psychological nature of creativity in the performing arts The book is organized into five sections Section I discusses different forms of performing arts the domains and talents of performers and the experience of creativity within performing artists Section II explores the neurobiology of physiology of creativity and flow Section III covers the developmental trajectory of performing artists including early attachment parenting play theories personality motivation and training Section IV examines emotional regulation and psychopathology in performing artists Section V closes with issues of burnout injury and rehabilitation in performing artists Discusses domain specificity within the performing arts Encompasses dance theatre music and comedy performance art Reviews the biology behind performance from thinking to movement Identifies how an artist develops over

time from childhood through adult training Summarizes the effect of personality mood and psychopathology on performance Explores career concerns of performing artists from injury to burn out Lessons from our Students Stacey Cabaj,Andrea Odinov,2023-12-08 *Lessons from our Students Meditations on Performance Pedagogy* is a collection of thirty short personal case studies about pedagogical issues that arise in theater classrooms and rehearsals Teaching in the acting and performance classroom is rapidly changing in the early 2020s In the wake of the global pandemic online education massive trauma and a social justice revolution educators are seeking wisdom clarity and reassurance about their pedagogy The authors speak to the current moment and the unique challenges of teaching theater by presenting a personal practical and authentic expression of vulnerability humanity and artistry as teachers Through thirty personal meditations the authors pose reflective questions and discussion prompts that evaluate the craft of teaching theater issues that arise and ideas about how to respond with vision and integrity Accompanying exercises invite readers to reflect on their own teaching practices This book serves as a text for theater teachers and teachers in training in search of inspiration validation and transformation in drama education and theater pedagogy classes *The Heart of Teaching* Stephen Wangh,2013 *The Heart of Teaching* is a book about teaching and learning in the performing arts Its focus is on the inner dynamics of teaching the processes by which teachers can promote or undermine creativity itself It covers the many issues that teachers directors and choreographers experience from the frustrations of dealing with silent students and helping young artists unlearn their inhibitions to problems of resistance judgment and race in the classroom Wangh raises questions about what can and what cannot be taught and opens a discussion about the social psychological and spiritual values that underlie the skills and techniques that teachers impart Subjects addressed include Question asking which kinds of questions encourage creativity and which can subvert the learning process Feedback how it can foster both dependence and independence in students Grading its meaning and meaninglessness Power relationships transference and counter transference The pivotal role of listening *The Heart of Teaching* speaks to experienced teachers and beginning teachers in all disciplines but is particularly relevant to those in the performing arts from which most of its examples are drawn It brings essential insight and honesty to the discussion of how to teach **The Routledge Companion to Studio Performance Practice** Franc Chamberlain,Bernadette Sweeney,2021-11-29 *The Routledge Companion to Studio Performance Practice* is a unique indispensable guide to the training methods of the world s key theatre practitioners Compiling the practical work outlined in the popular Routledge Performance Practitioners series of guidebooks each set of exercises has been edited and contextualised by an expert in that particular approach Each chapter provides a taster of one practitioner s work answering the same key questions How did this artist work How can I begin to put my understanding of this to practical use Newly written chapter introductions put the exercises in context explaining how they fit into the wider methods and philosophy of the practitioner in question All 21 volumes in the original series are represented in this volume **Blue Sky Body** Ben

Spatz, 2019-12-11 Blue Sky Body Thresholds for Embodied Research is the follow up to Ben Spatz's 2015 book What a Body Can Do charting a course through more than twenty years of embodied artistic and scholarly research Emerging from the confluence of theory and practice this book combines full length critical essays with a kaleidoscopic selection of fragments from journal entries performance texts and other unpublished materials to offer a series of entry points organized by seven keywords city song movement theater sex document politics Brimming with thoughtful and sometimes provocative takes on embodiment technology decoloniality the university and the politics of knowledge the work shared here models the integration of artistic and embodied research with critical thought opening new avenues for transformative action and experimentation Invaluable to scholars and practitioners working through and beyond performance Blue Sky Body is both an unconventional introduction to embodied research and a methodological intervention at the edges of contemporary theory

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