



THINGS TO PREPARE

Dear first years, we are looking forward to welcoming you to the East 15 family, you have a thrilling journey ahead of you. In preparation for your first term please do the following:

- Identify and watch at least **three** stage productions that you have not seen before, these can be live or recorded. You will need to be able to discuss these productions in class.
- You will be asked to introduce yourself to peers and tutors several times during your first few weeks, please think about how you are going to present yourself. Who are you? What do you want us to know about you? What are you interested in (apart from acting, of course)?
- Create a visual representation of yourself that we can stick on the wall. You can draw, paint, collage, cartoon, bits of material, photographs, anything you like if you feel it represents you and includes the name you want us to call you.
- Please purchase this book, you will need it over the course of the three years.
 - Calderone, Marina & Lloyd-Williams, M | *Actions: The Actor's Thesaurus* | Nick Hern 2004
- A condensed reading list follows. Please read at least **three** of the texts below.
- A more comprehensive reading list will be available when you enroll. You will have access to the texts online/ in the library once you have enrolled.

Condensed Reading List:

- Caban, Andrea; Foh, Julie; Parker, Jeffrey | *Experiencing Speech: A Skills-Based, Panlingual Approach to Actor Training* | Routledge 2021
- Gutekunst, Christina | *Voice into Acting* | Bloomsbury 2014
- Chekhov, Michael (ed. Simon Callow) | *To The Actor: on the technique of acting* | Routledge 2002
- Newlove, Jean | *Laban for All* | Nick Hearn 2003
- Brook, Peter | *The Empty Space* | Penguin 2008
- Houseman, Barbara | *Finding Your voice* | Nick Hearn 2002
- Benedetti, Jean | *Stanislavski: An Introduction* | Methuen 2008, 4th ed
- Littlewood, Joan | *Joan's Book* | Methuen 1994

- Malague, Rosemary | An Actress Prepares: Women and the “Method” | Routledge 2012
- Benedetti, Jean | Stanislavski and the Actor | Methuen 2008
- Mosley, Nick | Meisner in Practice: A Guide for Actors, Directors and Teachers | Nick Hearn 2012
- Toporkov, Vasali | Stanislavski in Rehearsal | Methuen 2008, 2nd ed
- Hagen, Uta | Respect for Acting | Macmillan 1973
- Merlin, Bella | The Complete Stanislavski Toolkit | Nick Hern 2006

PREPARATION FOR CLASSES / REHEARSAL TECHNIQUE

In all practical classes, (acting, movement, dance, stage combat, singing, and voice) please wear plain comfortable clothing of a neutral colour (i.e., black, grey, navy) that you can move in easily. You should be able to move without restriction and make sure you have something warm to put on. We work in either flat flexible shoes or bare feet.

You need to have a Yoga Mat for movement and voice classes. In voice classes you will need a block or book to support your head when you lie down, your head should not be tilted backwards or forwards. So, you may need to test a few different sizes of block or book.

For movement you will need two pairs of jazz / yoga pants / leggings (cotton / lycra mix) these or equivalent, plus two comfortable/movable/breathable movement t-shirts (or leotards if preferred), and supportive / sports underwear.

In addition, one pair of character shoes and one black rehearsal skirt / trousers.

'I' Poem Text (Voice Class)

As part of celebrating your unique voice, we want you to find a short poem that you identify with to start your voice journey. The poem should read at about one minute long and should be in the first-person singular – in other words, an 'I' poem, that being a poem from the personal perspective of the poet.

You will be asked to share this poem by reading it aloud in your *own* accent, and to explain your personal connection with it. What does the poem mean to you?

If English is your second language, please feel free to choose a text in your mother tongue, so long as you can provide an English translation for the class.

Ideally, the poem should be memorised ready for your first voice session, but you should also bring a printed version which will be able to refer to if necessary.

See you in October!

The East 15 staff.