



**LAMAA - Academy for Creative & Performing Arts**

### **INTRODUCTION - Who we are:**

LAMAA is an Academy for creative and performing arts being managed by Rahul & Rajat Saxena who have over 10 years of experience in making - managing models - artist & handling line production for fashion & cinema / Tv industry.

At LAMAA we offer a personal tailor-made educational support for each individual & provide opportunities for aspiring male & female from age group 6-60 years wanting to further their career in Cinema / Tv or in fashion, beauty or commercial modeling – industry, We have an experienced and dedicated team of creative professionals whose aim is to provide the highest quality of training, Personality development and support to ensure that each model/artist receives full attention to their individual needs and walks out feeling confident and ready to take their first step in to the real world of cinema/tv/fashion industry.

LAMAA creative & performing arts Courses provide aspiring students the opportunity to build their career in the Cinema/Tv/Fashion industry by imparting requisite knowledge and skills through comprehensive training modules. One can choose from our expansive ambit of professional training programs like acting, fashion – commercial modelling, (Coming Soon- film and television production, cinematography, Direction, Art Direction) all these courses are well-designed with a core creative and practical proficiency for imparting students the requisite industry knowledge.

We hand over practical information with guidance and support for new and emerging models-artist over a blend of training, advice, work and casting opportunities, passed on experience and practical knowledge, ongoing networking opportunities, career tools and never-ending support and advice, Our Programs are totally practical oriented and specially designed to ensure that every student is continuously imparted with relevant practical skills. The curriculum of courses provides students with ample opportunities to create a strong portfolio by working on live projects. Students also get an opportunity to make their own Short Films, Music Videos, documentaries and showreel.

LAMAA only works with a maximum of 20 models / artist in each batch, this ensures that we can give each model/artist full attention they need. Our model – artist development sessions offer information and a level of attention that many other similar institutes cannot offer due to their high turnover of clients. We offer our models/artist real connection with the modeling-cine-tv industry, offering them direct connections, advice for casting and a “who’s who” conversation explaining the realistic approach to the industry, our creative & performing arts course delivers the industry-standard techniques and applicable skills you need to start a rewarding career in acting, fashion – commercial modelling, film and television production, cinematography, Direction, Post Production.

LAMAA has one interest – to help create a platform for aspiring models-artist to break into the industry using the contacts we have gained over the years. LAMAA assist models-artist within the industry and passes along valuable knowledge that is helpful when entering the tough world of cinema/tv/fashion industry.

Explore an intro to camera, improvisation, and audition, along with the essential actor-model building blocks of voice, movement, text analysis, and acting techniques. Commit to the craft through serious play.

Details of courses we offered is given below:

**Diploma in Fashion & Commercial Modelling / Acting**

**Diploma In Acting for Film & Television**

*Diploma in Cinematography (Coming Soon)*

*Diploma in Film Direction (Coming Soon)*

*Diploma Post-production (Coming Soon)*

**Diploma in Fashion & Commercial Modelling / Acting – Duration 06 months :-**

**1-Introduction to acting & modelling:**

The course introduces students to the fundamental skills and tools required for developing the acting process. They build self-awareness, develop their imagination and concentration, recognize their emotional truth, learn the actor's vocabulary, and demonstrate the ability to be honest and committed in their acting. In addition, students learn how to behave as a professional actor as they demonstrate the focus and respect necessary in an acting class, on stage, or on set.

**2- introduction to voice:**

Students encounter the concept of "Your Voice as Your Instrument." In addition, they begin to develop basic vocal technique for actors and work towards developing a voice that can be clearly understood and physically grounded in the body, mind, imagination, and emotions. Class work includes breathing, stretching, grounding, relaxation, resonance, range, articulation, and the creation of a personal physical and vocal warm-up. Particular emphasis is given to the importance of the voice in the craft of the actor.

**3-introduction to text analysis:**

In this course students learn practical techniques for analyzing film, television, and theatre scripts. They develop a process for creating character using techniques such as choosing objectives, assessing given circumstances, and unit analysis. When demonstrating this process, students are directed through various acting and text breakdown exercises. They learn how this process translates into informed, truthful performances.

**4-introduction to movement:**

This introductory movement course is designed to prepare students to learn to act. Postural habits are revealed and redirected in order for the student to develop a grounded, centered, and dynamic body use. Various physical techniques are introduced, including Experiential Anatomy, Yoga, Relaxation Exercises, Creative Movement, and Laban. Through the process of exploring physical and personal awareness, students develop an aligned, expressive, and efficiently moving body that is more responsive to the needs of their imagination.

**5- introduction to improvisation:**

Characters, environments, and scene building are the key fundamentals of storytelling. Students have an opportunity to develop skills that embolden self-confidence, spontaneity, and imagination in order to enhance scenes and auditions.

