

MOVEMENT - DYNAMICS

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When working with movement we use the word dynamics, and by dynamics I mean a very simple thing - the using of your will power. The power you have to use in each movement, in each emotion; that is your dynamics. A musical phrase contains a certain dynamic power. In order to speak or to move we always use dynamics. Power and dynamics are similar terms, but dynamics is more expressive for us. The feeling and the form of the dynamic are very close. Dynamics, feelings, and form must be felt as a whole, as one thing. We have to divide them only to rehearse them. Dynamics is energy. We have to concentrate ourselves on the individual qualities such as dynamics, feelings, and form, but they are really not to be separated. They are part of the whole. The ideal is to feel them all together and never to analyze or divide them.

Exercises:

1. Do some movements as though they were real, but without the strain of the real movement.
2. Make dynamic movements to music.
3. Form a circle and lift an imaginary mallet. We must have the feeling of weight in our movements, but without the strain of reality.
4. Now imagine you are lifting a long pole and are carrying it across the room.
5. Now take partners and struggle with each other, but keeping

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the body absolutely free, while giving the illusion of fighting with strength. We call it wrestling without muscles. 6. Then divide into two groups and have a tug of war. The rope will be illusionary, but you must give the audience the feeling that the heavy rope is there and that you are struggling to win the imaginary game.

Concentrate on a spot on the floor. Be with it. Become one with it. Move away from it, always being conscious of it. Play ball, slowly at first, but then more and more gay, more free. The freer one is, the more closely in contact he must be with the spot.

What is the mission of the theatre? Our mission is to fight. Today the theatre is no better than the audience, but we must elevate it, otherwise we have no right to claim ourselves as artists.