

RHYTHM
THE PAUSE

RHYTHM:

We shall try to do it first in the schematic way, then we will establish the oppositions, then as improvisation in a very condensed form. The beginning - the middle part, - the end.

1. Feeling of the whole
2. Three Parts - beginning, middle, end; sustain, stop.

The Deluge scene:

The beginning as concentric qualities and the end as eccentric qualities. Remember this opposition. Do it only technically. Anticipate the eccentric by doing concentric movement. The middle part is not important at this moment. Two levels of consciousness. It is not real beginning and real end - it is like a circle. We shall establish this feeling of the whole, with qualities for beginning, and end of this improvisation:

Beginning - Heavy legato concentric

End - Light staccato (expansion) eccentric

The theme must never be lost - different interpretations but never different theme - in this play you are always enemies, you never become friends. Repeat the sketch quickly by reversing all the conditions:

Legato - heavy - eccentric
Staccato - light - concentric
Enemies - beginning
Friends - end

To be friendly - concentric - to be friendly - eccentric. The theme is very simple - in the beginning we are enemies, and in the end we are friends. Pay attention to this "individuality in the group."

THE PAUSE:

I want you now to do especially this exercise of "turning the pause." Then the group picking it up. First reception. You pause as the result of this activity, then comes the answer out of your group ensemble feeling. In accordance with this answer the pause must be psychological. Do it consciously and it will remain. We will continue the rhythm exercises by using groups.

Theme with music. The task is the same. By building the group we have to establish contact - the feeling that the group is one whole in space. Then absolutely three parts in the space. The group must be built so instinctively that the audience must feel this is one part, this is the transitional part, and this is the end. And opposition - the first part and the last part. What we had in time we have in space.

Boys: Theme: Wrath. First of all develop the theme in the space in terms of human bodies, first in your imagination, then to music, and then the inner action, incorporate it into visible something. (This music is coming out of you - it is not going into you).

Girls: Theme: Expectation. You have established the contact between yourselves, within this space, with this living structure which is speaking to us. Now, after all these contacts the color of expectation.

Boys and Girls: We have to merge together three elements: Our own imagination about the theme which I will give you, the music, and the light (red light suggests something). Music and the theme. We are producing the music which we are hearing - we have to produce this red air and atmosphere around us. The imagination, light and the music.

The Theme: It is the moment of physical, psychological, spiritual, unexpected falling down. A sudden plunge to the fullest extent and in a red sense, but this falling down has nothing to do with chaos - it is a great event. Before the music starts, establish the contact between yourselves and the stage, by anticipation of the theme, red atmosphere, and the music which will come.

We will try in different directions to explore this rhythm, or better to say some of the laws.