**6- introduction to camera:**

Students learn fundamental techniques required to perform confidently in front of a camera. Through a series of important exercises, they learn how to make smart actor's choices for various shot types and scenarios. They also develop a deeper understanding, level of respect, and appreciation for set etiquette, professionalism, and other crew members on set.

**7-introduction to audition:**

Every actor needs to audition. This course helps students gather the skills for auditioning for roles in film, TV, and commercials. They learn what an audition is, who the players are, and what is expected of an actor in a professional situation. By simulating the audition process and reviewing their screen work in class, students begin to explore the technical aspects of working in front of a camera, the preparation of text involved, and how to present themselves with confidence and creativity.

## **#Voice experience 01**

Students build upon basic vocal technique with specific master classes in the following areas: support for sound, the articulators, and speech. In these three sessions students begin to understand the importance of the physical support required to give clear and enunciated speech while staying relaxed and grounded in their body.

## **#Rehearsal labs 01**

The Rehearsal Lab 01 provides a mentored and guided space for self-directed preparation and rehearsal. It is designed to encourage and exercise the self-motivated work an actor must pursue—how do I prepare for an audition, for a scene, for a class, or for a gig? How do I develop my discipline and focus to make my practice fun and rewarding? You will be guided to work on the projects, scripts and auditions that need to be prepared and rehearsed for class. Some of this work will happen individually, or in groups. Students will meet in a “homeroom” at the start of each Rehearsal Lab, and will sign in to the worksheet with the work that will be explored in the lab time. For some classes, such as Acting Fundamentals, you will need to keep a Rehearsal Log stating what you accomplished in your lab time.

## **#Movement experience 01**

In Movement Experience 01 students will gain techniques through specific master classes which serve to support their learning in Introduction to Movement. Movement Experience 1 will consist of three workshops in the following areas: actor recovery & relaxation, animal exploration & ensemble building and Laban. Through these master classes students will gain tools to regulate their nervous systems, explore using animals to create characters, experience ensemble building techniques and experience Laban exercises.

### **1- Acting Fundamental:**

Jumping into script work, students explore fundamental acting skills and tools required for working with text. They begin to explore the rehearsal process and play with more confidence, while engaging with the importance of text analysis and research. Through various scene exercises and full script analysis, students learn how to build authentic characters and work towards developing a longer scene to present in front of their peers. In collaboration with the Intro to Camera course, students prepare a short version of the scene for camera.

### **2-Voice fundamental:**

This course encourages each student to further demonstrate voice principles and strategies through their body, mind, imagination, and emotions. Designed to reinforce and build upon the fundamental voice techniques learned in Term 1, students apply these by working with selected poetry and scenes. They gain a greater understanding of how the voice work applies to the craft of the actor and create an individual final voice project to be performed at the end of the term

### **3-Movement Fundamentals:**

This fundamental movement course is designed to reinforce and build upon the principles explored in Introduction to Movement. Postural habits continue to be revealed and redirected in order for the student to develop grounded, centered, and dynamic body use supporting greater integration with the mind, emotions, and voice. Students also gain the tools to design a self-directed actor’s warm-up, explore physical transformations for character development, and create an ensemble movement piece. Focus is placed on integrating movement skills with acting fundamentals script work.

### **4-Improvisation Fundamental:**

Improvisation fundamentals hone students' skills by combining Term 1 elements with improvised storytelling, and revealing the relationship between actor, writer, and director. This course further expands each actor's capabilities and methods to develop character.

### **5- Audition fundamentals:**

Through fine-tuning fundamental auditioning skills, students gain self-awareness, technical skills, focus, and versatility in a variety of audition situations. Simulated auditions and call-backs help students strengthen and focus their acting technique with increasingly challenging texts. By reviewing their work on screen, they build self-awareness and technical mastery of the audition frame. This course highlights critical professional skills needed to thrive in the audition room.

## **6- Camera Fundamental:**

This solidifies how to motivate and/or justify technical film requirements from an acting perspective. Students begin to understand the importance of continuity through specific on-camera exercises, discovering how actors' choices affect storytelling within the frame. It deepens the actors respect for film, film acting, and cinematography.

### **#Voice Experience 02**

In this course, students build upon the experience and skills learned in voice fundamentals through a series of master classes in the following areas: Operative Words and Argument, Meaning and Emphasis, and Unlocking the Text, these classes are specifically aimed at finding the possibilities in the text that add depth and detail to a performance.

### **#Movement Experience 02**

Students gain techniques through specific master classes which serve to support their learning in Movement Fundamentals. Through workshops in these master classes students have the opportunity to work with both neutral and character masks, learn the basics of mime, experience the energy of clown, and explore authentic movement through the five rhythms method.

