



AUSTIN COMMUNITY COLLEGE DISTRICT

CONTINUING EDUCATION

COURSE SYLLABUS/OUTLINE DEVELOPMENT FORM

1. **Name of Course:** Movement Fluency for Actors (as taught by Toni Bravo)

2. **Number of Clock Hours:** 16 hours

3. **Course Description:**

Are you aware of how you use your body – how you stand, walk, and use your limbs for any activity? The actor's body is their instrument. One must learn to play it well! This class will enhance your best physical attributes, improve your physical awareness, and unleash your physical potential. You will experience and practice an array of mobility concepts while acquiring tools and information about effective performance physicality. You will also explore your own body's mobility and expressive abilities. This is a physically active, experiential class to introduce you to Movement Analysis, and Body Language techniques. All actors will benefit from this class. A must for actor training. Bring a short monologue to work with, (1 minute to 90 seconds long) and a yoga mat for comfort.

4. **Course Objectives:**

This is a multi-level class and it will deal with an array of topics related to the art of physical performance. It will prepare the students to be able to access full range of movement, while they connect to the efficacy of archetypal gesture and posture when creating a character.

The course will include basic anatomical principles of movement; efficient patterns of motion; and the creation of character through body language techniques and Movement Analysis.

The lessons have been designed to teach actors [and future actors] about strength, mobility and safety in movement, while they learn about their own potential as physical performers.

5. **Rationale: State the reason for offering the course:**

Before you depart from your norm to create the physicality of a character, it is necessary to understand and trust your movement potential. Where you are and where you can take your own capacity for movement. A neutral alignment will facilitate departure in any direction, realistic, and poetic.

Our full perception of meaning relies on the experience of language and action. Physical manipulation of gestures and postures is essential to create an effective physical presence. This class will give you the tools for continued physical refinement.

6. Required Materials:

A monologue is required to develop through the different methodologies (Each class will conclude by working with the monologue from the perspective of the class' theme)

Bring a yoga mat for floor work.

Dress for mobility, bring a pair of socks. You might need a towel, and a water bottle.

7. Course Outline: What topics and sub-topics will be covered in this course?

All of these topics will be learned through physical activity. Full body action, every class, for awareness, and readiness

- **NEUTRAL ALIGNMENT that is, both, responsive and full of breath, at ease and fully ready. Relaxing and active at the same time. (Week 1 & 2)**

We will learn the principals of Alexander Technique (attaining neutrality through ease and relaxation), Bartenieff Fundamentals (The development of mobility from infancy to adulthood), Feldenkrais (imagery to increase sensitivity), and Munz Technique (simple exercises to connect top and bottom halves of the body in an efficient.

- **SAFETY AND CONFIDENCE Anatomical principles of movement (Week 3)**

Information and experience about/of mobility in joints and muscles will promote in you safe and efficient patterns of motion.

- **GESTURE AND POSTURE, ARCHETYPAL AND MUNDANE (Week 4)**

Muscular development and efficient movement patterns applied to practicing changes in our posture and efficient use of gesture.

- **CREATING A CHARACTER, based on MOVEMENT ANALYSIS of the character's traits and the given circumstances in the Play Analysis (Week 5 & 6)**

Posture and Gesture, explained and applied to specific character (The Laban Movement Analysis of use of space and force).

- **CREATING A CHARACTER, through BODY LANGUAGE TECHNIQUES (Week 7 & 8)**

Informed by The Warren Lamb's Non Verbal Communication studies.