

Research in Practice Essay

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In this essay I am going to explore and identify four practice-based examples of my specialisms. My specialisms are writing and directing, I'm going to explore and go into more detail of what inspires me through my approach to creating and writing stories and to what makes a good story/film to what influences I have through characters from books, films and TV shows. What captures my inspirations and helps me to write and create stories is through as above watching films, Television shows such as Cobra Kai and the After books and series, these have widely influenced me through my specialisms. What has also influenced me through writing, directing and creating stories is taking inspiration and advice from podcasts and interviews from renowned directors and actors. In addition to this what also inspires me is listening to music, music helps to spark my imagination by listening to different genres, as this helps me to develop a scene in my mind. I have noticed certain genres of music inspire me to create a theme and image in my mind and this helps me to meditate and to create a story for future projects and this has helped me to encourage myself to write all my ideas down which has come into good practice.

I have always had a passion for writing and creating stories and I absolutely think that being creative through our minds is something we all develop as children. A quote I took inspiration from this was by George Bernard who said "imagination is the beginning of creation." (George Bernard Shaw: Quotes, 2022) At an early age we all use our imaginations and we all pretended to be something we are not. For example, I remember as a child pretending to be spider-woman because spiderman was my absolute favourite superhero growing up as a child and I also loved the movie franchise growing up. In addition, I thoroughly enjoyed writing stories as a child and using my imagination to create stories and I still do to this day. What I enjoy most now through creating stories is that I have the ability, skill and knowledge of making my stories come to life through directing. Directing is my other chosen specialism, through directing I have discovered ways of making a story come to life through filmmaking. Directing has also helped me to understand the building block process of making a story into a film. The building block processes of making a film requires a good story/plot, structure, characterisation, visuals, dialogue, conflict and a resolution. This can be found for example in an article by Michael Hauge which outlines how in a Hollywood film setting story structure of successful movies have multiple turning points and key stages to the story, these key stages briefly contain the following a step up, turning point one, new situation, change of plans, progression, a point of no return, complications and higher stakes, a major set back, final push and finally the climax and the aftermath. (Hauge, 2022)

A few TV shows and films inspire me to get creative and to create stories into films. Such as Netflix's hit TV show Cobra Kai and the After-book series. I love the Cobra Kai series because I'm a huge fan of the Karate Kid films. I think it is truly amazing how they have carried on the original Karate Kid films and the original cast from the films from the 80s into the series of Cobra Kai and to carry on the characters stories. I think it's very clever how the creators have expanded their stories through the series. Quoted from an interview from the one of the show's creators Jon Hurwitz of Cobra Kai said "With the story we didn't over think it, we just had fun. We were massive fans of the Karate Kid films." (Build Series, 2022) I think that's great advice from one of the creators called Jon Hurwitz, and I'll strongly take that on board for my future projects, as this means for me not to rush into something just be creative with a story and to have fun with it and make it my own. Cobra Kai has influenced me through one of my projects I created called tough skin. It's about a girl who gets bullied at school and she learns to stand up for herself and to not take the bullies seriously and she shows the bullies her talents and the bullies could not say anymore they were speechless, and they left the girl alone. My story idea was connected to a Cobra Kai character called Hawk who also gets bullied, and he stops the bullies bullying him through Karate. I got inspired by Hawk's story arc as I really enjoyed the characters progression from one extreme to another and of what the consequences of that can bring this is in part what inspired me for

the tough skin project. Another series which inspires me to get creative is the After books, The books of this series are very relatable to today's youth and I get a lot of inspirations from the books and films as they help with future projects as I can relate to these situations through my peers and personal experiences as the books are about a toxic relationship and this inspired me through another one of my projects called fight or flight the basic concept of the story was a girl who has trust issues and gets into a toxic relationship who later finds out the boy has been unfaithful. From the After series I really enjoyed exploring how to portray drama through direction of the actors and through my instruction I told my actors to be natural and to remind them of their facial expressions and I advised them that their face is like an emotional canvas, it emphasised more of the story telling and it captures the emotion on screen because your face is like a map on screen and I directed my actors emotion to be shown through their eyes, mouth, eyebrows and forehead.

Another way which inspires me to create stories is through music. Music is a massive part of everyone's lives, and it's a massive part of mine, I love all genres of music, such as pop, R&B, Reggae, hip hop, rap, pop rock, Jazz, Dance/Electronic. And through these varieties of music, I love to relax and mediate when I am working on projects. Music helps me to create and visualise a story. A certain song will help me create a theme or scene in my mind for example if I'm listening to reggae music, I will create a scene of people having fun laughing enjoying themselves. Or if I'm listening to a song which is tense with some beat ill create a random scene in my mind of a bank heist and people being suspicious, a project of mine actually connects to a song similar called A whole lotta of love by Ike & Tina, this song inspired me to create a short story about a mysterious package being delivered by suspicious people and the film takes us through the mysterious package journey to make you wonder what is so special about the package. The song by Ike and Tina inspired me to create this because I created a visual scenario in my mind of people being suspicious. And the beat of the song made the story unfold in my mind. A quote which inspired me from a famous director with regarding music came from Stanley Kubrick "A film is or should be more like music than like fiction it should be a progression of moods feelings, what's behind the emotion, the meaning, all that comes later. (Kubrick, 2022)