### **#Rehearsal Lab 02**

The Rehearsal Lab provides a mentored and guided space for self-directed preparation and rehearsal. It is designed to encourage and exercise the self-motivated work an actor must pursue—how do I prepare for an audition, for a scene, for a class, or for a gig? How do I develop my discipline and focus to make my practice fun and rewarding? You will be guided to work on the projects, scripts and auditions that need to be prepared and rehearsed for class. Some of this work will happen individually, or in groups. Students will meet in a “homeroom” at the start of each Rehearsal Lab, and will sign in to the worksheet with the work that will be explored in the lab time. For some classes, such as Acting Fundamentals, you will need to keep a Rehearsal Log stating what you accomplished in your lab time.

## **Advance diploma in Acting for Film & Television Curriculum, Duration 01 year :-**

### **Semester 01 – Term 01**

#### **Term 01 Duration 30days (15 days a month - 30 days in 2 months)**

Acting core principles. Begin the mental, physical, and emotional preparation necessary to enter into the craft of acting.

#### **Term 02 Duration 30days (15 days a month - 30 days in 2 months)**

On camera. Experience the technical and creative demands of television auditions.

#### **Term 03 Duration 30 days (15 days a month - 30 days in 2 months)**

TV audition techniques. Expand your range and presence through improv and advanced skills to master any audition.

### **Semester 02 – Term 02**

#### **Term 04 Duration 20 days (15 days a month - 30 days in 2 months)**

Special skills + special FX. Discover the demands of sitcom acting, and the special skills necessary for motion capture, green screen, and heightened dramas.

#### **Term 05 Duration 30 Days (15 days a month - 30 days in 2 months)**

We develop your Voice Acting skills with on-the-mic training. Exploring Animation, ADR Voice Coaching sessions will further encourage ease and range in your voice to prepare you for the demands of feature film auditions.

#### **Term 06 Duration 30 Days (15 days a month - 30 days in 2 months)**

Final project shoot, shoot your film project and promo reel in the studio to showcase your talents, and learn how to find an agent and drive your own career.

### ***Term 1 Course Descriptions: -***

#### **Arrival Week: Prepare for Journey**

Students prepare mentally and physically for the rigorous year ahead. They learn to open up to the possibilities for acting by exploring core concepts, such as trust and play. This is the first time many come face-to-face with the camera lens, delve into text analysis, create an improvised project, dance, breathe as a performer, and learn to work as part of an ensemble.

## **Acting: Ready and Responsible**

Along with the discovery that students themselves are the most important part of every character they play, this class focuses on building self-awareness through trust and play exercises. Instructors stress honesty in engaging and committing to others. Students discover the difference that thorough text analysis makes to their work and also participate in improvisation and partnering exercises. They explore the basic acting skills and tools, learn the actor's vocabulary, and begin to assume responsibility for their own creative growth.

## **Camera: Objective in Performance**

Students learn that authenticity in pursuit of scene objectives is the key to success when acting for the camera. Relaxation and spontaneity of body and voice are as essential to a film set as any technical demands. Students have the opportunity to enhance these abilities through improvisation and filmed exercises that are reviewed in class. They also practice the technical demands of a professional film set, and gain hands-on training with equipment as well as set safety, protocol, and etiquette. The on-camera improvisations also supplement and improve students' text analysis skills. This course culminates with a transition to teleplays exploring classic single-camera shooting and the actor's relationship to the camera.

## **Performance Studies 1**

Great acting involves the successful evaluation of dynamics and finesse in performance. The craft of an actor begins and is sustained through being an engaged audience member. You will learn how to appreciate, dissect, evaluate and discuss the work of actors and film-makers at the top of their field. You will participate in group viewings and discussion of a selection of specially curated film and television classics, oddities and art, and prepare for each session by researching elements of each film and/or acting performance; readying yourself for the passionate discussion following each viewing. Term One begins cultivating your awareness so you can see the direct lines that are drawn from acting we study on screen and your own daily studies as an actor, challenging you as a student to become as great as the artists you admire.

## **Movement 1: Your Body**

A heightened awareness is necessary to develop the actor's body. Drawing from North American, European, and Asian actor training methodologies, students explore movement exercises, improvisation, games, and techniques. Utilizing a spirit of discovery and openness, they learn to inhabit their bodies more fully. This occurs through working deeply with alignment, breath, release, and neutral exercises. Once exposed to a range of movement for the actor, students interact, play, and explore unison movement – developing sensitivity to the energy of the group using periphery vision and listening. The course helps students build rhythmic acuity, a sense of timing, and coordination.

## **Speech: The Basics**

Students engage with the basics of speech and phonation; the mechanical movements required for sound creation. They explore, anatomy, vowels, consonants, operative words, and learn the International Phonetic Alphabet symbols. Along with practicing articulation, energy, and support for sound, they also learn the muscularity of the spoken word and the power of language. Students gain the ability to identify key components of speech and sound, freely articulating a piece of poetry by the end of the course.

## **Voice: Breath, Body, Voice**

Each student's instrument consists of their breath, body, voice; along with their imagination, impulse, expression, and soul. To be able to be expressive and present as an actor, students need to be in a healthy and exciting relationship with themselves, especially their voice. A student's voice can be characterized as the muscle of their soul. This course is the first step in students' journeys towards developing the courage and trust necessary to risk exploring a new relationship with their instruments, to support self-discovery in moving beyond existing physical and vocal habits, patterns, preconceived beliefs, and fears that may prevent them from reaching acting goals in this industry.

