

Physical Acting

Physical Acting

1. Definition

- An approach that uses the body as the primary tool for character creation and storytelling, rather than relying mainly on internal psychological work.

2. Key Practitioners

- Jacques Lecoq and Jerzy Grotowski pioneered physical theatre techniques emphasizing movement, gesture, and physical discipline.

3. Physical Characterization

- Actors develop a character's posture, walk, gestures, and physical habits to reveal personality, status, and emotional state without words.

4. Techniques

- Mime, mask work, movement improvisation, and physical exercises to build body awareness and control.

5. Application

- Especially valuable in physical theatre, clowning, and non-verbal performance, but also strengthens any actor's overall expressiveness.

6. Benefits

- Builds physical confidence, expands an actor's expressive range, and helps create distinct, memorable characters through movement alone.