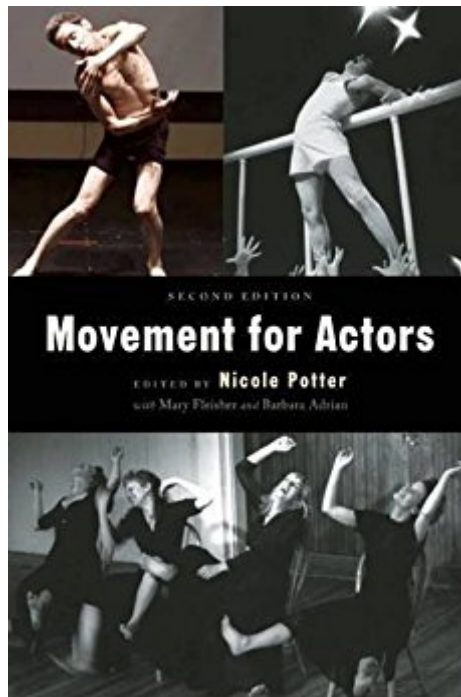


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# Movement For Actors



## Synopsis

In this updated rich resource for actors, renowned movement teachers and directors reveal the physical skills needed for the stage and the screen. Readers will gain remarkable insights into the physical skills and techniques used in a wide variety of performance styles through ready-to-use exercises and approaches. Included in this new edition are chapters covering: Stage combat Yoga for actors Martial arts Body-mind centering Authentic movement Bartenieff fundamentals Grotowski-based movement Those who want to pursue serious training will be able to consult the appendix for listings of the best teachers and schools in the country. This inspiring collection is a must-read for all actors, directors, and teachers of theater looking for stimulation and new approaches. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

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## Customer Reviews

Compiled and edited by Nichole Potter (Adjunct Professor, Theater Department, Marymount Manhattan College), *Movement For Actors* is a comprehensive guide to the physical skills needed for effective performance on both the stage and the screen. Individual chapters address everything from the Feldenkrais Method, to Shakespearean dance, to biomechanics in this must-have for serious aspiring actors. All of the major methods are surveyed including the Alexander Technique, the Feldenkrais Method, and the Laban Movement Analysis. No highschool drama department, college theatrical department, or community theater group should be without a reference copy of *Movement For Actors* in their acting/performance studies reference collections.

Suzuki method, mime, stage combat, all in one book? I am impressed. Anyone who considers himself or herself an actor should read this book and get the jump on the (ample) competition. I come from theatrical family and I don't recall ever seeing anything this thorough on the subject. Break a leg!

I share the sentiment that any serious aspiring actor should get their hands on this book. It is both clear and concise, and tackles the major movement principles currently in play across many types of performance. If one realizes that in order to work and grow as a performer, a strong understanding of both technique and theory from a variety of sources is needed -- this is a 'must-have'. It is required supplemental reading for my movement classes.

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Games for Actors and Non-Actors, 2nd Edition  
Winning Monologs for Young Actors: 65  
Honest-To-Life Characterizations to Delight Young Actors and Audiences of All Ages  
Movement Stories for Young Children: Ages 3-6 (Young Actors Series)  
Movement for Actors 101  
Movement Games for Children: Fun and Learning with Playful Movement (SmartFun Books)  
Teaching Movement & Dance: A Sequential Approach to Rhythmic Movement  
Stage and Screen Hairstyles: A Practical Reference for Actors, Models, Makeup Artists, Photographers, Stage Managers, and Directors  
Tips : Ideas for Actors  
Great Shakespeare Actors: Burbage to Branagh  
Sensational Scenes for Kids: The Scene Study-Guide for Young Actors (Hollywood 101, 5)  
Great Scenes and Monologues for Children (Young Actors Series)  
Acting for Young Actors: The Ultimate Teen Guide  
My First Monologue Book: 100 Monologues for Young Children (My First Acting Series) (Young

Actors) Short Scenes and Monologues for Middle School Actors Great Scenes and Monologues for Children Ages 7-14 (Young Actors Series) Vol. II Script Analysis for Actors, Directors, and Designers Self-Management for Actors: Getting Down to (Show) Business Accents: A Manual for Actors- Revised and Expanded Edition 7 Deadly Sins - The Actor Overcomes: Business of Acting Insight By the Founder of the Actors' Network The Hollywood Survival Guide for Actors: Your Handbook to Becoming a Working Actor in La

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