## **Improvisation: Character and Spontaneity**

Improvisation is the only performing art where each student is fully responsible for all aspects of their work. Those who can improvise well are the most valued actors on any set because they complete every take, regardless of accidents and mistakes. The improvising actor makes discoveries whereby non-improvising actor may struggle. Through a series of exercises, conducted in pairs and groups, students explore the building blocks of character, as well as complementary actions and reactions. They learn how to use physical punctuation to create an interesting performance, how to share focus with other actors dynamically in a scene, and how to play with the cultural rules of social behavior and expectations to generate comedy. Through practice, each student develops a heightened awareness of their scene partner(s), the circumstances of a scene, and ability to generate laughter effortlessly.

## **Rehearsal Lab 1**

The Rehearsal Lab is a mentored time for self-directed preparation as well as rehearsals. It is designed to encourage and exercise the self-motivated work an actor must pursue: how to prepare for an audition, a scene, a class, or a gig. Each student's discipline and focus as an actor develop through practice as they work on projects, scripts, and auditions that need to be prepared and rehearsed for class. While some of this work happens individually or in groups, students meet in a "home room" environment at the start of each Rehearsal Lab and sign in to the worksheet with the work explored in the lab time.

### ***Term 2 Course Descriptions***

#### **Acting: Scene Study**

Students discover how to put the actor's basic skills and tools to work by creating a dynamic and powerful scene for presentation. They use the skills acquired in the previous term to delve more deeply into creating an honest and authentic character. This course highlights how students can express themselves with confidence and serve their stories truthfully. They assume responsibility for their own creative growth and begin to follow impulse to discover surprises in honesty and engaged partnering. Through improvisation, acting exercises, research, and rehearsal techniques, students prepare and present a scene for evaluation at the end of the course. Performing for a larger audience at the end of term offers an opportunity to experience what a live audience does to the acting process.

#### **Movement: Exploration**

This course illustrates the potential of physical communication and the heightened awareness required to develop a resonant and responsive actor's body. Expanding upon the work students have dedicated to movement, they explore the use of rhythm in character creation and scene analysis. The focus is on spatial awareness, investigating the myriad uses of space and its impact on the body and relationships. Each student learns a variety of ways to adapt their physicality and create characters that prepare them for a range of stage and screen roles.

#### **Voice: Sound**

Students continue to investigate the body as an instrument, deepening their work in voice and speech. They have the opportunity to start putting the building blocks of voice together and apply this knowledge to rich, image-based text. Breath, range, power, placement, support, language, energy levels, grounding, imagination, and storytelling all come together to help students understand the capabilities and possibilities that lie within their own voice and how it pertains to their work as an actor.

#### **The Embodied Voice: Sound into Song**

Through each student's breath, body, voice, and imagination, they give life to intimate stories by discovering how to be at home in their instrument. Students learn to engage themselves, be present in their sensations, emotions, sounds, and breath – all embodied in the oneness of who they are as a performer. They experience the freedom to extend their sound into singing, and begin telling larger stories that include music (pianist), ensemble work (group song), and the technical requirements and acting fundamentals needed to perform.

#### **Speech: Accents and Dialects**

An actor's power to transform their voice is a powerful tool for creating characters. Students discover how to alter their nationality, age, culture, size, status, period, gender, and even their species. This course teaches a practical, physical approach to speaking with accents, and nurtures a flexible voice and a broad range. Through instructor-guided practice, students develop the modern non-regional American sound that is the standard for the film and television industry, while also exploring regional variations around the world. By altering tone focus and facial muscles, they discover the right accent for every character and learn how accents develop and why we have them. The ability to identify and speak consistently in accent grows along with each student's understanding of how our voice identifies us.

#### **Camera: Television**

This course allows students to navigate the technical demands of acting on a film set while drawing upon acting fundamentals to block, rehearse, and shoot high stakes ensemble television scenes. Self-confidence is essential to survive the rigors of performing on a professional film set, and this hands-on experience seeks to demystify the on-set environment by giving students the opportunity to fulfil the roles of various crew positions while shooting and acting in police procedurals and medical dramas. Students are challenged to execute cop and medical "tech speak" convincingly while simultaneously dealing with multi-marked blocking, continuity, and a variety of camera setups and shooting styles, such as master/coverage and moving master.

### **Audition: Knowing the Room**

Landing a job in film and TV begins with a clear understanding of the audition room and the expectations, and standards, of a professional, on-camera audition. Each student's foundation is built on understanding the role of the casting director, the typical protocol, and the key components of an audition. Students explore the technical and creative demands of an audition using sides from commercials, film, and TV that are shot and reviewed in class. Preparation, performance, and technical execution during an audition are stressed, as well as beginning to learn how to make adjustments in the moment. The importance of character objectives, listening, and partnering effectively with the reader are also explored as the class intensifies with larger and more challenging material.

