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