Acting Methods: Stanislavski

* Constantin Stanislavski
	+ Russian actor and director at the beginning of the 20th Century
	+ Considered “the father of method acting”
* The Stanislavski system…
	+ Born out of a quest for realism in acting
	+ Inspired and preceded the major acting techniques developed in America in the 20th century
	+ Commonly used by actors today

**Techniques**

* “The Magic **If**”
	+ What if it happened to me? How would I feel? What would I do?
		- Make up details about your character
* The use of **objectives** and active verbs
	+ Super-objective: theme/driving force of the play (for your character)…..What your character wants out of the play/beyond the end of the play
	+ Objectives: Character’s Goal - what character wants out of scene…
	+ Obstacles: What can get in the way of objectives…
	+ Action (Tactics): What are the different things the character can do to reach objectives….
		- CONCENTRATION IS ON ACTIONS, RATHER THAN EMOTIONS 🡪CARRY OUT EACH OBJECTIVE WITH AN ACTIVE VERB
* Need to release tension & concentration
	+ Stanislavski’s belief
		- An actor cannot concentrate on his part (role) if his body is tense
		- To be relaxed/focused on stage, performers need to increase capacity for concentration
	+ This techniques is helpful for dealing with stage fright and for dealing with audience distractions
* Emotional Memory
	+ Learn to access memories to call upon real emotions needed to play certain scenes/acting roles
	+ UNLIKE METHOD ACTORS… “Stanislavski Actors” also work “from the outside in”
		- Accessing emotions through physical actions 🡪 using
			* Movement, voice, tempo, costumes, make-up

**Famous Stanislavski Actors**

* Stella Adler, Gregory Peck, Marlon Brando