### **Performance Studies 2**

Great acting involves the successful evaluation of dynamics and finesse in performance. The craft of an actor begins and is sustained through being an engaged audience member. You will learn how to appreciate, dissect, evaluate and discuss the work of actors and film-makers at the top of their field. You will participate in group viewings and discuss a selection of specially curated film and television classics, oddities and art, and prepare for each session by researching elements of each film and/or acting performance; readying yourself for the passionate discussion. Building on your Term One and Two experience, at the end of the course you will write an essay comparing and contrasting the work of two actors of your choice. Direct lines will be drawn from the acting that we study on screen and your own daily studies as an actor, challenging you as a student to become as great as the artists you admire.

### **Rehearsal Lab 2**

The Rehearsal Lab is a mentored time for self-directed preparation as well as rehearsals. It is designed to encourage and exercise the self-motivated work an actor must pursue: how to prepare for an audition, a scene, a class, or a gig. Each student's discipline and focus as an actor develop through practice as they work on projects, scripts, and auditions that need to be prepared and rehearsed for class. While some of this work happens individually or in groups, students meet in a "home room" environment at the start of each Rehearsal Lab and sign in to the worksheet with the work explored in the lab time.

## ***Term 3 Course Descriptions***

### **Acting: Writing Your Story**

In this course, students delve into the actor's truth to discover deep personal connections between themselves and how they relate to the text. Through a series of silent, guided meditations, sensory and visualization exercises, and intensive writing sessions, students create a personal monologue using authentic and truthful stories from their lives. This awakens their understanding of how each life story directly informs an actor's performance, enabling them to bring truth to work on stage and screen.

### **Acting: Expand Your Range**

You need to approach an acting role with confidence, curiosity, and precision. Through various acting exercises you will realize how you habitually limit your range of expression.

You will be challenged to express yourself outside of your "comfort zone" and let go of acting choices that result in safe, dull, lifeless performances. You will begin to expand your acting choices by uncovering your own inherent potential to mine the endless possibilities of authentic expression available to you. By practicing this open-minded approach to your acting roles, you will gain more certainty, be less hesitant, and feel free to experiment with a greater sense of childlike wonder!

You will also have the opportunity to develop your text analysis skills further using a scene from a play that inspires both you and a scene partner. Together, you will begin to give tangible, emotionally charged form to the given circumstances discovered in the play, preparing a solid foundation to dive into Scene Study in term 4.

### **Improvisation: Cinema Game**

The roots of comedy lie in creating a believable character with an inflexible perspective and in playing the expectations of the scene more than the objectives. Students deepen their understanding of comedic character and comedic reaction to the unexpected through practice, developing a heightened awareness of their scene partner(s) and an understanding of the differences between given circumstances and their character. This course also challenges students to generate comedy effortlessly, focusing in part on unnoticed observation that assists effective character study. All of these skills are applicable on set and are tested in writing with an ensemble to create a scenario for film.

### **Movement: Mask Behind and Beyond**

How can today's actor bring a full expression to his physical instrument and capture the attention of an audience with just their presence?

With an exploration of the mask and beyond, you will learn to inhabit bold physical choices, as well as become aware of the impact of minute physical subtleties. This will broaden your range of physical choices and begin to free your intuitive and creative physical instrument. Today's actor must bring their deeply connected physical self to each role—even in a close up. Many contemporary film roles demand the use of prosthetics, extreme makeup, or Mobcap, but the actor's body is the storyteller.

You will explore animal character study, neutral mask, full character mask, half mask and be introduced to the physical practice of Godowsky and Plastiques to enhance physical expression, as well as the important presence building tool of the baby clown. From the on-screen comic book hero to the deep work of subtle character development, the ancient craft of mask prepares the modern actor to meet all challenges.

Voice: Breath, Presence, Language

You will experience how practical body, breath, and voice work can enhance your emotional connection with the script and your scene partner(s), and help you to be fully present in each acting moment. In addition, you will begin to discover techniques to make your character's language organically your own. Furthermore, you will develop your voice and speech to increase clarity and confidence in your spoken communication.

### **Camera: Feature Film and Edit**

Continuity, eye line, hitting marks, and partnering are the focus of this course. Students also develop an awareness of the editing process that can both change and enhance their performances and perception of what it is to be camera savvy. They fill various crew positions and handle film set equipment to produce a number of scenes. After shooting is complete, they assist in editing the projects and eventually view all edited scenes in a theatre on the big screen.

### **Audition: Exploring Television**

Mastering the complex demands of a mid-sized television and commercial audition can lead to a steady and potentially lucrative career. Building on the lessons learned in previous courses, students come out of this class with a better understanding of the expectations of the modern television audition and the typical genres they will be asked to work within. The audition experiences here expose them to the differences between the general guidelines of the audition room and the rules that they can choose to bend. The common practice of self-taped auditions is also introduced and developed.

