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June 7, 1939

THE OBJECTIVE  
THE RHYTHMICAL GESTURE

## THE OBJECTIVE:

Please concentrate on the idea that the objective must be taken with the whole being. Exercise - one person is sitting at the table; the other is talking - the objective of the talking person is to persuade the other person to leave the room. The outer means is that they are talking about the beauty of the day outside. The objective of the sitting person is, "I want to understand what purpose the other person has at the back of his mind."

Try to concentrate your attention on your hands and arms so that the whole objective lies there - try to experience what it really means when your arms and hands are filled with this will, this desire, this objective. Pay attention to the streams which will go through your hands and arms, then your legs and feet, then your whole body. When your body is prepared in this way - elaborated from the inside - you will find that it is much more expressive for the audience. Your whole body will become more clever. If you only think about the objective, your hands, legs, and arms will become stupid, but if you stop thinking and think with your hands, arms, and legs, and your whole body, your actor's nature will become more elaborated and subtle.

Take partners and try to exercise the following thing - the condition is that you are in a ballroom and slightly

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drunk - the objective for the girls is, "I want to persuade him to leave the room," and for the boys, "I want to know what she has at the back of her mind." First imagine that it is two a.m. and you are slightly drunk - when five a.m. and you are tired and bored and disinterested - then six a.m. and you are entirely disinterested and terribly bored - keep the same objective throughout. Then keeping the same objective, take the following "rhythmical gesture" in the wave form:



#### THE RHYTHMICAL GESTURE:

Try to awaken in your inner life the gesture which has been done. In order to be able to act rhythmically, we must be able to anticipate and to look back in retrospect with the same clarity. Realise what you have done in this wave form - have it, and keep it in the present moment, although it may yet have to be created or it may have been created - for the artist who has developed the ability to live rhythmically, the past and the future are the same. Try to awaken in your inner life the gesture which has been done. To be able to drop the objective or the gesture, you must be able to do it entirely - nothing of it remains.