

Actor's Centre for Transformation VANCOUVER

FALL SCHEDULE

With September around the corner, Autumn is on our doorstep and that means all the things that go along with it: leaves changing colours, shorter days, longer nights, cooler, wetter weather, back-to-school mania for the youngsters and of course, ACT Vancouver's new FALL schedule:

10-WEEK CLASSES RUN OCT. 3RD – DEC 5

DISCOVERY CLASSES (9-12YRS OLD)

Saturdays 3:00 – 4:00pm

BRIDGE CLASSES (13-16YRS OLD)

Saturdays 4:00 – 5:30pm

FOCUS CLASSES (ADULTS)

Saturdays 9:00 – 11:30am

FOCUS CLASSES (STUNT-ACTORS)

Saturdays 12:00 – 2:30pm

WEEK-END INTENSIVES RUN FROM 9:30 – 4:30 SAT & SUN

STUNT-ACTOR Intensive Workshop

September 12th & 13th

FOCUS Intensive Workshop

September 19th & 20th



INTENSE INTENSIVES

Two full days of acting. A movement workshop. A voice workshop. And a wealth of knowledge. I don't think it's possible to cram more training into our week-end intensives. The days are not designed to be easy. They're designed to get you up to speed with our approach and get you primed and ready to work. Fast. For the new comer, intensives are a great way to jump right into your training. For our alumni these workshops are essential to refresh those dormant acting muscles that you will need to use in class, in the audition room or on set.

Go on. Make the commitment. Train hard.

MOVING INTO CHARACTER

Using your voice is a physical activity that calls upon the muscles of breath production and speech to communicate ideas through language. Similarly, acting is a physical activity that uses every muscle in your body for the purpose of expression.

Often times, beginning actors focus all their energy on line delivery (actor suicide!), script analysis or on personal emotional connections to the material. Although these are all part of an actor's tool kit, something that we never want to neglect is the importance of being able to express yourself and the emotional life of the character with your whole body.

A recent psychological study out of UCLA found that in everyday interaction, 55% of the believability of your statements is judged by your body language, 38% by the tone of your voice and only 7% by the actual words you say. To put it in actor terms, you should be spending about 7% of your preparation time memorizing lines, 38% of your time working on your voice and 55% of your time getting into the physical world of your character and the scene.

Stunt performers can attest to the importance of "being in your body" during a stunt, but do we, as actors, put enough effort into retaining that sense of presence while we're in a scene?

The movement work we've begun to introduce here at ACT Vancouver is designed to help performers create art with their physical selves. Find qualities of movement that you've always been capable of, but haven't necessarily explored yet. Actors: connect your mind and heart to your physical being. Stunt-Actors: learn new ways to match any actor's movement quality or create interesting and sustainable character movement for creatures, monsters, zombies and/or vampires.



NEWS AND UPDATES

- Congratulations to James Michalopoulos, one of ACT Vancouver's first students for earning an exciting stunt-actor role on the network television series 'Fringe'. James' combination of hard work, persistent training and private coaching has really paid off.
- Congratulations are also in order for Brad Kelly for booking a huge stunt-actor role on the TV movie, 'Hard Ride to Hell'. As a result of his committed work ethic in the FOCUS class, Brad has found a new level of confidence in the audition room which is obviously working for him.
- Are you an ACT Vancouver alumni with a recent success story you'd like to share with us? If so, we encourage you to drop us an e-mail and keep us updated on your progress. We'd love to hear from you!