



WELCOME TO EAST 15 MA ACTING FURTHER OPTIONAL PREPARATION

While it is not possible to learn acting from a book and we do not teach a single method or technique, we do encourage you to investigate widely and absorb the rich wisdom and experience of those that have gone before. All of this will be available to you without cost and more extensive reading and watching lists will be offered after registration, but if you are keen to read, research or prepare more generally before you join us, here are some recommendations:

1. Practical Books:

Voice into Acting – Christina Gutenkrist and John Gillett
The Actor and the Text – Cicely Berry
The Complete Stanislavsky Toolkit – Bella Martin
To the Actor – Michael Chekhov
Brecht on Performance – Bertolt Brecht
The Invisible Actor – Yoshi Oida & Lorna Marshall
The Moving Body – Jacques Lecoq

2. Seminal plays you might read or find in screened performance – Greeks, Shakespeare, and 20th Century Americans you will be working on, but other playwrights you should encounter at some point include (an example of their work is given but you will find several important works of theirs):

Kalidasa – Shakuntala
Soyinka – Death and the Kings Horseman
Ibsen – Doll's House
Chekhov – Three Sisters
Beckett – Waiting for Godot
Lorca – Blood Wedding
Moliere – Tartuffe
Brecht – Mother Courage
Littlewood – Oh What A Lovely War
Churchill – Top Girls
Kane – Blasted
Kushner – Angels in America
Butterworth - Jerusalem

There are many excellent contemporary writers who will be recommended to you over the year...

3. **Undertake your own research and follow what interests you...**key starting points might be:

- Stanislavski, Chekhov and the Moscow Arts Theatre
- Bertolt Brecht and the Berliner Ensemble
- Joan Littlewood and Theatre Royal Stratford East – the origins of East15
- Post-War and contemporary European Theatre – especially in Poland, Germany and Netherlands
- Peter Brook and the RSC, Theatre of Cruelty, Bouffes du Nord
- The Royal Court Theatre and post-war and contemporary British Theatre
- Non-European acting traditions, especially those of South and East Asia – India, Bali, Japan, Korea, and China and narrative traditions of Central Asia and Africa
- Commedia del Arte, Clown and Physical Theatre – Italian and French traditions especially Jacques Lecoq and Complicite
- Non-text theatre and its influence on contemporary acting – Augusto Boal and Forum Theatre, Pina Bausch and Dance Theatre, Punchdrunk and Immersive/Site Specific Theatre