Illingworth

Exercises for Embodied Actors

Tools for Physical Actioning

Exercises for Embodied Actors: Tools for Physical Actioning builds on the vocabulary of simple action verbs to generate an entire set of practical tools from first read to performance that harnesses modern knowledge about the integration of the mind and the rest of the body. Including over 50 innovative exercises, the book leads actors through a rigorous examination of their own habits, links those discoveries to creating characters, and offers dozens of exercises to explore in classrooms and with ensembles. The result is a modern toolkit that empowers actors to start from their own unique selves and delivers specific techniques to apply on stage and in front of the camera. This step-by-step guide can be used by actors working individually or by teachers crafting the arc of a course, ensuring that students explore in physically engaged and dynamic ways at every step of their process.

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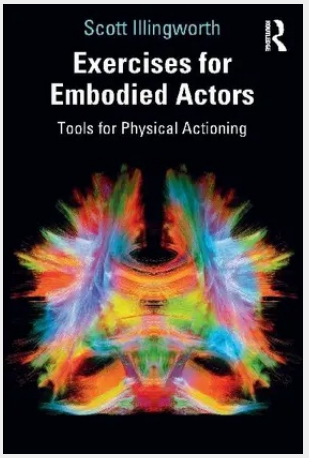

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