

Get Ready to Move!!

Body Warm up

There are two major goals when you are warming up your body to move on stage:

1) Relax your body

Relaxing your body is important. Later, you will learn that it is best to begin building a character from a state of "**neutrality**". Can you tell when a person is nervous? How does the way they are standing, sitting, or walking tell you that person is distressed? It is very important for you to be able to control your body so that you can adjust your body to the way the character stands, walks, sits and gestures. In order to do that, you must begin by being relaxed. Also, you want to be able to have access to your body's full range of **gesture**.

Here are some things you can do to help you relax your body:

Gentle stretches

Lie down on your back, tighten then release each major muscle group in your body

Listen to calming sounds or music

Breathe slowly and rhythmically

2) Energize your body

Once you are relaxed, you want to be able to move quickly without thinking too long to do it.

Think about a baseball short-stop or a sprinter in the starting blocks. They are breathing deeply and relaxed, but still ready to move at the sound of the bat cracking or the firing of the starting gun. You should be ready to move at an impulse on stage, and **energizing** your body during warm-ups gets you ready to do that.

Here are some things you can do to help energize your body:

Shake-out

Free-style dance

Captain's Coming!

Circle Clap

Vocabulary

Words to Know:

Relaxation

Energize

Neutrality

Gesture

Posture

Center

Attitude