

ALL THE WORLD'S A STAGE

INTRODUCTION

- Teacher's introduction
- Introduction of participants
- Discuss learning objectives for the class

LEARNING OBJECTIVES

At the end of the class, the students will be able to:

1. Identify the three perceptive modes and their corresponding projective modes.
2. Name at least one exercise used to isolate and strengthen each of the three projective modes.

THE THREE PERCEPTIVE MODES

1. Visual
2. Aural
3. Kinesthetic

THE THREE PROJECTIVE MODES

1. Face
2. Voice
3. Body

THE TASK OF THE SINGER-ACTOR OR PUBLIC SPEAKER

TOOLS TO ISOLATE AND STRENGTHEN THE PROJECTIVE MODES

1. Facial Aerobics; Grotesque Masks; Attitude Cards
2. Chanting; Lengthening Vowels; Musical Cue Cards
3. Gesture Cards; Mirrors; Dance

EXERCISES USING SYMPOSIUM SONGS

SUMMARY

Review the course learning objectives and determine success in meeting them.

FACIAL AEROBICS

The following exercise routine for the facial muscles has two main musical purposes:

1. to achieve greater muscle flexibility in order to be more emotionally expressive in singing and speaking
2. to improve vocal sound by opening up more resonance spaces in the head

Non-musical benefits include improved circulation, healthier complexion, and more effective emotional expression/communication in daily life.

The entire Facial Aerobics routine should be practiced at least once daily. Part One should be practiced at least 3 times daily. If working alone, one should use a mirror. If working in a group, work in pairs, having one person mirror the other, and taking turns leading.

PART ONE

Facial Flow
Closed Face
Facial Flow
Open Face
Facial Flow
Lower Half
Facial Flow
Upper Half
Facial Flow
Right Half
Facial Flow
Left Half
Facial Flow

PART TWO

Facial Flow
First Quadrant
Facial Flow
Second Quadrant
Facial Flow
Third Quadrant
Facial Flow
Fourth Quadrant
Facial Flow

EXERCISES

The exercises consist of the basic Facial Flow and various Isolation Exercises.

Facial Flow -- This is simply the process of exercising all the muscles of the face. It can take 5 seconds or 5 minutes. Simply move face muscles randomly, making sure to move parts of the face that want to remain still. Use a mirror to monitor progress. The Facial Flow is used as the first and last exercise in the routine, and is used in between the isolations. As one progresses through the routine, the facial flow should feel increasingly freer and more flexible.

Isolations -- All the other exercises involve isolating one part of the face and moving only those muscles. This is difficult, and may take much practice before one is successful. Mirror work is essential. At the beginning, it may help to hold one hand over or actually on the part of the face that is not supposed to be moving. Later the use of the hand should not be necessary.

Closed Face -- With eyes tightly closed, squeeze all muscles toward the center of the face. Scrunch up tight and hold for at least 10 seconds.

Open Face -- With eyes wide open, stretch all muscles out towards the edges of the face. Stretch out wide and hold for at least 10 seconds. (This exercise is similar to the yoga exercise known as the Lion.)

Lower, Upper, Right, and Left Halves -- In each case, move only the muscles in the designated half of the face. Move as many of these muscles as possible, check the mirror to monitor progress. These may be done in any order.

Quadrants -- This is the most advanced, most subtle part of the aerobics routine. Some quadrants may be easier than others at first, but work to make all four equally responsive. Mirror work is essential.

First Quadrant -- muscles of the forehead, eyebrows

Second Quadrant -- muscles around the eyes (not including eyebrows)

Third Quadrant -- muscles of the nose, upper cheeks, upper lip

Fourth Quadrant -- muscles of the lower cheeks, lower lip, jaw

HAVE FUN!!!!

EMOTIONAL ATTITUDES

Unstable	Cautious	Confiding	Uproarious
Sarcastic	Forgiving	Ecstatic	Tired
Willing	Awed	Colorless	Amused
Aghast	Stoical	Happy	Cool
Trusting	Admonishing	Respectful	Alarmed
Friendly	Pleasant	Sorrowful	Polite
Insane	Condescending	Feverish	Incredulous
Hopeful	Simple	Scornful	Critical
Rapturous	Sly	Brisk	Melancholy
Gentle	Coaxing	Bitter	Crisp
Haughty	Accusing	Languid	Ardent
Inspired	Listless	Astounded	Irritable
Innocent	Capricious	Domineering	Dismal
Passionate	Profound	Surprised	Meek
Disgusted	Nervous	Lofty	Worried
Jealous	Serene	Enthusiastic	Tolerant
Dull	Withdrawn	Foolish	Embarrassed
Mocking	Annoyed	Serious	Reverent
Panic-stricken	Shy	Evil	Reproving
Smug	Solemn	Indignant	Monotonous
Scolding	Flippant	Courteous	Apologetic
Fanatical	Candid	Derisive	Reluctant
Wild	Indifferent	Thoughtful	Pleading
Obnoxious	Positive	Satisfied	Defeated
Pitying	Instructive	Joyful	Troubled
Timid	Indulgent	Wistful	Fervent
Spirited	Frantic	Violent	Vacant
Uneasy	Obedient	Deliberate	Quiet
Spiteful	Accommodating	Curious	Shocked
Docile	Careless	Hungry	Greedy
Jubilant	Hesitant	Wary	Hateful
Cordial	Boorish	Wretched	Satiric
Compassionate	Dignified	Feeble	Inert
Impressive	Fretful	Fawning	Facetious
Energetic	Exhausted	Blasé	Frightened
Regretful	Boastful	Considerate	Hasty
Suspicious	Uncomprehending	Frank	Pessimistic
Worthless	Sincere	Crushed	

