

## Exercise List LTTA Smascherati!

### Each meeting will be divided in 3 parts:

1. physical training.
2. pre-improvisation game and improvisations;
3. moment of collective reflection.

Every day:

- Warm-up/icebreaking (daily, at the beginning of the activities): Body pattern / alignment. Energy / Rhythm / Space Breathing; relaxation-contraction; search for your own rhythm. Search for your center of gravity; balance-imbalance. Movement analysis; body breakdown. Experiences on the weight of the body (in relation to the floor and in relation to one's companions). Knowledge and experience on space. Visual field sensitization. Concentration, observation, imagination.

### Day 1: Space and vision

- Give body to the imagination: the imaginary ball.
- Partition of gestures in simple sequences.
- Eye contact: lead and be led by the partner through eye contact, changing of the partner.
- Game: balancing the stage  
Searching for the partner on the stage for the balance of the space (close/far)
- Presentation of oneself (public/private side, awareness, self-giving) linking the name with a gesture.

### Day 2

- “Opening/closing, pushing/pulling, giving/receiving”.
- Personal field of view: focusing and laterality. “Taking the space”  
Improvising synchronously a sequence of gestures in pairs, with music.  
Creation of short sequences of gestures in pairs, with music.
- “Writing” in the space with the parts of the body. Communicate with a partner at a distance.  
“Writing” a word with different parts of the body, searching for different characters (by varying the tension and the rhythm), individually, in pairs and in groups.

Exercises presented to peers (spectators) with music chosen by the participants.

### Day 3

#### **Morning session**

- **Breathing**: contraction/relaxation; breathing/emotion; breathing/tension; breathing/rhythm; breathing/action; relationship between emotional tension and physical tension; suspension/suspense.
- **Boat game**: the guiding idea is that by exhaling you draw and by inhaling you take the picture. Relationship between movement, duration of breathing and imagination.
- **Walk in 4/4** according to the time of breathing, giving sense to the action.
- **Confidence exercises**, Lead and be led blindfold.

#### **Afternoon session**

- Exercise named "The bomb-person" and "The angel-person".
- Research and partition of "**open**" and "**closed**" postures.
- **6 postures representing 6 emotions**; identifying oneself postures that express different emotions: anger, fear, joy, despair, astonishment, disgust.
- "**Photo album**": individual creation of a sequence of gestures, a story or replay life experiences. Three possibilities of representation:
  - something experienced in the moment
  - account of something past
  - gesture sequence with musicPresented to peers

### Day 4 Clown part

#### **Morning session**

In the training some typical elements of comedy are introduced, based on surprise: fake presentation, fake throw, delayed reaction, big appeals for small actions.

- **Waiter exercise**
- **Arm coordination exercise: "hand behind the neck"**
- Sequence of gestures "**6 parts of the body**", "mano, fronte, petto, pancia, sedere, via", with walking in two front rows.
- Breathing/ rhythm, time / against time. Obstacles, problems, doubts.

- Games on the "displacement" (which is also a break in balance): create an expectation and betray it; surprise by breaking the rhythm, tension, direction and intention; great preparation for a small action; every action can become an exhibition, a "number", **games with the hat on the floor and the chair**.
- **Misunderstandings**: games for two or three (to misunderstand a gesture or an action).

### Afternoon session

- **Coordination exercise**: "E' morto Flic, è morto Floc""
- **"Slap of the clown"**: game in pairs on trust, individual coordination and with the partner.
- **Hat games**: hand passes, fake throws; sequence "in search of the hat" accompanied by words; the hat disappears, reappears, becomes "alive".
- **Analysis and research of your walk, your postures and your own thoughts ("tic")**.

In pairs: create rhythmic sequences as greeting rituals, using your own "tics".

### Day 5

- **Fly game**: individually follow the path of a fly with the eyes and then in pairs, in small groups, until a single group is formed (game about listening to each other and exchanging guidance).
- **Tennis**: in pairs, play with the different parts of the body by imagining throwing a tennis ball at each other (game about listening to each other and rhythm)
- **"Pingpong"**: improvised dialogue at a distance. As in a pingpong match, the word / phrase must not fall, respecting a steady rhythm. Short and fast beats; react and not think.
- **"The trained flea"**: to play and "see" and thus "to show" the flea; relationship with the public; find unexpected ending.
- **Energy**: varying on different levels of **tension**; Emotional tension-physical tension: games and dialogue on different levels of tension (7 tension levels).
- Convincing someone to get up from the chair, using the various levels of tension and emotions.
- **The stranger**: a person is not understood by a group, misunderstandings, tension levels.