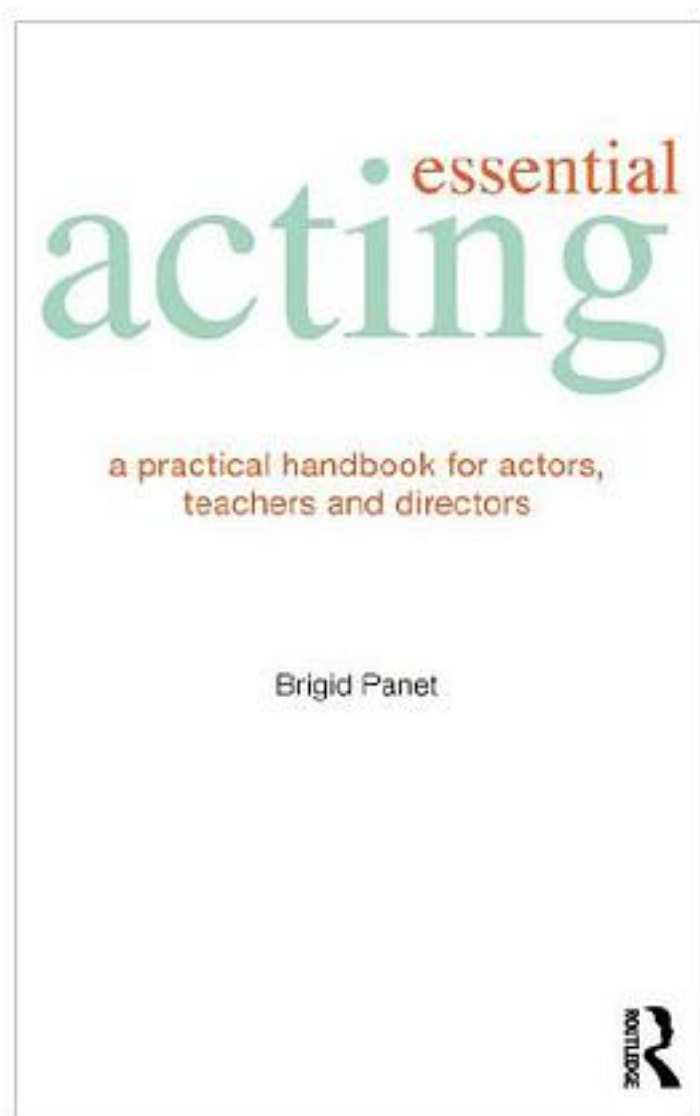


Essential Acting



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出版者:

出版时间:2009-4

装帧:

isbn:9780415476782

How do actors fuse thought, emotion, and action within their creative process? "Essential Acting" is an inspired and reliable toolbox for actors and teachers in the classroom, the rehearsal room and the workshop. RADA's Brigid Panet has distilled 50 years of acting, directing and actor training into a unique recipe which brilliantly combines the teachings of Stanislavski and Laban into an invaluable practical resource. These exercises are built around the need for simple, achievable techniques that can be applied by actors, teachers and directors to answer the myriad requirements of actor training. The goal is to produce a continuous level of achievement, addressing: how to rehearse; how to work with a text; how to audition for drama school; and how to access the truth of feelings and actions. "Essential Acting" will be a must-have purchase for anyone looking for a comprehensive study guide to the necessary work of the actor.

作者介绍:

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标签

评论

老师的书 努力阅读ing

任何表演都有相通之处，为了跳舞看的。这类书看了几本，确实有些概念很有帮助，例如time, space, force以及细分为六个部分high, low, forward, back, left, right, 再从维度分fast\slow, direct\flexible, strong\light。理论的提升必须配合实践才有效用，书中有很多个人及团体练习。但唯一work的是一句话，原文记不清但核心是，一切都靠个人悟性。人的感悟能力绝对差异很大，有些人一辈子都不能理解某些细化的情绪更无所谓表达。本书没有介绍如何才能表现strong force，正印证那句话的意思，靠自己吧，练习归练习，你不可能表达自己尚未理解的东西。人生，阅历，悟性，敏锐的感官，havent started yet。时间到了自然会出来的。

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书评

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