

Lessons to Teachers

LESSON XIV

REVIEW OF EXERCISES

What we shall reach with our work is a special kind of feeling with the body. What we are working out is a very new thing, and each person must experience it as a new feeling. We must not lay too much stress on the natural ability or disability of our pupils before they come to us - that is only the ground on which we must build a new form. Your body must be in a certain way a wise body. Our exercises, which are very simple, are giving to the body wisdom. This special kind of wisdom is what we are aiming at. Your natural grace and ease of movement is the ground on which we must create this new kind of feeling - this new wisdom.

REVIEW OF EXERCISES:

During all the exercises you must say to yourself, "This is what I can do." You must always be conscious of what you can do and what you cannot do. Feel throughout the lessons "I can do it," or "I can't do it." We are going very slowly. Therefore, it seems that we are always doing the same things.

Demonstrate all the exercises you can do.

Exhibition Plan

1. Convey words with movement.
2. Convey together with the ball - being conscious of pauses when you are conveying, and of the new sensations in your bodies. Combine.
3. Touch an object in a creative way, with vitality, and with a pause before and after. Do this in a more complicated way. This is meant for every movement, for the whole body, for every word, for every thought, for every image, for every radiating power that you have. If you understand it in this way, then you have the real meaning of the exercise.
4. Give a lesson in movement.

Criticism:

1. In the exercise for conveying meaning by words and gesture there was too much emotional quality in what you did. You must only have the scaffolding. Try much more simple and neutral gestures. Find the kind of gesture which is only the scaffolding. It must only help you to send out your words and emotions.

2. You have limited yourselves in all your exercises by following the suggestions I gave you too pedantically. The meaning of my method lies not in one exercise or the other, but in the whole. You will only understand when you feel yourself absolutely free in all the exercises. You must understand the idea of my exercises, not only the exercises. Change the exercises I have given you, and if your idea is wrong, I will tell you. If you find other exercises beside

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those I have given you, please do them.

At the beginning you must do what I tell you and be very careful with the form I have given you, but after some time you have the right to re-create the exercises. Don't follow the examples given you so implicitly. It is most necessary that you are going the right way, but you must be free to develop your individuality. You must be spontaneous and original instead of slavish in the way you do your exercises. If you understand this, you will always be free. You must allow yourself to be spontaneous.