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DRAM 314.01: Physical Performance Skills III

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PHYSICAL PERFORMANCE III
TUES. THURS. 11:00 – 1:00pm
INSTRUCTOR: KATE ROXBURGH
CREDENTIALS: 2nd DEGREE BLACK BELT,
- SHOTOKAN KARATE.

STAGE COMBAT.

Actions must be clear, like the notes on an instrument ... otherwise the pattern of movement in a role is messy, and both its inner and outer rendering are bound to be indefinite and inartistic. The more delicate the feeling, the more it requires precision and clarity in its physical expression.

- Stanislavsky

This is not an acting class! It is an exploration of the body, to find its power, center and coordination. As an actor, I hope that you can find a way to bring what we learn to the stage. It may not be apparent at first how learning martial and gymnastic coordination can be directly applied to the stage – but I believe that the discipline it takes to get the body fit, strong and coordinated is the same, and as hard as, the discipline it takes to be an actor.

In order to learn stage combat, we must first learn physical control of our own bodies. Without muscular toning, there is no control between the brain and the body. The first step then is to GET FIT!

We are all at different levels of fitness in this class. Some may be in better shape than others. It does not matter. We will all be pushing ourselves to our own personal limit – there is no judgment involved – you should simply be proud to be showing up and trying your best.

Instructor: Kate Roxburgh
Class: Phys. Perf. III

STAGE COMBAT TRAINING SCHEDULE

This is just a basic guide for us to work from, and is flexible depending on your feedback to me. If at any time you are injured or sick, please let me know in private and we can work around this - your health and happiness are always my number one concern. Thanks, and train hard!

WEEK 1: 9:10-9:30 Run/walk along Kim Williams Trail

(If unable to run, meet back in MCG104 @ 9:30)

9:30-10:00 Stretching routine and muscle toning

10:00-11:00 martial arts training

- basic stance and stationary punching
- stepping punch

WEEK 2: 9:10-9:30 Run/walk along Kim Williams Trail

9:30-10:00 Stretching routine and muscle toning

10:00-11:00 martial arts training

- Review week 1
- Reverse stationary punch\stepping through
- Basic blocks, stationary & Stepping

- Review kata, break falls and throws
- Perform kata solo and with partner
- Stage punch/slap

WEEK 6 9:10-9:30 Run/walk along Kim Williams Trail

9:30-10:00 Stretching routine and muscle toning

10:00-11:00 martial arts training

- Review all
- Stage kicks/hair-pulls
- Begin to choreograph a fight with partner

This is a basic time-line, but it may take longer to get through all this, so I will hand you the other half of the syllabus when I get a better feel for where we are on time.

As we are training, remember that the state of the athlete's mind as s/he faces his/her event, determines the degree of excess tension s/he will carry into the event. So relax, and have fun!