### **Storytelling Through Song: Integrating Acting and Singing**

In this course, students build on the discoveries and skills from earlier training in breath, body, and voice, moving from the fundamentals into more freedom and exploration of sound into singing. This includes exploring range of voice, line and flow, connection and partnering, as well as moving from group participation to individual performance. The focus is on developing one's story through individual songs, creating the inner monologue that supports, and drives, the need to communicate through song. Each student explores the rehearsal process and learns what it feels like to be secure enough to let go of the work. This includes partnering with an accompanist and being coached on how best to utilize time and how much students need to commit to doing the work of an actor. Covering a period of approximately four months, this course culminates in a performance in the following term.

### **Performance Studies 3**

Great acting involves the successful evaluation of dynamics and finesse in performance. The craft of an actor begins and is sustained through being an engaged audience member. You will learn how to appreciate, dissect, evaluate and discuss the work of actors and film-makers at the top of their field. You will participate in group viewings and discuss a selection of specially curated film and television classics, oddities and art. Term Three deepens your research and critical skills, readying you for the passionate discussion following each viewing. For your assigned screening, you will prepare by researching elements of each film and/or acting performance, so you can host an in-depth presentation to give context to the performance and to ignite further discussion with the rest of the group. Direct lines will be drawn from the acting that we study on screen and your own daily studies as an actor, challenging you as a student to become as great as the artists you admire.

### **Rehearsal Lab 3**

The Rehearsal Lab is a mentored time for self-directed preparation as well as rehearsals. It is designed to encourage and exercise the self-motivated work an actor must pursue: how to prepare for an audition, a scene, a class, or a gig. Each student's discipline and focus as an actor develop through practice as they work on projects, scripts, and auditions that need to be prepared and rehearsed for class. While some of this work happens individually or in groups, students meet in a "home room" environment at the start of each Rehearsal Lab and sign in to the worksheet with the work explored in the lab time.

#### ***Term 4 Course Descriptions***

##### **Acting: Experimentation and Performance**

Acting is transforming. Having the ability to let go of your way of seeing the world, and then transform into a character that sees the world differently takes imagination, vulnerability, and skill. This course encourages you to keep experimenting with the confidence, passion, and exactness gained from your previous acting classes. You will sharpen your Scene Study and Text Analysis skills, deepen your Character work and integrate what you have investigated in your scene work from T3 Expand Your Range, culminating in a performance at the end of the course in front of a live audience. As a professional actor, you need to have the courage to adapt, and to develop a fresh outlook with every role... so experiment! Make mistakes! And stop trying to get things "right!"

##### **Movement/Camera: Special Skills and Special Effects**

The future success of each acting career depends upon technical versatility. Most opportunities available to students in theatre, feature film, television, and video games require unique physical and conceptual skills. In this course, students learn elements of combat and fighting. Physical extremes of pain, injury, fantastic situations, and costume are explored as well as playing the entire range of dramatic characters – from the average person to a superhero to animals to zombies. Material from popular genres is implemented as students perform in a green screen studio and discover motion capture technique. Comedic performance and acting for multiple camera setups are practiced with the rehearsal and recording of a simulated three-camera sitcom scene.

##### **Voice: Integration**

Students explore the dynamic and valuable link between their voice and acting, while also discovering how powerfully these two aspects of the work influence and inform one another. Bringing these crucial elements together give students a solid technical foundation on which to stand as they forge ahead in their craft. In addition, this course provides students with the opportunity to deepen and integrate the skills learned in previous voice courses, giving them valued time to work on their feet with auditions and scene material. They work with a variety of exercises to enliven and expand breath, range, resonance, and articulation, while also digging into the vital dynamics of language and text and how they affect voice.

##### **Acting: Ensemble Monologue**

This course delves into each student's personal story through an assigned monologue. With an instructor's guidance and support, they learn to confront the relationship between their own life experiences and those of the character they play. During the rehearsal process, students respond to a series of probing questions that help to identify key connections and take performances to the next level. This course also explores sense memory, substitutions, and role playing, culminating with a workshop presentation where students perform a high stakes monologue.

##### **Embodied Voice: Integrating Acting and Singing**

Continuing on from T3, you will create a subtext, the inner monologue that supports and drives your need to communicate. You will discover the visceral images and impulses necessary to sustain a large emotional journey through the song, without dropping out or pushing one's energy and thoughts.

Using your lyric as your guide, as well as your own personal circumstances and partner, you will move "Beat by Beat" through your lyric, writing your own personal subtext (The Two). You will rehearse until your subtext is internalized in your body, breath, voice, and emotions, and you will continue through the remaining steps of the exercise: The Three (speaking your lyric while being in your subtext); The Four (singing your lyric without music, while being in your subtext); and The Five (putting it all together with the piano).

