440-801 2019 Physical Theater

Physical Theater/
Yoga/Character, Task and the
World

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Overview

Yoga/Character, Task and the World

Introduction:

Fall 2019 Movement will consist of three discrete modules: Yoga, Creative
Movement for the Actor, and Relationship to yourself others and space.

Yoga: The first section of the course will introduce Yoga concepts and postures of
particular use to the actor. Yoga has been an integral part of acting training for
many master artists including Stanislavski, Grotowski and Peter Brook. With over
4000 years of wisdom for the body mind and spirit it is a lifelong practice
accessible to everyone. Employing the traditional study of vinyasa (moving
postures) and mind-full practice focused on breathing, strength and proper
alignment each student will create a “Super personalized Sun Salutation” This
personalized portable, repeatable form will address the individual’s practice
of proper alignment and breathing, and provide a convenient warm up,
relaxation and anxiety reduction, creating overall fitness and tone

The Creative Moving Actor: Outcomes- presence in the body, increased
proprioception, more varied movement possibilities, deeper experience of
moving. In this section we play with exercises from both Jerzy Grotowski’s
actor training, and John Broome/Susan Dibble’s movement work to deepen
the student’s experience of the embodied imagination. The milestone
experience here is the translation of this embodied experience into the
creation of an artists’ book.

You, Others, Relationship in space: With free partner and group-based
improvisation the outcomes are deeper skills in physical story-telling and
reacting to impulse in the moment. As your final project in this section is a
fully articulated Artist Book which demonstrates your experiential
understanding of an embodied character in space.

Materials

Yoga mat, blocks, strap, water
bottle, designated journal.

Required Text: none

Milestones

October 10
YOGA IN-CLASS EXAM: Your
super personal Sun Salutation

November 19
Labyrinth Book One: An experiment

December 12
Artist Book Project Sharing
Goals and Objectives

Goals

- To develop a clear understanding, both experiential and intellectual of the basic muscular and skeletal base for breath, movement, proper alignment and effective posture in acting and movement
- To correctly learn the basic Asana (positions), Surya Namaskar (salutations) and Pranayama (breath work) associated with your super sun salutation
- To explore using the physical practice as a support for rehearsal and performance
- To observe and create embodied and authentic physical character which

Objective:

The objective of this course is to provide the student with an introductory experience of Yoga methods, theory and Asana. And to deepen physical acting to equip the actor with skills in self-awareness, a deeper perception of the world around us, and greater embodied empathy.

Requirements

The primary requirement of the class is that you attend each and every class. As a movement class the work is in the studio. There are three required projects for the class.

1. The development of your “super personal Sun Salutation “and demonstration exam
2. An experimental Labyrinth book
3. An artist book based in character exploration

Evaluation

- 70% Classroom Work Personal growth and consistency, focus, impeccable attendance, personal input, collaborative endeavor, and fearless creativity are stressed.
- 15% Effective and thoughtful personal practice which aligns with your goals as demonstrated at in-class final.
- 15% Artist Books, thoughtful fully realized and explicable
- Journal (non-graded) You are requested to keep a journal documenting not only your experiences related to this class, but also to other thoughts, ideas experiences, performances, drawings or other visual and aural media. This course is about tools of thought, shifting paradigms of creation and inspiration- you may find your journal of great use.

Expected Workload (hours) 3 credits
Lecture 37.5, Required journaling, analysis and practice 60, guided application in rehearsal and performance 40, Written Character Analysis = Total 147.5

Active Participation in the Class. If you sustain an injury or are ill during your enrollment in this course, you are required to be present and observe and take notes unless the injury occurs during class and needs immediate attention. Doctor’s excuses will be handled on a case-by-case basis established by the parties involved. Excused or unexcused, this class is based almost entirely on class participation and progression. There will be no opportunity to make up classes, papers, or exams.

Class Rubric Begins on next page

UWM Policies:

Please refer to http://www4.uwm.edu/secu/SyllabusLinks.pdf for information regarding general UWM Policies as they relate to this syllabus and course.

UWM Resources:

The UWM Writing Center: http://www4.uwm.edu/writingcenter/

Libraries: http://www4.uwm.edu/Library/

Panther Academic Support Services (tutorial assistance): http://www4.uwm.edu/pass/

On campus computer lab information: https://www4.uwm.edu/uits/services/campus/ccls/index.cfm

The UWM Bookstore: http://uwmbookstore.aux.uwm.edu/home.aspx

The UWM TechStore: http://www4.uwm.edu/techstore/

University Information Technology Services (Help Desk): https://www4.uwm.edu/uits/help/help_desk/index.cfm

Help Desk Telephone: 414-229-4040  Help Desk Location: Bolton Hall 225

Desire to Learn (D2L) Help: https://pantherfile.uwm.edu/groups/sa/ltc/public/D2L%20student%20help%20files/
Class Rubric with dates starting with Tuesday.

The Super personalized Sun Salutation: Skills: proper alignment, breathing, convenient warm up, relaxation and anxiety reduction, overall fitness and tone

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<thead>
<tr>
<th>Date</th>
<th>Activity 1</th>
<th>Activity 2</th>
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<tbody>
<tr>
<td>9/3</td>
<td>Joint Stacking Standing and 4 Points: Mountain and Cat/Cow</td>
<td>Spinal rotation and Neutral pelvis</td>
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<td></td>
<td>Thread the needle, lost my tail, and child’s pose</td>
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<tr>
<td>9/10</td>
<td>Forward Folding Standing and sitting</td>
<td>Dolphin Dives and undulations on the wall</td>
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<td>9/17</td>
<td>All the dogs 1</td>
<td>All the dogs 2</td>
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<tr>
<td>9/23</td>
<td>Sunbird all fours and standing (revolved ½ moon)</td>
<td>Lunging and back bending – supported Fish and Cobra</td>
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<tr>
<td>10/1</td>
<td>Warriors 1 and 2</td>
<td>The Sun Salutation A and flipping your dog</td>
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**Milestone assignment:** Create a personalized Sun Salutation and a 15-minute practice

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<tr>
<th>Date</th>
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<td>10/8</td>
<td>The Creative Moving Actor: Outcomes- presence in the body, increased proprioception, more varied movement possibilities, deeper experience of moving</td>
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<tr>
<td>10/15</td>
<td>Elements of Movement: Shape, floor pattern, duration, tempo and efforts</td>
<td>Axial Improvisation Standing Fields of Grass (Breath)</td>
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<tr>
<td>10/22</td>
<td>Beautiful Position 1</td>
<td>Beautiful Position 1</td>
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<td>10/29</td>
<td>Dancing your partner 1</td>
<td>DYP quartets</td>
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<td>11/5</td>
<td>Image Walks</td>
<td>Image Walks blindfolded</td>
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<tr>
<td>11/12</td>
<td>The Container</td>
<td>The Container and The Kiss</td>
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<tr>
<td>11/19</td>
<td>Artist Bool Trip 1</td>
<td>The Artist Book Trip</td>
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**Creative Milestone Experience:** Art Book Preparation class: A Labyrinth Book about your experience of “the container exercise”

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<tbody>
<tr>
<td>11/26</td>
<td>Dancing your partner 1</td>
</tr>
<tr>
<td>12/3</td>
<td>Free Encounters</td>
</tr>
<tr>
<td>12/9</td>
<td>Artist Books &amp; Encounter Exercise</td>
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You, Others, Relationship in space: deeper skills in physical story-telling and reacting to impulse in the moment

**Presentation of your Character Based Artist Book**

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Notes: