

Acting Techniques from the Masters

Handout - Dr. Mary Shuttler's University of Northern Colorado

Uta Hagen OBJECT EXERCISES

- 1) Basic Object Exercise
 - Re-create 2 minutes of your life. 9 questions on pg.82
 - pinpoint physical and psychological sensations.
 - recreate as if it's happening for the first time.
 - result: discipline and tests selection and patience.
 - bring props and rehearse 1 hour.
- 2) 3 Entrances
 - what did I JUST do, what am I doing right NOW, what's the first thing I want?
- 3) Immediacy
 - fight to prevent anticipation to - it's happening now.
 - hunt for something you lost or mislaid; high stakes.
 - ex. key missing and no one has an extra.
 - give full attention to the search
- 4) 4th Wall
 - telephone call based on 2 minute exercise.
 - pick a real call; see objects (primary and secondary).
 - rehearse 10 times; no need for exact words.
- 5) Endowment
 - since can't always be real, get a cool cup of water and believe it's hot, steaming coffee.
 - find 3 tangible objects to endow with physical properties which would otherwise control you.
 - must belong to a complete and logical set of circumstances.
 - use a variety; not all "taste" for ex.
 - how you handle each object tells a story.
 - still use the 4th wall.
- 6) Talking to Self
 - to gain control over circumstances.
 - talk to self when make lists, bored, compliment self, say what you should have said out loud.
 - decide physical task; contact inner and outer objects, then verbalize.
- 7) Outdoors
 - use sense memory to create your outdoors.
 - exercise: bench and briefcase at subway; waiting; pg. 127.
 - flip inner and outer; primary to secondary objects.
- 8) Conditioning Forces
 - many circumstances cause behavior.
 - set up simple exercise and change the conditions; pg.130
 - ex. getting ready for a party but you can't wake your sis.
- 9) History
 - pick a character from a play; log all about time, place... then play character doing a simple task.
- 10) Character Action
 - put 2 characters from a or 2 different plays from around the same time into a different event.