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Physics of Acting

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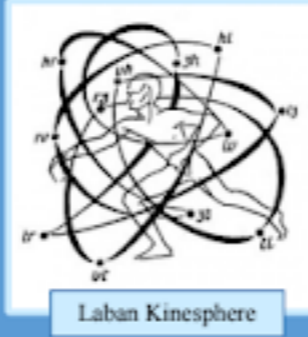
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The physics of acting: creating maximum expression on stage while decreasing effort

Cassidy McCartan
Theatre: Acting

Introduction

Movement is the most varied and complex field of actor training. It encompasses multiple different techniques that need to be practiced and mastered. Learning from so many different techniques creates a muddy idea of how to create physical lives for characters, which in turn can create ineffective performances on stage. By comparing these techniques to basic principles of physics, movement studies become easier to comprehend and more widely applicable. Physics and theatre are both studies that work towards explaining nature. Therefore, by providing actors with lenses that focus on physics within the human body, they can work towards creating maximum expression on stage with minimal effort.



- Results**
- Gravity – changes in one's center of gravity
 - Momentum – dramatic timing, comedic timing, natural rhythm
 - Work and Effort – economy of movement
 - Force Absorption – action and reaction
 - Space and Time – movement through space and time, the kinesphere, gestures
 - Expansion and Contraction – creating changed in space between characters
 - Opposite and Equal Forces – creating conflict

Methods

Compare, by reading and working in the studio, the techniques of Meyerhold, Laban, Margolis and Alexander. Through studio time work with the body (personal and others) to find how principles of physics are applicable to exercises for acting. Design and execute a workshop focused on bringing exercises with these research findings to actors for active use in performance.

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