I think what makes a good story is by having a guideline plan and taking it step by step so thinking first about your idea writing it down straightaway so you don't forget it and building it up, and by expanding on your idea by thinking and writing down who's going to be in the story what is the story about and I think it's best not to rush to much into an idea but to meditate on it and think how you can make your story sound good but at the same time structured. For me as a director I think its best to practice my work to gain the best experience to increase my skill level by doing this I've taken on board some advice from famous directors such as Steven Spielberg and Sam Raimi. (The Actors Academy, 2022)

From the video referenced above there are a few quotes which reignited with me, and they are as follows. Firstly, Sam Rahami's quote "make a film every week, write every day and work with actors" From listening to this quote in an interview I have taken this on board in my own work by practicing making my own film making and making use of handling a camera by taking shots test footage and working with actors. This all comes into good practice for me to enhance my skills by perfecting my director's role and taking on board Sam Rahami's advice by making films every week by doing this I would build up experience and knowledge in what is possible by using different camera shots and technique's learning how best to portray a scene to capture a desired mood or feeling and how to build up a sense of pace within a scene to influence the story, and also gaining the viewers experience of it by always showing my work no matter what it is to my peers and the public to gain honest feedback on what within my projects works what parts don't work and by doing this I will be able to see how the audience views my work and how as time goes by how im improving on my practice of creating good, enjoyable and entertaining stories.

A second quote from the video interview that has influenced and inspired me through my process of thinking to create stories is a quote by Sidney Lumet who said "There's no such thing as good work, bad work there's only work." The takeaway from this quote leaves an impression and impact on me that no matter what project I take part in within my work it is all of benefit to me and my creative mindset as through the constant trial and error of creating a film project it is good practice for me and to evaluate my film and to gain critical feedback from others which I will take on board and I will improve upon my work and which will help me grow as an independent director. In addition by taking on board Sydney Lumet's quote this has also helped encourage me with my work to not be so hard on myself in the future if a project doesn't turn out how the way I like it to but to see it as just another experience to draw upon for my advancement as an independent filmmaker and most importantly to review and acknowledge my own feedback and criticisms to see where I need to improve upon for next time.

Lastly another quote from the video clip by Steven Spielberg- "paying attention to the past, and watching old films, I continue to learn from the films I've seen today and from the films I've seen from seventy to eighty years ago. I can really relate to Steven Spielberg's quote, and I strongly agree with director Steven Spielberg, as you can learn a significant amount from previous films made from previous times as they were all films made for the very first time, and you can learn by watching very old films by taking on board and influence from the way actors portray a scene, the way the script entices the audience and flows the conversations and what iconic lines are used and how they have been structured, the overall story and the way its portrayed from the use of sound to run time and to themes and genres used in the story. I think that by watching old films this would be a great way to enhance your film making skills as this can help you to analyse and research findings on how these films were made in the past and it is then possible to take inspiration and use anything learnt now in my current works and adding my own creative flair to it to grow the diversity and expanse of my work.

To conclude my thoughts, I strongly believe to be a good story teller you need to have a wild imagination and you need to be able to write every day and practice writing stories continuously and write ideas down so you don't forget, this will then become good practice and will enhance your writers skill and storytelling skill and every story you have wrote down build up on it each and every day to improve upon your skills and to have expanded more to your stories even if it's only ten minutes a day that will surely go a long way. This will all become good practise and for becoming an independent director. As writing stories will improve your creative mind and will become easier for you when directing a project. Another way for good practice for becoming an independent director is through taking on board and advice from experienced directors in the film industry such as my quote's from Steven Spielberg and Sam Rahami, I will certainly take on board Steven Spielberg's advice as he does speak the truth you can learn a wide variety of skills and knowledge from nostalgic films as these films were all very basic and limited compared to the technology we have today so by studying how the directors of the past tackled a scenario it will give me insight in problem solving with the use of the advancement of modern technologies. In addition, as you can really analyse the films from years ago by observing the camera angles techniques and how the actors portray themselves on screen and the story is told. Along with Sam Rahami quote you can certainly take his advice on board because he speaks logically as quoted "make a film every week, write every day and work with actors." As stated in the quote I think this is wise constructive advice to take on board along with pursuing to become an independent director by practicing and improving upon yourself to be the best you can be through constant learning from trial and error. Finally in conclusion I believe that what makes a good story is the collaborative effort and experience of all parties involved for example actors, writers, director's, cinematographers and music producers. They all play a part by

giving consistent input and feedback to all ideas, to achieve a goal of creating a good story. This relates back to the quotes from the directors Steven Spielberg, Sam Rahami and Sydney Lumet.

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