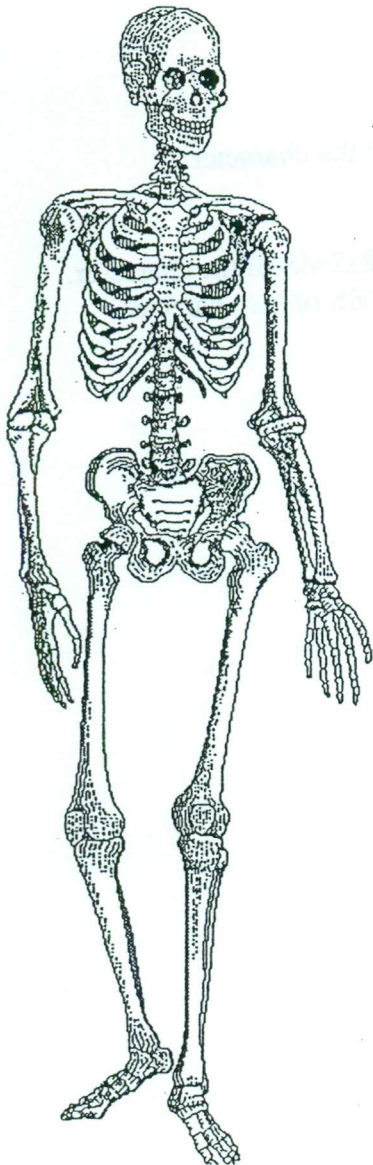


# PHYSICAL STUDY ENHANCEMENT



## THE PHYSICAL STUDY (A Few More Points For Future Use)

### Alignment:

- Where is the weight placed?
- What part of the body really carries the load?
- Where is the emotional center?
- How close to aligned is the study?
- What is interesting about the posture?

### Sitting:

- How collapsed or erect is the study while sitting or reclining?
- What parts of the body, if any, are released?
- What parts of the body, if any, are rigid?
- Does the study lean in any direction?
- Does the study cross parts of the body?
- Does the study sit on any part of him/herself?

### Face:

- What is the typical look on the face?
- Is eye contact, direct or indirect?
- How intense is the look?
- Eyes, wide or squinted, tense or relaxed?
- Eyebrows move?
- Lips move?
- Face easy to read or guarded?
- How much energy in the face?

### Moving:

- Movements generally, fast, slow, medium?
- Tempo of study?
- Steps heavy or light?
- How do the feet make contact with the floor?
- How does the study prepare to move?
- What happens when the study stops?
- General pattern of movement: fluid, jerky, etc.?
- Are movements of arms and hands expansive or constricted?
- Are gestures frequent?
- Are gestures predictable and repetitive?
- Any personal props that the study uses?

## Questions to consider –

1. How does that character walk?
2. How is the character's alignment different from my own?
3. Where is the character's movement center – where does the movement tend to generate?
4. How does the character sit?
5. What are three specific physical mannerisms of the character? – Gestural patterns that tend to repeat themselves?
6. Are there any specific facial mannerisms?
7. What are three specific vocal mannerisms of the character?
8. What is their physical nervousity? – How do they move? (Quick, direct, indirect, pull, punch, stretch, squeeze, etc.)

## Presentation

1. Explain and demonstrate the **POSTURE** of the character.
2. Explain and demonstrate the **MOVEMENT CENTER** of the character.
3. Explain and demonstrate how the character **WALKS**.
4. Explain and demonstrate how the character **SITS**.
5. Explain and demonstrate how the **PHYSICAL MANNERISMS** of the character.
6. Explain and demonstrate how the **VOCAL MANNERISMS** of the character.