

SESSION 4 – THEORY & MECHANICS

“The Lie” - Craft & Talent

HOMEWORK REVIEW:

- 1) How did you do with breathing and stillness?
- 2) How are you doing with your voice exercises?

NOTE: The more you do these exercises, the more they’ll become less like exercises and more like an exciting and creative part of your lifestyle.

"It's what I learn from the great actors that I work with.
Stillness. That's all and that's the hardest thing."

~ Morgan Freeman

***If you haven't scheduled or completed your 1st private coaching session, please do so NOW!**

THEORY

1. IS ACTING NATURAL?

A. Acting isn't natural, it's _____, it's a _____.

- 1) Where does the naturalness of acting come from?
- 2) Are people in everyday life normally interesting to watch? Give an example from the video footage of how natural people act in real life.

2. THE SUSPENSION OF DISBELIEF

A. In order for the audience to fully enjoy a movie or a television show, it's important that they suspend their disbelief.

- 1) What does “Suspension of Disbelief” mean?
- 2) How can you take the audience with you on a journey? How can you “get them on your bus?” How can you get them to want the journey to never end?

3. THE LIE

- A. That's what actors do--they lie. They make up characters and situations. When they lie so well that it looks natural, it becomes entertainment.
- B. Actors are professional liars (in the context of the way stories are told).
- C. This lying is done strictly for entertainment ; actors aren't lying with the intent to harm or manipulate people, they're lying to tell effective stories. Because the audience understands this and actually wants to get caught up in the lie, they'll suspend their disbelief. Buying the lie, or suspension of disbelief, allows the viewer to take the story's journey.
 - 1) What is acting, according to the ancient Greeks?
 - 2) What did they call actors and what does it mean?

"Never let the truth get in the way of a good story."
~ Mark Twain

D. The Truth vs. The Lie (making something up)

- 1) What is professional lying?
 - 2) Why do we lie in real life?
 - 3) What do you want to happen when you lie in real life? In other words, what's the goal?
 - 4) What do you need to do to make your lie believable so you don't get caught?
- **Example:** Imagine being in a court of law where you're the defendant on trial. Whether or not you're actually innocent, the verdict (guilty or not guilty) depends on the decision of the judge and the jury as they scrutinize your story. The story in this example is composed of evidence (information), legal arguments and witnesses. The outcome of the trial will be determined by testing to see if your story is solid and convincing. Simply put, if you want to get-off (win the case), you

must prepare a convincing and believable lie (story). A solid understanding and adaptation of the pertinent information is key to being convincing!

E. How do you cover a lie?

- You cover a lie with more information to make it seem real and plausible.
- The less _____ you have, the more _____ it will be to sell the lie.

F. How does this relate to the choices you make for your character in a scene?

- The choices you make when creating a character do not have to be true, but for it to work, you have to be true to your choices.
- It's only a lie when you believe it's a lie. If you believe it's true, your lie becomes real. Hence, a natural performance.

G. How does all of this apply to us as actors?

- 411 - The information you have is what determines whether or not your acting (believability) is any good.
- The more we understand about the life of our character and the world they live in, the more we'll be able to sell ourselves into the suspension of disbelief (a.k.a. the professional lie). Doing this effectively allows us to get away with it (the lie).
- The audience wants to see you (the actor) completely sold out to the lie so they can go on that journey with you. A top level example of this kind of acting would be found in any actor who has won an Oscar/Emmy/Golden Globe for their character performance.

H. Information is necessary to create a full character. In order to become a good actor your lie must be complete, flawless and believable.

I. You get your information from:

- Research of the character and their world
- Research of the story
- Research of the craft
- Attention to human behavior

J. Character Choices - When you make choices for your character, it starts to affect your own personal _____ system and your _____. It might be difficult for you to commit to those choices because the character's values, more often than not, won't align with your own personal value system.

K. You must sell-out to the character. Remember, you're on the ledge when you're acting. You need to suspend your disbelief and not involve your own personal value

system in the character work you're doing. This is a majorly important skill the actor must exercise, experiment with over time, and ultimately develop.

“Your choices don't have to be true, but you have to be true to your choices.”

~ Coach Banks

MECHANICS

1. THE CRAFT

A. What is the craft?

- A field that must be _____ in order for you to excel at it.
- Skillset - the way you go about tackling the craft.
- Talent - the natural propensity towards the skillset.

2. TALENT

A. What is talent? What is it that you've been created to do well?

- Not all of us have been given the same desires and skill sets. Take a look at your talents, abilities, and personality to see if they line up with what you need to do to become a true actor. If you don't like appearing in public or relating to people, you probably shouldn't be trying to become an actor.

B. Desire. What is your level of commitment?

- Do you want to act professionally or do it as a hobby? Is acting like bowling night for you? Usually students who study acting want to make a living doing it.

Personal Reflection Question:

- 1) What is your why? Why are you interested in acting? Why are you taking this course?

NOTE: You shouldn't be acting just because you want to get into show business (walk the red carpet, be in a magazine, or win an Academy Award). These motivations shouldn't be the only thing driving you--you should desire to become skilled at the craft of acting and see where it takes you. Walking the red carpet or receiving an award is not the drive, but instead, a byproduct of being great!

C. Become so good that they can't **not** hire you.

3. PUTTING IT ALL TOGETHER

How do the following three things work together?

A. Talent -

B. Craft -

C. Business -

4. TYPES OF PEOPLE WHO PURSUE ACTING:

A. There are people who can learn how to act.

B. There are people who are naturally gifted in acting.

C. There are people who shouldn't act at all.

D. It's wise to take this course before you make the commitment to put in the time and investment it takes to move to, or live in, Los Angeles or New York.

E. My answer to people who want to act:

- **Act because you love it... because you have to do it!** Do it because you're totally into it and you want to learn more about it! If along the way, it gets to the point that you really love it so much that you decide to pursue acting as a business, remember to enjoy where you are in the process. If you're taking acting classes, going to auditions and performing in showcases, then you are living your dream. Everything else is simply a part of the journey.
- **If you do decide to make a business out of acting**, there are specific things that you'll need to do to make that happen. We will not go into great detail here in this course, but we do offer one-on-one business and career counseling for those who are serious and would like to know how to do this.
- **If you have that Creative Artist inside of you**, you'll go on the ride and enjoy the journey, continuing to grow as an artist along the way. And, if the opportunity to become a working artist presents itself to you, we're here to equip and support you for that ride as best we can!

HOMEWORK: Terminology

1. Terminology

- Download and study the **Verbiage & Terminology Sheet**. Some of the terms are **industry standard**, some are terms only used here at **CBSI**. The terminology sheet will notate which is which. You can find the **Verbiage & Terminology Document** - located under your Resource Documents for Download section.
- You will be quizzed on many of these terms!

NOTE: If you haven't already done so, download the Verbiage & Terminology Document so that you have it with you during your course studies. When you come across any words or terms that you don't understand, you can easily refer to it.

END SESSION 4

Go over your notes and prepare for the Session 4 Quiz. You'll find Quiz 4 by clicking the Blue TAKE TEST button under this Lesson's main menu.

You must complete and pass the Session 4 Quiz before proceeding with Lesson 6.
