

## Michael Chekhov Acting Technique Syllabus

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Office Hours: By Appointment

Course: Michael Chekhov Acting Technique inspired by NMCA values.

Course Objective: This course provides an intensive overview of acting techniques attributed to Michael Chekhov. Areas of focus include image and body, approaching a script, characterization, improvisation, auditioning, and directing with Chekhov. A variety of seminars will be presented. This course concludes with a works-in-progress presentation allowing participants to apply the new skills gained during the intensive.

1. To increase/strengthen the psycho-physical (mind-body) connection.
2. To deepen understanding of our technique and ourselves by strengthening the higher ego.
3. To develop a true sense of ensemble with ease, form, beauty and entirety (wholeness).
4. To prepare ourselves to share our ideals - our gifts - with the world.

Classes involve extensive physical/emotional activity. By attending this intensive each participant agrees to be solely responsible for his/her/their safety while participating. "know thyself" and what is comfortable and safe for you. Talk with instructors about physical challenges. Do not put yourself at risk by pushing beyond your limits, but participate as fully as you are able. We encourage you to begin a daily warm-up and stretching session each morning now in order to gain maximum benefit from this intensive. Even for our zoom classes. Be prepared to sign a photo/video release for NMCA and instructor teaching purposes if asked.

"I have a body. It is my instrument for conveying artistic ideas"  
-Michael Chekhov

Class Meeting Times  
Zoom Meetings: 8am-9am Mondays and Tuesdays  
In-Person Meetings: 9am-5pm Saturdays

Required Texts:  
Steel Magnolias by Robert Harling  
Various handouts will be given out from the Michael Chekhov Technique Playbook by Lisa Loving Dalton

Recommended Texts:  
There are many wonderful books and article about Michael Chekhov and his technique. This is only a partial listing of some of my favorites. Should you have an interest in learning more, please set up an appointment with me. We can talk about book options as well as training with NMCA.  
To the Actor by Michael Chekhov  
On the Technique of Acting by Michael Chekhov

### Comfort and Clothing:

Please prepare to come in layering clothes and sweats that are comfortable to move around in. Be prepared to peel, because you can work your body and get warmer than expected. Bring drinks to stay hydrated. Wear comfortable clothing that allows free movement. Soft soled shoes, socks, jazz shoes, or barefoot is recommended. BRING A YOGA MAT for floor exercises.

### Grading Rubric:

Acting is highly experimental in nature. Learning comes from exploration and “doing”. Active participation in all class activities and discussions is required. You must be present and ready to work on each day of class.

You will be graded on your preparation, understanding and level of active imagination.

#### “F” Level Work:

- Little to no understanding of material and tools that have been introduced.
- Text is regularly misspoken or paraphrased without a strong interpretation.

#### “D” Level Work:

- In between a C and F.

“C” Level Work: Average work. You have a general knowledge and understanding of what the texts requires.

- The tools introduced in class are being examined somewhat.
- The performance engages the top layer of the text, character, or tool being used. Notes revolve around given circumstances, objective, using the tool more deeply, tactics and relationships.

#### “B” Level Work: Above Average.

- Pursuing tools.
- Playing a variety of actions.
- Emotional and meaningful relationship to scene partner using imagination and given circumstances.
- Significant control and understanding of tools.
- Collaboration

#### “A” Level Work: Excellent work.

- All work described above, plus...
- Impulsive listening and responding
- 100% knowledge and use of tools.
- Confidence and familiarity with material
- Balance of inspiration and form
- Uses tools outside of as well as within the classroom as a healthy happier human.
- “Mistakes” are viewed as choices, and are “perfect”.
- Notes given are complex in nature and deal with alteration of already strong choices.

### General Syllabus Schedule:

Our schedule can be found on our outline page.