During the rehearsal process, musical coaching's with the accompanist and from your instructor will give you the time and ability required to connect emotionally, vocally, and physically to any text, story, or song – and you will gain the confidence and skill to present your song to an audience at the end of this term. This work further develops and strengthens your vocal instrument to support your craft as an actor and the confidence to say "yes" to the unknown.

## **Rehearsal Lab 4**

The Rehearsal Lab is a mentored time for self-directed preparation as well as rehearsals. It is designed to encourage and exercise the self-motivated work an actor must pursue: how to prepare for an audition, a scene, a class, or a gig. Each student's discipline and focus as an actor develop through practice as they work on projects, scripts, and auditions that need to be prepared and rehearsed for class. While some of this work happens individually or in groups, students meet in a "home room" environment at the start of each Rehearsal Lab and sign in to the worksheet with the work explored in the lab time.

## ***Term 5 Course Descriptions***

### **Acting: Return to Impulse**

Students explore "genius"; the profound relationship with true impulse that is a key element in elevating a performance from mere pedestrian choices to the greatness exhibited by our acting heroes. Students are pushed, provoked, and enticed to move beyond the realm of safe, predictable work and into a place where their unique stamp of authenticity will allow their work to shine as honest, distinct, and playful.

### **Camera: Film Final Projects**

Students take responsibility for producing and acting in their T6 Camera Final Film Project. They apply all of the acting skills they have learned, as they audition for, research, and rehearse their role. Students also actively participate in production and wardrobe meetings in anticipation of these projects. By the end of the course, students are prepared for an intense shoot schedule in Term 6.

### **Industry: Voice Acting 1**

In this fundamental course, you will begin to explore a unique and wonderful performance artform — voice acting. You will be given the opportunity to develop your voice acting skills and abilities through recording sessions in many different areas of the discipline including: an audition, audio book, an animated character, and a multi-voice commercial. Through the exploration of audio samples, videos, discussions, guest speakers, and most importantly on the mic training, you will begin to understand your own voice and how you can use it as a voice actor. Voice Acting is a growing area in the business, a place where many new actors find employment opportunities.

### **Audition: Exploring Film**

Preparing for the potentially career-making opportunities in a significant feature film audition demands a high level of both analysis and creativity. Students tackle a series of increasingly challenging single-scene and multi-scene film auditions that become more and more tailored to their individual strengths and weaknesses. The art of the self-taped audition is also revisited.

### **Voice: Power, Intimacy, and Dynamic Voice**

Making the most of valuable one-to-one time with Voice Instructors, students dive into high-stakes text work and discover how to support the power and depth of emotionally expressive dialogue. At the other end of the spectrum, and just as challenging for the actor, students explore intimacy, subtlety, and style with a variety of texts. In between these two extremes, they discover how to maintain a dynamic and energized voice in all their work.

### **Speech: Text and Rhetoric**

Students discover how vital argumentation is for breaking open the action of a scene. They deconstruct the rhetorical spine of a scene and put that into action through playing a monologue or a scene. In this course, students also experiment with different characters' vocabulary, how it affects their speech, and how they use language to affect other characters.

### **Industry Prep: The Business of Acting**

Students prepare a business plan in order to support the transition from student to professional actor, and to develop the skills to navigate the industry from a business perspective. Instructors and guest speakers discuss topics, such as demo reels, online sites to promote on, industry trends, headshots, résumés, agents, casting directors, as well as how to formulate and execute a marketing plan.

## **Rehearsal Lab 5**

The Rehearsal Lab is a mentored time for self-directed preparation as well as rehearsals. It is designed to encourage and exercise the self-motivated work an actor must pursue: how to prepare for an audition, a scene, a class, or a gig. Each student's discipline and focus as an actor develop through practice as they work on projects, scripts, and auditions that need to be prepared and rehearsed for class. While some of this work happens individually or in groups, students meet in a "home room" environment at the start of each Rehearsal Lab and sign in to the worksheet with the work explored in the lab time.

## **Elective Course Descriptions**

### **Movement Elective: Movement and Dance Skills**

A commanding Physical presence is a necessary element to the ever growing and changing actor's body. Drawing from various social dance styles and a contemporary practice, students explore movement exercises, address musicality, co-ordination, and muscular control. They learn the basics of waltz, foxtrot, salsa and the structure of a North American line dance. Dance Skills and movement culminate with a final evening social dance where students are able to practice their "moves".

### **Embodied Voice: Honing your Skills – The Audition**

This course deeply integrates the work students have been doing throughout the year. Moving beyond the exercises of T3/T4 and honing their skills as "an actor who sings", students explore the emotional and visceral world of the 'words' of their song. Students develop a deeper appreciation of the momentum of the words and the music as it applies to character, and prepare for an audition to determine the solos for T6 Cabaret. Coaching is provided by an accompanist and an instructor. Through this course, students continue to develop ease, confidence and trust in themselves as an "actor who sings", readying them to take on more challenging stories.