Sad	Indignant	Harsh
Good	Pathetic	Terrified
Stiff	Argumentative	Enraged
Contrite	Contemptuous	Sympathetic
Sluggish	Modest	Lively
Horrified	Preoccupied	Proud
Loving	Hysterical	Enraptured
Astonished	Frustrated	Exalted
Desperate	Egotistical	Groveling
Earnest	Questioning	Soothing
Puzzled	Cutting	Unpretentious
Whimsical	Bold	Angry
Saucy	Belittling	Gracious
Approving	Playful	Comforting
Pitiless	Confident	Defiant
Doubting	Pensive	Helpless
Sophisticated	Optimistic	Vigorous
Insinuating	Exuberant	Breathless
Studied	Sullen	Knowing
Resolute	Curious	Ashamed
Outgoing	Submissive	Cheerful
Bored	Humorous	Uncertain
Eager	Humble	Hopeless
Vexed	Insulting	Sollicitous
Tragic	Snobbish	Devout
Excited	Hostile	Impudent
Arrogant	Selfish	Depressed
Contented	Kindly	Impetuous
Reckless	Afraid	Dreaming
Helpful	Sulky	Negative
Condemning	Persuasive	Mild
Comic	Insolent	Pompous
Savage	Cynical	Lifeless
Thoughtless	Fierce	Wondering
Hearty	Vivacious	Definite

GESTURES

Hand to opposite arm
Both hands to neck
Hand on hip
Both hands to stomach
Hand to back of head
Both hands out, palms out
Hand to mouth
Both hands to head
Fingers caress hair
One hand behind back, one on hip
Hand to head
Both hands to cheeks
One hand to head, one to stomach
One hand to cheek, one to neck
Hand out, palm down
One hand to cheek, one to stomach
One hand to heart, one to eye
Hand to neck
One hand to heart, one out to side
Arms crossed
One hand to heart, one to stomach
Hand to side
Both hands to mouth
Hands to cheek
One fist on heart, one hand held out
One hand out, one over head
Hand to forehead
One hand to heart, one to neck
One hand to head, one to chest
Hand behind back
Both fists out
One hand to head, one to neck
Both fists over head
Both hands touch opposite sides of body
Both hands to back of neck
Both hands to back of head
One hand to heart, one over head
Both hands to throat
Both hands out, palms down
Fist over head
Hand to shoulder
Hand pointing
Both hands to ears
Both hands on one hip
One hand to head, one to shoulder
Hand touching opposite side of body
Both hands on hips
One hand to cheek, one to heart
Fist out
One hand to heart, one to hip
Hand out, palm up
Hand caresses body
One hand to cheek, one to head
Both hands held out to sides
One hand to head, one over head
One hand to head, one hand out
One hand to heart, one fist out
Both hands to chest
Both hands to shoulders
Both hands out, palms up
Hand out, palm in
Hand to stomach
Hand to opposite ear
Both hands over head
Both hands to forehead
One fist out, one fist over head
Hand on other elbow
Both hands caress body
One hand to cheek, one to shoulder
Hand out, palm out
One hand to cheek, one hand out
Both hands pointing
Hand to nose
Hand over head
Both hands to one ear
Both hands to shoulders

One hand to heart
One-arm sweep
One hand to chest
Both hands to feet
Both hands to waist
Both hands to knees
Hands clasped & held away from body
One hand to foot
One hand to waist
Arms folded
One arm above head
One elbow moving
Both hands to eyes
Asymmetrical arms
Both arms above head
Hands clasped & held close to body
Both hands to chin
A kick
Two-arm sweep
Both hands to neck
One palm up
One fist
One hand to chin
Both hands to nose

Both hands to one thigh
Both hands to one foot
Both hands to heart
One finger pointing
One hand to neck
Both arms out front
One hand to knee
Both feet moving
One hand to throat
One hand waving
One hand to ear
One hand to eye
Both palms down
One hand to thigh
Both arms waving
One palm down
One arm out front
Both hands to thighs
Both hands to hips
Both hands to one hip
One hand to shoulder
Two fists
Both elbows moving