

Lessons to Teachers

LESSON XI

MOVEMENT - THE BODY AS AN INSTRUMENT

Give a review of all that you have learned about "Who," "How," and "What." Then review and demonstrate all the exercises you have been given. You will always find the right exercise in its right order if you are sure of the aim. If you know the aim, you will always know what you are doing and whether you are doing the exercises right or not.

We have spoken much about the theme of concentration, and although we have only used a small part of this vast theme, it is entirely enough to develop this quality to a very high degree.

MOVEMENT - THE BODY AS AN INSTRUMENT:

We will now begin some exercises for movement. The pupils must understand what they have at their disposal. They have a body which moves. This is a simple idea, but very important for the pupils to understand. The teacher must tell the pupil to say to himself, "I have a body. It is my instrument. My body can move, or it can be still." He must try to understand this as an absolutely new idea, as if he had never thought of himself as possessing such an instrument before. It is a very simple idea, but it is most important for the pupils to grasp and understand it. Repeat and repeat until it grows in the pupil, "I have a body. It is my instrument

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for conveying my spiritual or artistic ideas. My body can move, or it can stand still."

During this time while he is keeping this thought foremost in his consciousness, instruct the pupil in certain simple exercises. (1) Ask him to raise his arms slowly, lower them, bend forward, bend to the side, backwards, etc., always with the idea in mind, "I have a body." Then tell him to walk a few steps, raising his arms at the same time, then backwards. Then direct him to kneel, lie down on the floor, get up, etc. Gradually, he will begin to feel that his body is an instrument for conveying his artistic ideas. He will feel that his body is flexible, obedient, and "as if" even transparent. (2) Ask him to play a game of ball during which he must become aware of the new parts of his body that he is using - he must be aware that he is using them, and must discover new places in his body.