

Rebecca Holderness

[rph2@uwm.edu](mailto:rph2@uwm.edu)

Hours: Friday 12-1pm department office and by appointment

8/27/09

Theatre 440 - 801 stage movement I-a

Tu/th 10:00a- 12:15p KSE 640

9/2-12/14 2009

*Studio 1: Authentic Impulse and Movement*

This is a course based in embodied learning. Embodied Learning can be defined as that which we learn through the experience of doing tasks with the body- through moving, breathing, and sensing. These embodied experiences are the source and context for thinking, speaking and imagining. These embodied experiences form the foundation for many techniques- Chekhov, Grotowski, Clown, Viewpoints and neutral masque. In the broadest terms Embodied Learning deepens and contextualizes those experiences we consider "other than" direct physical experience. For the student of acting the goals of this course are four fold:

- To develop a clear understanding, both experiential and intellectual, of the basic muscular and skeletal base for breath and movement
- To learn how movement develops in humans from infant to adult
- To observe how movement may be organized perceptually and to synthesize these perceptions in improvisation and performance
- To deepen the understanding of impulse in performance and to enrich the actor's imaginative exploration of sensing-feeling and action in performance.

Students work physically in class as well as pursue creative assignments, readings and journals outside of class. The class begins with explorations of the simplest of movements- cellular breathing and ends with the complex experience of creating and executing movement based performance in ensemble.

The course is divided into sections, each with a specific focus. At the end of each section an evaluation will be completed to monitor progress through the course.

Introduction (Week 1) Cellular Breathing, weight and being at rest-

In class Notebook exercise: Moving with closed eyes and sketching.

Section One (Weeks 2-4) The Experience of Anatomy

#2: your anatomy as it feels to you, your imprint: Collage

#3 The Anatomy Coloring book: spine, limbs and feet/ color and draw

#4 The Anatomy Coloring Book; the ribs, lungs, skull and neck/color and draw

Anatomy class quiz

Evaluation: observation of professor

Section Two (Weeks 4-6) From Infant to Adult: The developmental Movement Sequence

#5 Reading: Sensing feeling and Action: Cohen (reading) Electronic Reserve:

Bonnie Bainbridge Cohen

**Sensing Feeling and Action**

Chapters;

I, II, III, XI, XII

#6 Sensing feeling and Action: Cohen (complete reading and note salient points for assignment #7

#7 Choose one of two: 8 new thoughts assignment Draw, collage or appropriate 8 images And create an experimental book which reflects how you experiences these new ideas or concepts about your body and movement.

The “ books” media and form should reflect how you picture your body, the movement of “pages” how you feel you move and the “text” ideas that you related to and quote directly from Bonnie Bainbridge Cohen.

Section Three (Weeks 7-10)

*The Perception of Order: Viewpoints and Movement Improvisation*

#8 Reading: The Viewpoints/ Bogart And Landau

**The Viewpoints Book: A Practical Guide to Viewpoints and Composition**

Anne Bogart, Tina Landau

**Format: Paperback**

**ISBN: 1559362413**

**Price: \$16.95**

#9 create a short accumulation of movement for another person with five discrete sections which illustrate these five viewpoints- Repetition. Architecture, Spatial Relationship, Kinaesthetic Response, and Gesture. Teach these movements to your partner

#10 Learn your “choreography” from your partner transformed.

Section Four (Weeks 10-14)

*Movement As Story (Or Not Story) – Working To And From Image.*

#11 choose three pictures and three fragments of text no more than three or four phrases long. Each should interest you without being related to the other.

The text must be from the Depression Era- USA. But it can be any text from that era; news statistics, poetry, letters or even advertising.

#12- Build three images from the intersection of image and photographs, following discussion in class

#13 Make solo/trios for final showing

Evaluation

- 40% Classroom Work

Personal growth and consistency, focus, impeccable attendance, personal input, collaborative endeavor, and fearless creativity are stressed.

- 45% Foundations in thought and action

Timely completion of assigned projects demonstrating, full commitment of time, creative and specific effort and thought demonstrating personal growth.

- 15% Final Project

Ensemble participation, courage and full commitment to performance

- Journal (non-graded)

You are requested to keep a journal documenting. not just your experiences related to this class, but also to other thoughts, ideas experiences, performances, drawings or other visual and aural media. This course is about tools of thought, shifting paradigms of creation and inspiration- you may find your journal of great use.

Class Guidelines

ATTENDANCE - Active Participation in the Class. If you sustain an injury or are ill during your enrollment in this course, you are required to be present and observe and take notes unless the injury occurs during class and needs immediate attention. Doctor's excuses will be handled on a case-by-case basis established by the parties involved. Excused or unexcused, this class is based almost entirely on class participation and progression. There will be no opportunity to make up classes, papers, or exams.

Supplement to UWM FACULTY DOCUMENT NO. 1895,

October 21, 1993      Revised March 16, 2006C. University Policies

1. *Students with disabilities.* Verification of disability, class standards, the policy on the use of alternate materials and test accommodations can be found at the following:

<http://www.uwm.edu/Dept/DSAD/SAC/SACltr.pdf>

2. *Religious observances.* Policies regarding accommodations for absences due to religious observance are found at the following:

[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S1.5.htm](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S1.5.htm)

3. *Students called to active military duty.* Accommodations for absences due to call-up of reserves to active military duty should be noted.

<http://www3.uwm.edu/des/web/registration/militarycallup.cfm>

4. *Incompletes.* The conditions for awarding an incomplete to graduate and undergraduate students can be found at the following:

[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S31.pdf](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S31.pdf)

5. *Discriminatory conduct (such as sexual harassment).* Definitions of discrimination. Harassment, abuse of power, and the reporting requirements of discriminatory conduct are found at the following:

[http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S47.pdf](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S47.pdf)

6. *Academic misconduct.* Policies for addressing students cheating on exams or plagiarism can be found at the following:

<http://www.uwm.edu/Dept/OSL/DOS/conduct.html>

7. *Complaint procedures.* Students may direct complaints to the head of the academic unit

or department in which the complaint occurs. If the complaint allegedly violates a specific university policy, it may be directed to the head of the department or academic unit in which the complaint occurred or to the appropriate university office responsible for enforcing the policy.

8. *Grade appeal procedures.* Procedures for student grade appeal appear at the following: [http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S28.htm](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S28.htm)
9. *Final examination policy.* Policies regarding final examinations can be found at the following: [http://www.uwm.edu/Dept/SecU/acad%2Badmin\\_policies/S22.htm](http://www.uwm.edu/Dept/SecU/acad%2Badmin_policies/S22.htm)

-

References useful in this course

Anne Bogart, Viewpoints

Bonnie Bainbridge Cohen, Sensing, Feeling and Action:

Final grades will be assessed on the following scale

|    |                   |
|----|-------------------|
| A  | 95-100 points     |
| A- | 92-94 points      |
| B+ | 90-91 points      |
| B  | 89-83 points      |
| B- | 82-80 points      |
| C+ | 79-77 points      |
| C  | 76-72points       |
| C- | 71-70 points      |
| D  | 69-65 points      |
| F  | 64 points or less |