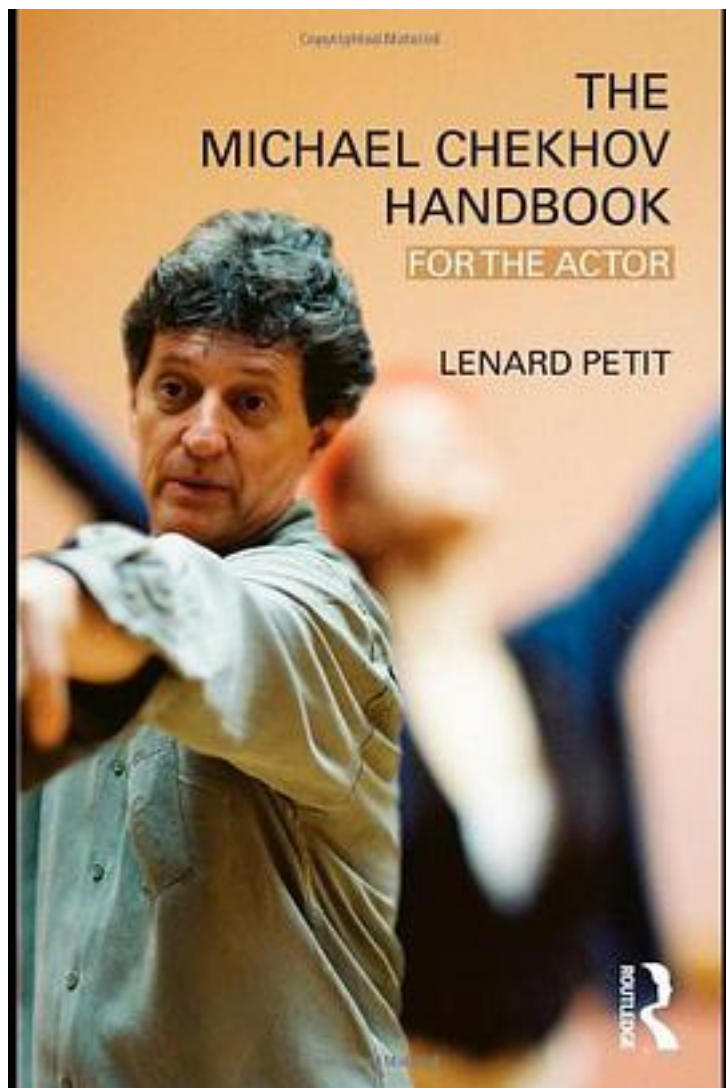


# The Michael Chekhov Handbook



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'Petit's words go right to the heart of Chekhov's technique ...Anyone looking for a key to understanding more about Michael Chekhov's technique will devour it.' - Jessica Cerullo, Michael Chekhov Association, NYC The Michael Chekhov technique is today seen as one of the most influential and inspiring methods of actor training in existence. In The Michael Chekhov Handbook, Lenard Petit draws on twenty years of teaching experience to unlock and illuminate this often complex technique. Petit uses four sections to guide those studying, working with or encountering Chekhov's approach for the first time: the aims of the technique - outlining the real aims of the actor the principles - acting with energy, imagination and creative power the tools - the actor's use of the body and sensation the application - bringing the technique into practice The Michael Chekhov Handbook's explanations and exercises will provide readers with the essential tools they need to put the rewarding principles of this technique into use. Lenard Petit is the Artistic Director of The Michael Chekhov Acting Studio in New York City. He teaches Chekhov Technique in the MFA and BFA Acting programs at Rutgers University. He was a contributor and co-creator of the DVD, Master Classes in The Michael Chekhov Technique, published by Routledge.

### 作者介绍:

莱纳德·佩蒂特是戏剧导演、演员和表演教师。“迈克尔·契诃夫戏剧学校”获得亲授的学生之一，从事戏剧工作超过40年，被认为是全世界范围内教授“迈克尔·契诃夫表演方法”最权威的教师之一。曾受邀于莫斯科艺术剧院、慕尼黑国际电影电视学院、赫尔辛基大学执教大师班，并在哥本哈根、马德里、罗马、里斯本、阿姆斯特丹、柏林、苏黎士、伦敦、里加、雷克雅未克、西伯利亚伊尔库茨克等地开办表演工作坊。

莱纳德·佩蒂特任挪威奥斯陆国家艺术学院硕士课程教师，是“迈克尔·契诃夫协会”（MICHA）的创始人之一，现任纽约“迈克尔·契诃夫表演工作室”艺术总监。其导演的百老汇戏剧作品《青蛙新娘》（The Frog Bride）于2006年获得戏剧书桌奖的“独特剧场体验”奖提名。此外，莱纳德·佩蒂特已在罗格斯大学硕士和本科的表演课程中教授“迈克尔·契诃夫表演方法”长达25年之久。

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