

Independent Project 1,000 words

Since starting this project, I have focused on researching physical theatre and comparing it with realistic movement. Most of my early progress has been about exploring why physical theatre often feels more visually interesting and emotionally strong for the audience. I began by looking at my own experience performing Arlecchino in Commedia dell'Arte, where movement played a bigger role than speech. This experience helped create my research question and inspired me to look deeper into non-verbal storytelling. I have also been watching physical theatre videos as part of my research. Watching these performances has helped me discover how movement in physical theatre is very different from realistic movement. For realism, I can find examples just by observing people in everyday life – even simple things like walking outside or watching how people normally use their bodies. Some inspiration has also come from my recent show I performed in, because each actor's character had their own way of moving, and seeing those different physical choices gave me ideas for my own project. All of this research has helped me build an understanding of how both movement styles work and how I can use them in my videos.

My next step is to continue taking notes from physical theatre's documents and to learn more about how the body can communicate story and emotion. After my recent tutorial, I also gained clearer ideas about what I should do next while my collaborators and I are still deciding the storyline. One important suggestion was to explore my movement freely in a studio room and understand my physical movement. I want to build more confidence in how I use my body and try out some of the movement training exercises. I plan to move without focusing on a specific story, because sometimes unplanned improvisation can lead to interesting movement ideas that I can later use in my videos. This practice will allow me to apply what I've read from books, essays, and physical theatre videos, and turn that research into practical movement. After I finished my practical, I realized that it helped me create many actions, and now I understand that physical theatre is not just about movement, but about how we express our emotions and actions combined to make the story clear without using words. This practical work made me notice how movement can grow naturally when I stop thinking too much and just allow my body to respond. Pina Bausch said, "I loved to dance because I was scared to speak. When I was moving, I could feel" (quoted from *The Pina Bausch Sourcebook*). When I read this message, I understood that it could also apply to physical theatre, because during my practical work, I focused on my feeling of the movement. After I understand my movement more, I will record on my phone's camera, and then organise the practical aspects—such as choosing movement styles, and shaping how the character moves in the scene. I will also make both movement styles, the physical theatre version expressive and abstract, and the realistic version natural and believable. This ideas will help me create a strong structure and ensure the final videos communicate my ideas clearly.

My project is to explore the difference between physical theatre and realistic movement by creating two short performance videos that tell the same story. Both videos will be around three to four minutes long, and they will be the same storyline,

sound, setting, and character. The only thing that will change is the movement style. In the physical theatre version, I will use bigger expressions, clear gestures, abstract movement, and emotional physicality to communicate the story without speaking. In the realistic version, I will use simple, natural actions that people usually do in everyday life so the movement feels familiar and believable. I think using Lecoq's exercises and using Gaga movement, like working with tempo, rhythm, and exaggeration, will help me build the physical theatre performance more interesting.

Right now, my collaborators and I are working on choosing the main theme of the storyline, and each person is bringing their own ideas to help shape the direction of the videos. We are exploring different visual inspirations and trying to decide what kind of world the story will take place in. We have discussed themes like fairy tales or a fantasy-style world, but we have not made a final decision yet. We are also collecting images and mood references on Pinterest. Looking at these images helps me see the different atmospheres, colours, and emotions that could fit the story. By sharing and comparing these references, I can understand which ideas connect well and what kind of tone feels right for the project. Even though the exact theme is not chosen, but at this process helps me see what direction inspires and what kind of theme would work best for both physical theatre and realistic movement.

In conclusion, I hope that all the information I am collecting, and the movement research I am doing – both from the internet and from real life – will be helpful and can be adapted into my project. Even though I have never performed physical theatre before, I believe that the research I have been collecting and the practical work that I am planning will help me create the videos in the way I imagine. I still believe that physical theatre has something unique and eye-catching that can attract audiences more strongly than realism. However, I also know that I need feedback from the people who will watch my final videos. Their responses will help me understand how different viewers feel about the two movement styles. Some people might not agree with my idea, and that is completely okay – I still hope that the information I have gathered will support my project and help me learn something new. With the support and collaboration of the people I am working with, I hope the final outcome will show the difference between physical theatre and realistic movement in a way that is engaging, clear, and meaningful.