

Proposal Rules:

System 3: Imitation (similar to warm up game "Freeze")

The performer group is spread equally in the space. Everybody can make eye contact with the other performers

They behave like people in a cafeteria would do but try to stay in the area they started.

They observe their surrounding. They want to fit into their surrounding. One person (initiator) starts to imitate/repeat one

- i) gesture a visitor performed
- ii) an object
- iii) a gesture another performer performed

The others imitate the imitation of the initiator. It can take a while until the others notice that there is an imitation going on but as soon as the whole group imitates and the initiator stops to imitate and so do the others. The group acts like before, still wants to fit into their surrounding and observes it. After a while another round of imitation starts and the circle starts again....

WarmUp Games - Liese

1)Enemy and Guardian:

Walk through the room carefully and try not to collide with the others.

After doing that for a while silently choose one person that will become your guardian. Try to follow this person for a while but make sure he/ she does not notice.

Then chooses another person (silently) that is your enemy. Now try to stay away from your enemy as far as possible and keep your guardian between yourself and your enemy.

→ A strong dynamic will occur and it will never be possible for everybody to fulfill the rules.

2)Triangle

Walk through the room carefully and try not to collide with the others. Fill up the space as equal as possible

Choose (silently) 2 people and try to form an isosceles triangle with them.

3)Changes

Split group into couples.

The couples stand in front of each other and observe each other precisely.

After a while (1 minute) they turn around and change 3 things e.g. take their shirt out of trousers or put the hair to the other side... then they turn to each other again and tell the other person what they think has changed.

4)Eyecontact:

The group is divided into population A and population B.

Both walk through the room. A's make eye contact with B's. B's try to avoid the eye contact. No talking.

Then a person who is not involved claps his hands and the situation changes: The B's make eye contact to the A's and the A's try to avoid the eyecontact. After the game the populations can be asked how they felt during the different situations.

5)Freeze:

Walk through the room without colliding with the others. Everybody is walking. Try to sense what the others are doing and be aware of the space and the people within. As soon as one person stops the whole group needs to stop. And as soon as the person starts to walk again everybody needs to walk again. It should not be visible who stopped. Repeat this several times until you reach this goal and everybody is acting like one body would do.

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## **Feedback&Ideas on Rehearsal 24.01.2016**

MTST- Collective Rehearsal 24.01.2016

Feedback from Hannes:

-Make it more dynamic

-reminds him on metropolis

-maybe use the warm up game enemy&guardian (the game is an ongoing circular game that can never end) because of the self responsibility that it needs

the performance so far looks like the participants are "ferngesteuert" or moved by magnets underneath the ground

-> find a way to break this up but not lose it

Ideas/suggestions:

\*develop a dramaturgy (Yawen/Liese):

1. Beginning:

->Actors invade the space and act like they are casual visitors

->at some point they all stand still and "freeze" (maybe after the last one hats entered the scene and found his/her position, these positions can be determined beforehand and all the actors know their first position and know who is the last to find his/hers)

-> "Freeze" means that the performance system is starting and the actors get triggered by people walking by and start to do their patterns while they follow the rules.

2. Action unfolds: Let the patterns and rules unfold. Actors get comfortable and active in their role. The system 1 is performed as long as a cue (signal) interrupts and another system starts immediately. suggestion for system 2: rules similar to enemy& guardian

3. Try to find a climax?

4. End: Find a way to immerse the actors again back to the audience. No clear cuts but a small silent changes in the system that let the actors become part of die audience again.

suggestion: when the actors meet a visitor and they look into the eyes the actor freezes and imitates some behavior of a visitor around him (e.g. go take a coffee, take a look onto artworks, sit in a chair.)

\*\*what about costumes? everybody should wear mono colored cloth, no small patterns or prints!

Trouser and shirt can have another color but the appearance in general should be neutral, not to grey and not to bright. maybe something light blue...

\*\*\*make sure everything is videotaped in a professional way to give away some portfolio material for the actors

\*\*\*for next rehearsals:

->bring tape to mark a space that can be used as stage. also small objects can be marked with tape

->Dovile is the leading speaker, she introduces the session and takes care of the schedule of the day when there are specific questions they should be asked in the group so that everybody can discuss about it (that way we will also avoid telling the same things 100times)

-> Make sure that all the actors know that it is important to stay concentrated even when they feel troubled or can not perform because they lost track. WHILE REHEARSING a system it is better to stay calm and keep the question in mind to ask it afterwards in the whole group! After every task there is a group talk ( just in case everything is clear and nobody has any questions we can continue)

-> let actors know that their presents is their most important tool! posture/ awareness and precession are the things they should take care of. If they fall out of a system its important to keep on to that! stay in the role, stay focused!!! That will also be the most important thing when they will be in front of the audience!!!!

-> for the warm up part Liese will provide a variation of games and also point out why we play certain games and what should be in focus for the actors e.g. room awareness, concentration, self positioning, eye-contact....

-> replace the clan sounds with humming sound (hummmmm/ humhum/ humhumhum...)

humming can also be loud! A E I O U have to much impact that evoke certain associations e.g. iiiii is like somebody is disgusted

-> find more rules that interact with the audience!!!!

-> try out versions of the enemy&guardian game to establish a second system that is more dynamic and breaks up the robotic system

\*\*\*\*try to get rid of the metronome, if it is not possible Hannes likes it anyway;) I personally don't!

