



WORKSHOPS

IN THE MICHAEL CHEKHOV ACTING TECHNIQUE



**Taught by Master Teacher Dawn Arnold,
Artistic Director of The Moving Dock Theatre Company**

INTRODUCTORY WORKSHOPS, RESIDENCIES, AND REHEARSAL PROCESS WORKSHOPS
TO SUPPLEMENT YOUR CURRICULUM.

DESIGN THE WORKSHOP that is right for your participants. Three-hour sessions can be combined and focused specifically for your needs. Optimal group size is between 8 and 24 participants. **Workshops can be geared towards:** Undergraduate or Graduate Students, Professional Actors, Theatre Teachers, or Younger Students.

- **INTRODUCING THE MICHAEL CHEKHOV ACTING TECHNIQUE**

An overview of the elements of Chekhov's approach to acting begins with preparation exercises that connect the actor's body and mind and then introduces Chekhov's tools for creating character and playing the action of scenes. This 'psycho-physical' approach keeps actors on their feet as they learn the basic principles. The workshop also fosters the spirit and practical aspects of ensemble acting.

"All the points of the method can be understood from the point of view of transforming the outer thing into the inner life, and the changing the inner life into the outer event."

—Michael Chekhov, *Lessons to the Professional Actor*

- **THE PRACTICAL CHEKHOV**

Many see Chekhov's approach as a physical acting technique, but in fact, this technique is a practical and effective guide to help actors navigate the various challenges in their artistic and acting-business life. Chekhov's tools of centers, qualities, and Psychological Gestures are emphasized in this workshop that shows how efficient this technique can be.

"The essence of our profession...is to give. What is it that we in the theatre give?...We give our body, voice, feelings, will, imagination—we give a form of pulsating art to life itself; we give it to our characters and we give it to our audiences."

—Michael Chekhov, *To the Director and Playwright*

- **THE CREATIVE ACTOR**

Using Chekhov's tools for characterization, participants create characters from scratch or from source material and create scenes. This workshop can be focused on the adaptation process that is the way The Moving Dock Theatre Company creates new work for theatre.

"...the highest and final aim of every true artist, whatever his particular branch of art, may be defined as the desire to express himself freely and completely."

—Michael Chekhov, *To The Actor*

- **THE CHARACTER'S HERO JOURNEY**

This imaginative approach to delving into character illumines the essential urge and conflict of a character through the form of the archetypal hero journey. Each actor explores their character's hero journey and creates a short solo scene.

- **REHEARSING WITH THE CHEKHOV TECHNIQUE**

Working with the Director of the show, Chekhov's tools for the actor are brought into your rehearsal process. Perfect for establishing ensemble at the beginning of the process and for laying a foundation of character development.

**FOR MORE INFORMATION AND BOOKING:
Call 773.327.1572 or E-mail Dawndock@aol.com**

WHAT IS THE MICHAEL CHEKHOV ACTING TECHNIQUE?

The Michael Chekhov Acting Technique is an actor's creative process. Designed by a brilliant actor for actors, the technique prepares the actor's body in a way that directly relates to what an actor needs to do: embody character and move or play a dramatic scene. The tools of the technique awaken the actor's inner and outer awareness and develop the actor's active imagination and creativity towards truthful, authentic yet expressive, spontaneous play.

