



PREPARATION FOR TRAINING

Dear first years, we are looking forward to welcoming you to the East15 family and to the CT hub. You have a thrilling three years ahead of you.

In preparing for your first term, please do the following:

- Watch at least three stage productions that you have not seen before, ideally of different styles (i.e. a classic play, a contemporary play, a dance, installation etc).
- You will be asked to introduce yourself to peers and staff several times. Have a ponder – who are you? What do you wish people to know about you? Etc.
- Create a visual representation of yourself that we can stick on the wall. You can draw, paint, collage bits of material such as photographs and past artwork etc.
- A condensed reading list follows. Please read at least **three** of the texts below.

Condensed Reading List:

- Chekhov, Michael (ed. Simon Callow) | To The Actor: on the technique of acting | Routledge 2002
- Brook, Peter | The Empty Space | Penguin 2008
- Lecoq, Jacques The Moving Body Methuen 2000
- Mamet, David True & False: Heresy & Commonsense for Actors Faber & Faber 1998
- McKee Robert Story Methuen 1997
- 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
- Mosley, Nick | Meisner in Practice: A Guide for Actors, Directors and Teachers | Nick Hearn 2012
- Hagen, Uta | Respect for Acting | Macmillan 1973
- Berger John About Looking Vintage 2002

- Macdonald, Ian Revolution in the Head (The Beatles) Vintage 2008
- Pinker Steven The Language Instinct Penguin Books 1995
- Fromm. Erich The Forgotten Language Holt 1976
- Wright, John Why is that so Funny? 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.

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 write or 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 you will be able to refer to if necessary.

See you in October!
The East 15 staff.