\*\*\*\*\*let Matze and the girl with the dark hair and red hat know that we are thankful for their work and appreciate that they participated! for further rehearsals we think we already have enough participants---something like that ( Eri writes an email?)

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## **Proposal: Schedule Rehearsal on 28.01.2015**

5pm- 8pm

**Weißensee/HKW**

1) Dovile gives an overview on what will happen during the rehearsal

2) Warm Up (Liese)

i) Freeze

*Walk through the room without colliding with the others. Everybody is walking. Try to sense what the others are doing and be aware of the space and the people within. As soon as one person stops the whole group needs to stop. And as soon as the person starts to walk again everybody needs to walk again. It should not be visible who stopped. Repeat this several times until you reach this goal and*

*everybody is acting like one body would do.*

*Ask the group: How did you feel? What were your thoughts during the game? Was there anything that troubled you?*

*Game emphasizes the group behavior and tries to form one unit out of several individuals. The actors have to be aware of the others and concentrate on little details. After a while a certain rhythm is occurring. When this rhythm can be broken (e.g. by stopping just after everybody started to walk again) and everybody is still able to freeze as a unit, the group is a strong group.*

## ii) Enemy & Guardian; variations of tempo (record!!!)

*Walk through the room carefully and try not to collide with the others.*

*After doing that for a while silently choose one person that will become your guardian. Try to follow this person for a while but make sure he/ she does not notice.*

*Then chooses another person (silently) that is your enemy. Now try to stay away from your enemy as far as possible and keep your guardian between yourself and your enemy. → A strong dynamic will occur and the game is a never ending loop.*

*Variations:*

*\*speed up the tempo of your walk. Try to run away from your enemy as fast as possible but still keep your guardian in between.*

*\*\* slow down the tempo of your walk. Make very slow or small steps and see how this changes the position of your guardian or enemy.*

*Ask the group: How did you feel? What did you notice during the game or right after?*

Game is played to make actors aware of their body and position within a room, to take self responsibility and to get the body circulation going. They can notice how the smallest steps can have a big impact on the group and how their individual behavior changes the movement of the whole group (especially while the game is played slowly). It is a closed system they can not escape and always have to be aware of themselves.

## iii) Eyecontact

*The group is divided into population A and population B.*

*Both walk through the room. A's make eye contact with B's. B's try to avoid the eye contact. No talking.*

*Then a person who is not involved claps his hands and the situation changes: The B's make eye contact to the A's and the A's try to avoid the eye-contact. After the game the populations can be asked how they felt during the different situations; how did they feel when they were Populations A or Population B. Ask the group: How did you feel? What were your thoughts during the game? Was there anything that troubled you?*

Game is good for getting an idea about status and how eye contact can change this status easily. To be looked at can become a quite uncomfortable and as an actor it is important to feel comfortable while acting and being looked at. -> This game makes all participants experience the same situation and use the gaze as a tool to communicate. During our performance the actors are asked to avoid eye contact with the audience? but still have their head straight and their eyes not on the ground! This game is a good way of training this.

**Say a few words about general behavior during tasks; no talking, keep questions in mind and ask after the task is over in the whole group...**

**Dovile takes over again; Liese is there to keep up the concentration of the group**

3) Repeat the individual patterns in smaller groups (3-4) and apply all rules -> try to be as precise as possible and continue this until everybody is secure and comfortable with their patterns and rules.

\* try to change the clan sounds with humming

**\* develop a rule for the behavior when actors confront themselves with a member of the audience (now: Freeze)????**

SHORT BREAK: 15/20mins

4) Repeat the individual patterns in the whole group and apply all rules (also the new ones: humming/ interaction with audience) -> Let this run for at least 15mins and RECORD everything from a good point of view

5) When the system is stable try out to switch from system 1 (patterns+rules) to system 2/warm up (enemy&guardian; enemy and guardian are predetermined from the warm up game) at some point. The change from system 1 to system 2 can be marked by a clap in the hands. (Dovile claps her hands -> everybody changes the system) RECORD

6)End discussion with actors: Questions/ Feedback/ Ideas/ Problems?

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## **Freeze**

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Now freeze and act out one gesture like racing an arm or sitting on the ground... the others have to do that as well as soon as one person does it. and start to walk around as soon as the person who started it walks around.

Ask the group: How did you feel? What were your thoughts during the game? Was there anything that troubled you?

Game emphasizes the group behavior and tries to form one unit out of several individuals. The actors have to be aware of the others and concentrate on little details. After a while a certain rhythm is occurring. When this rhythm can be broken (e.g. by stopping just after everybody started to walk again) and everybody is still able to freeze as a unit, the group is a strong group.

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## **Walking in a line**

(Dovile)

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Warm Up for Sunday:

### **Body Stretching:**

stand with your feet connected to the ground. put your arms on the side of your body and make sure that your feet don't touch each other. stand straight and tall. breathe  
put your hands to the ceiling and try to get as high as you can without losing contact to the ground.  
stretch your whole body as much as u can. try to get the cherry on the tree ;) )  
then suddenly let your arms and upper body fall and all the tension in your body falls with that movement to the ground.

repeat that 2 times.

### **Enemy & Guardian:**

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**Walk in a line****Everybody repeats their patterns**