

Process work book voice and movement

I have gained an understanding of voice and movement during this module, as well as practical application of these skills to my work. For example, I have learned how to utilise my body to express a story or an emotion without use of facial expressions. Throughout this workbook I will be discussing what I have learned and giving evidence towards my progress.

Warm ups

I had forgotten how vital it was to warm up before working in a high-intensity work state, but this course has taught me how crucial it is to ensure that our body's muscles are not overly tight or stiff to reduce the risk of damage. But I now know this since warming up causes our blood to flow more quickly as this is caused by a raise in our heart rate. However, doing so increases the amount of oxygen that reaches your muscles and strengthens the link between your neurons and muscles, both of which boost performance by increasing movement efficiency. Understanding this has benefited me in my performances thus far and will be an essential tool and piece of knowledge in the future. Although there is still much to learn about the importance of warming up at the beginning of the day, I have discovered a few methods for warming up my body and am aware of what is tight and what is loose. Since I believe that a light slow jog can help with my legs becoming less tight, I believe that cardio is really important for my warm-up. Nevertheless, it also aids in the composition of my breathing. For instance, throughout my performance, I would go from a high-intensity to a low-intensity state. since this warm-up enables me to construct sentences clearly without having to deal with awkward transitions. As a class, we were finally divided into a couple to oversee the warm-up for that particular single session out of the whole module. This created logic, in my opinion, because everyone got a turn to present and give the class a personalised warm-up technique. Since there were compliments during the warm-up and constructive feedback towards the end of the session, the class ultimately concluded that this activity was reassuring and beneficial to each individual performer.

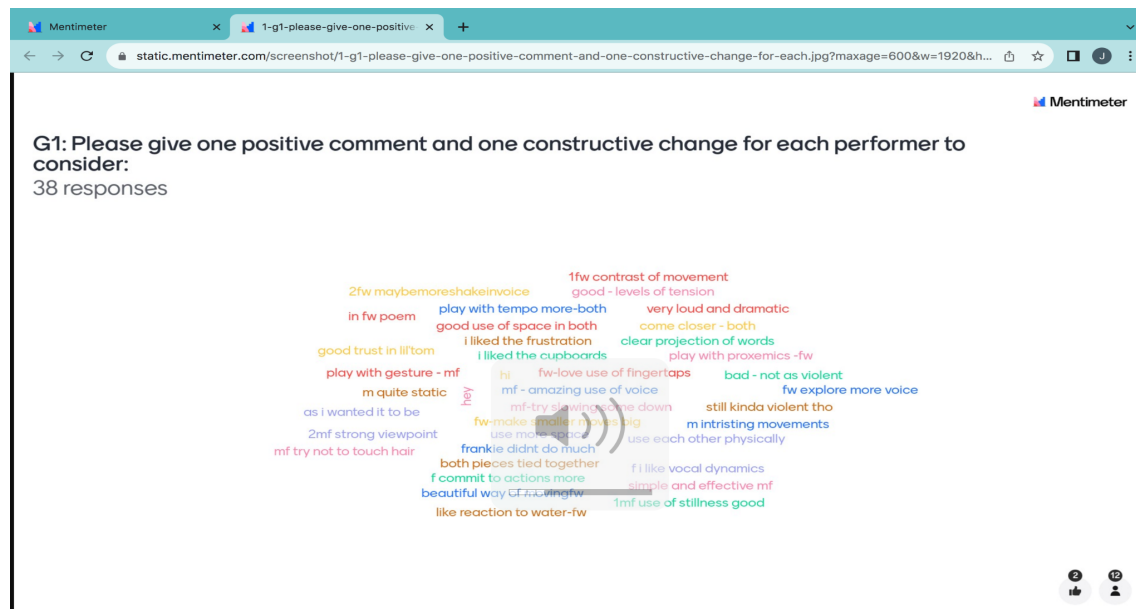
Practitioners

Before starting this year, I had only been educated about a few practitioners in physical theatre and acting. Scott Graham's Frantic Assembly, which I studied about at A level, is a prime example of my knowledge of physical theatre. However, while attending and studying this module, I have gained a greater understanding of a variety of methods and practitioners in the physical theatre environment. Evidence that shows this is that I have incorporated Grotowski's methods to my graded work to show I have a better understanding of Grotowski's techniques and other key principles and methods within physical theatre. I discovered and recognised Grotowski's style was through his directing and instructional work with just a handful of actors. It was also influenced by his eagerness to experiment with many parts of the form. Yet he and his performers would test the spiritual and physical limits and they would also question what it meant to be a performer as opposed to an audience member. As a result, his method is regarded as crucial to today's understanding of experimental theatre. Grotowski believes that "actors must think with their bodies." In reality, after they've established their own arrangement of acts in an order, they won't have to reach an agreement with each other on what the overall construction will be, as well as what will happen on stage. I know this because Grotowski quotes "The main point then is that an actor should not try to acquire any kind of recipe or build up a box of tricks." As a conclusion to this, my educational experience within this module towards studying and researching practitioners has been

beneficial towards my future when it comes to professional work, as I now have a greater understanding with practitioner Grotowski's physical theatre. Ultimately I can now give a piece of theatre with only movement.

Assessed poem

Within this module I have had an assessed piece to perform with the information and knowledge we have gathered towards the beginning of the module to show that we have learned the skills and was able to provide evidence with that said assessed piece. My lecturer informed us that for the exam piece we would have to research a poem of our choice and to perform this as a duo or a solo act. With this information I conducted research for a poem that I felt had meaning and I connected with it so I was able to perform at my best and show real emotion and passion within my performance. Firstly, I selected a poem called "My Best Friend's Departure." I chose this poem because it is personal to me and I felt that I would be able to showcase my emotion through my chosen movements and tone, while also displaying my understanding of not just the poem itself but also the things I have been educated on during this module such as; Grotowski and Laban. To show these techniques I rehearsed and practised with contrasting weight around my body as I wanted to feel the difference that it made and see how the audience would perceive it to figure out what best suited my poem. Moreover I experimented with Grotowski's technique of Memory work as I connect to this poem using prior events that were of a similar occurrence that has happened to me, with this information I corresponded and channelled the emotions I remember I felt at that time to benefit me to recreate the grief and struggle of the event and include it in my performance. Secondly I was placed in a couple with one of my peers, the reasoning for this was my lecturer thought that we were better suited together as our poems were compatible and had a greater chance to succeed than to not. In conclusion to this we rehearsed in our independent sessions and navigated where we were going to be placed in each other's poems. Within our rehearsals we worked well using communication, coordination and we were able to build and give feedback back with each other's pieces. Finally as a class, we had one final rehearsal to show the class. Yet doing this we felt as a whole that this was beneficial as we all gave feedback back to each of the performances through the use of menti.



In my opinion I thought this was a great way to help with what was shown and how I could improve in my individual performance.

Conclusion

To conclude, during this module I have been educated with the Grotowski's and Laban techniques. Yet also learning the importance of warming up and how it can benefit my body to reduce injury. Nevertheless my poem assessments have also helped me with confidence and make me conquer my nerves with performance. Before I started this module my knowledge was extremely minimal towards these tools. However now I have a deeper understanding of these concepts that will be useful towards my future career and work.