

Michael Chekhov

October 12, 1936

MOVEMENT
JUGGLER PSYCHOLOGY
IMAGINATION

Meyerhold

MOVEMENT:

Take a pose, for instance, that of "thinking." Feel the psychology of it through your whole body, then when you are quite sure of it, change the pose and invent new ones. Discover new ways of expressing, through your body, the idea of "thinking." Then take a comic pose and invent new ones, always remembering the theme and occasionally coming back to the original in order to compare the two, and to make quite sure that you have the right theme.

Move about in the room and change your positions between exercises because habit is such an enemy of the actor, and he falls into it very quickly. In our exercises we first exercise the body for the body's sake alone. In the second type of exercise we exercise the body and the soul and try to harmonize them. The psychology of this type of exercise is that the psychology influences the body, and the body the psychology.

JUGGLER PSYCHOLOGY:

Exercise as a juggler:

Do some very simple tricks with a small object - very simple, but with the feeling that you are doing them

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perfectly, with great dexterity and perfection. You must establish this feeling of confidence in your body so that no matter what you are called upon to do, your body will respond with complete confidence. For instance, the Meyerhold actors are trained in a special way to achieve this thing, and everything they do on the stage has this feeling of complete confidence. Our bodies must be very flexible, very proficient and skillful.

IMAGINATION:

Our exercises are divided roughly into two classes - those pertaining to our body, and those pertaining to our spirit or soul. That is why we must exercise our imagination.