

# Stage Fighting- Ithaca College

Tutor: Bret Yount

Monday/Tuesday: 10:30 - 12:30

Room: Common Room

Contact: 07958-398207 or [swordsman@compuserve.com](mailto:swordsman@compuserve.com)

## **COURSE DESCRIPTION**

Stage Fighting is a class intended to train and develop the actor in the techniques, concepts and performance of staged violence. Students will explore the movement and acting possibilities in Unarmed Combat. The focus of the class will be on incorporation into the acting process, with an emphasis on safety and technical proficiency. The class will be mostly practical with students actively involved in the learning process. This will be achieved by instructor demonstration followed by student rehearsal with both individual and whole class feedback. The class will be broken into three sections: 1) foundation work and technique 2) assimilation of choreography and 3) rehearsal and performance. There may be the opportunity at the end of this course for the students to take the Society of American Fight Director's Skills Proficiency Test. There will also be a final performance project.

## **AIMS/OUTCOMES**

The objective of this class is to enable all students to learn and understand the concepts and processes necessary to safely perform a basic unarmed stage fight. The students should also leave with a firm understanding of staged violence and its place in modern and classical theatre. They should also have grown in their sense of balance, partnering skills, co-ordination, spatial awareness and range of acting choices.

## **REQUIREMENTS**

- Clothing - This is a movement class, so loose, unrestrictive clothing which allows the tutor to see the outline of the body. As this class is very active, layers are recommended to help maintain a comfortable body temperature.
- Footwear - Comfortable, non-slip shoes - preferably athletic shoes/trainers. No fashion or stack trainers or boots. No bare feet.
- Food/Drink - No food allowed. Water or other non-alcoholic drinks may be consumed from a protected container

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- Jewelry - All jewelry should be removed in class for safety reasons. Any body piercings should be protected by removal or a protective cover. Please remove any other sharp or potentially dangerous objects from your person before class begins.
- Proximity/Hygiene - This class requires the occasional close proximity to fellow classmates and/or tutor. If close personal contact is an issue for a student, they should inform the tutor to work out appropriate measures. Please respect your classmates by using good personal hygiene.
- Journal - Each student will be responsible for keeping a detailed journal of each class including techniques covered, concepts explained and personal reactions to each. These will be reviewed by the tutor during the term.
- Disability - In compliance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act, reasonable accommodation will be provided to students with documented disabilities on a case by case basis. Students must register with the Office of Academic Support Services and provide appropriate documentation to the college before any academic adjustment will be provided.

## **ATTENDANCE POLICY**

You are strongly encouraged to be in class for each meeting. However, attendance is your responsibility, not the instructors. Should you miss class, it is your responsibility to ensure you are fully cognizant of all techniques and concepts covered. As this class does not use a text, all information is covered in class. The instructor reserves the right to withdraw any student who endangers the safety or well-being of other class participants.

## **GRADING POLICY**

25% Class Participation

25% Journal

25% Student growth and progress in course work

25% Final project

## **WEEKLY PROGRAMME**

This outline is to give a student the feel of what the class might consist of. However, classes may vary due to class skill level or instructor choice.

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**Week 1** - Introduction. Rules of Class. Discussion of Syllabus and Course Outline. Sharing of experience/injuries. Reversal of Energy (ROE) techniques. Strangle, locks and Releases. Add Pulls.

**Week 2** - Review ROE, strangle and locks. Review Pulls. Add slaps. Add hook punch with body knap, Hat punch with avoidance.

**Week 3** - Review hook and hat punch. Add jab punch with reaction. Add blocked punches.

**Week 4** - TBA

**Week 5** - Review blocked punches and jab. Add cross punch with sliphand knap. Add uppercut with shared knap.

**Week 6** - Review Cross punch/uppercut. Add backstrangle and elbow and knee to the stomach. Add other elbow/knee attacks.

**Week 7** - Review backstrangle. Elbow and knee attacks. Add counterbalancing, acro-balance and throws.

**Week 9** - Review Term thus far. Add kick to stomach. Add snap kick, crescent kick and roundhouse kick.

**Week 10** - Review kicks. Add Falls and rolls.

**Week 11** - Review falls and rolls. Add scrappy fighting and grappling.

**Week 12**- Begin Choreography

**Week 13** - Finish Choreography

**Week 14** - TBA/Rehearsal

**Week 15** - Rehearsal

**FINAL PROJECT / SPT ?**