



# Milk Crate Theatre Online Program 2020

## DEVISING THEATRE – 01

### INTRODUCTION & BASE ELEMENTS

#### WHAT THIS SERIES WILL COVER

- Base Elements – Pace, Rhythm, Levels
- What is Devised Theatre?
- Improvisation
- Character Creation
- Object Play
- Movement Play
- Setting, and the World of the Character
- Symbolism – how it relates to Character, Setting, Narrative and more
- Integrating Symbolism
- Narrative

#### Base Elements

These are some base elements that we will look at and use for making theatre. There are many kinds of elements that people use when devising theatre. You may have heard of things like:

**Laban**

**Viewpoints**

**The Suzuki Method**

... and other systems of working that are basically lists of ways to look at material.

I like to use **Gabrielle Roth's 5 Rhythms**, which I will cover below.

Please do feel free to research or investigate any system that you have heard of, or are interested in!

Many directors or theatre makers will take a little bit from here and there and make their own "system". These can change from project to project, depending on what needs to be achieved.

Here's mine for this series of workshops!

Over the coming weeks we will look at and refer back to:

- PACE
- RHYTHM
- LEVELS

## PACE

- 0 Stillness
- 1 Slowest walking
- 2
- 3 Regular Pace
- 4
- 5 Fastest walking (not running)

When you are moving at different paces or changing between them, keep in mind how they make your body feel, and what they might indicate about a character's state, or the situation they are in.  
Ie, in a rush / running late for work or light and breezy, etc etc!

## RHYTHM

### *Based on Gabrielle Roth's 5 Rhythms*

- 1 Flow
- 2 Staccato
- 3 Chaos
- 4 Lyrical
- 5 Stillness

As with the above notes on pace, when you are moving in different rhythms or changing between them, keep in mind how they make your body feel, and what they might indicate about a character's state, or the situation they are in.

Ie, erratic / disorganised or indecisive, or go-with-the-flow, or super happy and excited ...

But furthermore, what might be going on for them at this point in their story?

## LEVELS

- 1 low
- 2 medium
- 3 high

These are the levels at which we use our body, or take part in an action.  
How does it feel when you are standing up really tall and at a "high" level?  
What does it feel like to be low down?  
What happens in the middle!?

## Finishing Up

## **DUSTING OFF**

Use your hands to gently “dust off” your body from head to toe

Well done 😊

## **TASK:**

As you go through your week ahead, take notice in as many moments as you can, how you move or feel or behave in relation to the above base elements.

For example:

When I’m waiting in line at the supermarket, I feel a little bit STACCATO, because I get a bit impatient with the waiting, so my body starts making short and sharp movements!

My PACE is at a 1, because I have to move so slowly in the line, but the energy in my body is about a 4 or 5!  
My posture is medium, because I am standing to attention, waiting to get to the front of the line. I have very heightened awareness!

OR

I feel like my body is in FLOW when I’m walking through the park. I get onto a roll with taking step by step in the soft grass.

My PACE is a 2 or 3, because I can take it easy but I’m also quite nicely energised in this place.

My posture is medium, because I am relaxed but also open.