## ***Term 6 Course Descriptions***

### **Acting: Filmic Naturalism**

Our greatest film actors are able to portray characters so naturally, it seems as if we are in the film with them and they are not in front of a camera. Filmic naturalism is a pure acting class, preparing students for future work in front of the camera. Working in a professional rehearsal environment, students research their chosen character by employing a variety of modalities to immerse their imagination through a whole body, sensory approach.

### **Camera: Final Film Project**

This is a project-based course that gives students the opportunity to apply the many skills they have been developing in their studies and training. Students perform a role in a professional-level film production under the direction of an experienced filmmaker, working in a professional manner on a studio set, and following all the protocols of an industry film production. Over the course of this four-day studio shoot, students perform creatively within the pressure and technical environment of a studio film set. This film project is fully post-produced and presented on the big screen at the graduation ceremony.

### **Audition: Landing the Role**

Auditioning for guest star and lead roles in film and television demands a high level of creativity, personal work ethic and time management. Complex personalized multi-scene auditions with career making opportunities are fully explored, leading up to the presentation of a polished piece for a local Vancouver agent. Each audition performed will be graded and discussed, focusing on refining the specific skills required to book the role and start a career outside the academic environment.

### **Industry: Voice Acting Advanced**

Taking the knowledge and experience from Term 5, students expand and improve their craft and mic technique, while utilizing their strengths to "find their voice". Students are introduced to, and practice, Pre-lay and ADR for animation. The sound files created from these performances give students the basic material to develop a Demo Reel to share with potential Agents, Producers, and Casting Agents. Students discover the business aspect of Voice acting and how it differs from traditional acting: representation, networking, self-promotional materials, and financial opportunities.

### **Industry: Promo Reel and Screen Test**

Talent agents often require a demonstration of acting ability prior to signing a new client. In Promo Reel, students create their own promotional reels which will be shot in an audition/screen test format in our film studio and will be used to promote themselves to agents upon graduating. Students gain an understanding of their marketability and enhance their audition skills.

### **Industry Prep: Actorpreneur**

In this course, students are guided to approach the business as an entrepreneur ready to develop self-created work or artistic ventures in collaboration with partners. Students begin to understand the process of generating creative 'start-ups' and getting work out into the world to be recognized. Some of the topics we cover are: developing a website, navigating social media, pitching projects, accessing funding bodies, applying for grants, collaborating with the industry, promoting and producing independent theatre, also driving Film and TV projects.

### **Camera: Modern Method**

For this on-camera scene study class, students seek out robust, challenging material to improve their rehearsal and performance skills in front of the lens. Instructor support, guide, and rigorously challenge students and their character choices. Some work is in front of a camera, in close up, as students apply all of the skills they have developed so far. Students prepare and deliver challenging film/tv scenes with a scene partner over the course of the term

### **Rehearsal Lab 6**

As students enter the final term of their year at the Vancouver Film School, rehearsal labs are specifically focused on film projects and on Elective Experience Audience/Adjudication events: Movement, Embodied Voice: Song, or Shakespeare.

### ***Details of Elective Course Descriptions***

#### **Embodied Voice: Experiencing Audience**

Students consolidate their journey in Embodied Voice by exploring how to become "the actor who sings". They work with songs that challenge them as an actor and as a musician, applying the different exploratory processes that they have experienced vocally, physically, and emotionally. Working as a group, students take part in a choral song, developing their musical listening skills to create harmony. With the guidance of the instructor and the accompanist, students create a character and a storyline that weaves personal stories (songs) into an emotional journey for the audience.

#### **Speech: Shakespeare Monologue**

Over 900 hundred films have been made of Shakespeare's plays. This makes William Shakespeare the most prolific screenwriter in history, and therefore a suitable subject for study in a Film Acting School. Building on the rhetorical skills acquired in Term 5, students learn how to apply argumentation in the formal manner of Shakespearian speech. They develop an understanding of poetic rhythm, wield a vast new Elizabethan vocabulary, and generally revel in the best words and highest stakes ever written by an actor, for actors. Here is a world of great villains, star-crossed lovers, fighters, and clowns, many of the same archetypes found in the best of current TV and film.

### **What Student will get\***

***\*A diploma in Acting for Film & Television & fashion – commercial modelling***

***\*Video of your class's projects, professional headshots, and a promotional package highlighting your acting & modelling work.***

***\*1 Year Free membership of CAWF (Cine artist and worker welfare federation)***

***\*Directory of Legit casting directors and agencies, updates on casting and auditions, promotion on LAMAA & CAWF social media handles***

"Persistent and systematic efforts play an indispensable part in human progress. In this modern era, the media has the power to control the human mind, ideas and values. Media professionals have a crucial role in adequately inform, educate and entertain the masses. Therefore, we strive to act as a catalyst in the progression of human self-esteem and cultural inheritance through research, teaching, and resources to develop skills essential to the film, media, arts & fashion industry'.

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