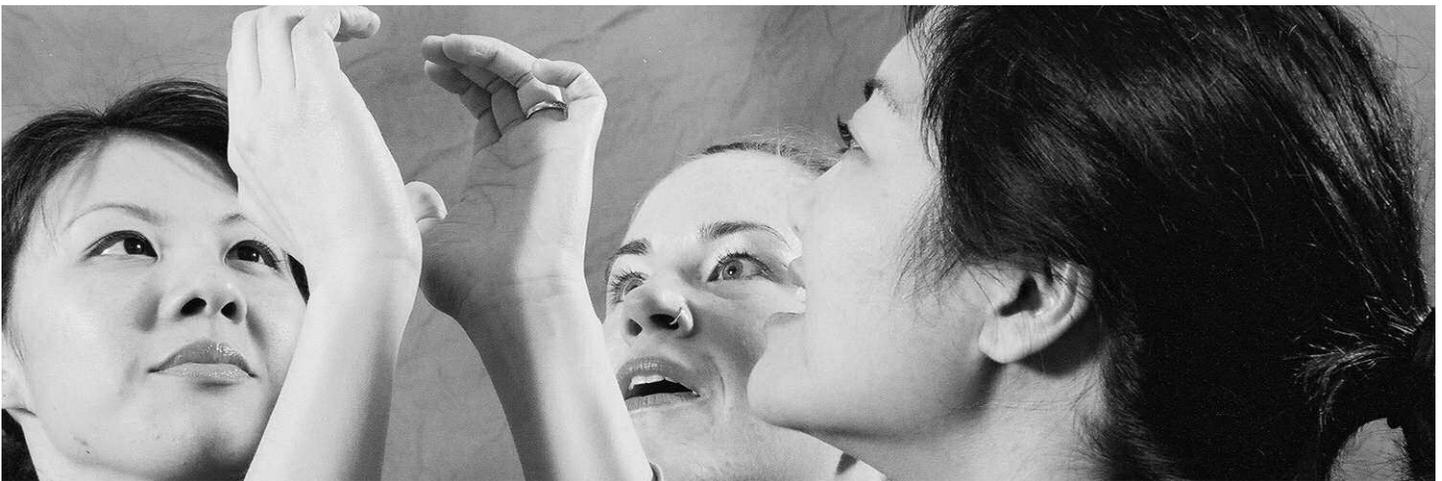


Dawn Arnold, actress, director, and teacher of theatre, has been on a quest to understand the actor's creative process that happily led her to the work of Michael Chekhov. She received her training in the Chekhov Technique in the Teacher Training Program of The Michael Chekhov Association where she studied with Ted Pugh, Fern Sloan, Joanna Merlin, Lenard Petit, and many others. She is a Master Teacher of the Michael Chekhov Technique certified by The Michael Chekhov Association.

As Artistic Director of The Moving Dock Theatre Company, she works with the Chekhov Technique in the company's adaptation and rehearsal process. She has directed/devised *Celestial Mechanics—or the Questionable Attraction of Entities*, directed *Savage/Love*, and co-directed/adapted *Galway Bay*, *Einstein's Dreams*, *Ocean Sea*, and *The Quiltmaker's Gift*.

Prior to devoting all her time to The Moving Dock Theatre Company, she was on the faculty of Roosevelt University's Theatre Conservatory for eleven years, where she taught Improvisation, Creative Process, Voice and Movement for the Actor, and Acting in both the undergraduate and graduate programs.

Dawn teaches the Chekhov Technique in the Studio of The Moving Dock Theatre Company in Chicago, as well as for colleges and theatre companies. She has lead rehearsal process workshops for Vitalist Theatre Company's productions of *The Mill on the Floss*, *Floating Rhoda* and *the Glue Man*, and *King Lear*, and Porchlight Music Theatre Chicago's productions of *The Secret Garden* and *Amadeus*. She finds her ongoing dialogue with Chekhov's ideas a continued source of inspiration and creative innovation.



Michael Chekhov and His Acting Technique

Michael Chekhov was a theatre artist and teacher who left a legacy of a comprehensive method of actor training. Nephew to Anton Chekhov, the celebrated playwright, Michael Chekhov was part of the twentieth century revolution in acting started in Russia by Stanislavsky. Chekhov, a starring actor and director of Stanislavsky's Moscow Art Theatre, focused on the use of the imagination and the inner/outer (psycho-physical) connections in the way of the actor. His long career took him from Russia, to theatre and film companies in Europe, England, and New York, and finally to Hollywood, where his ideas made stars out of Yul Brenner, Beatrice Straight, Gary Cooper, Anthony Quinn, and many others. Chekhov witnessed modern actors losing their most valuable asset—their ability to transform themselves through their imaginations. Chekhov wrote one of the most articulate and practical books on acting, *To the Actor*, which is still today an inspired guide for actors.

"I am still basking in the delight of all we learned this past weekend. I went to that audition last night and felt so "at ease"! I truly felt that I did my personal best. Thanks so much for sharing Chekhov with us."

—Deborah K. Sanchez, Associate Professor,
Broward Community College, Ft. Lauderdale, FL

"...so ambitious, so fearless, so compelling, so enigmatic and so physically beautiful."

—Hedy Weiss, *Chicago Sun-Times*

The Moving Dock Theatre Company, founded in 1997, makes new work for theatre through the creative process of the actor. The Moving Dock's approach has implemented the Chekhov technique in its ensemble-created productions such as *Galway Bay*, *Savage/Love*, *Celestial Mechanics—or the Questionable Attraction of Entities*, *Tales Through the Night*, *Where Our Imaginations May Lead Us*, *Ocean Sea*, *Einstein's Dreams*, *The Quiltmaker's Gift*, *The Lydia Etudes*, and *Undercurrents*. Moving Dock's style combines acting and movement, crossing the border between realism and expressionism.



"I've been cast as Theseus/Oberon in a production of *Midsummer*—so I'll be jumping into these roles with my new found Chekhov knowledge! I look forward to when I can be back in the studio with you—it was a wonderful experience."

—Rex Daugherty, Actor, Oklahoma City, OK

"I just wanted to thank you for the wonderful workshop on Character and Hero's Journey—I really learned a lot and intend to put a lot of this to use in my Shakespeare class this fall."

—Mary Job, Instructor, Lansing Community College

"I was allowed to explore all realms of my creativity. It is fun to work outside the confines of a script and be able to create character on just a thought or just one sentence. It is very rewarding to feel like you have truly created something unique through ensemble in a safe non-judgmental environment. Dawn is very nurturing of even the silliest idea and gives the actor time to develop whatever you may conceive."

—Shannon Clausen, Actress, Chicago, IL

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