

Stage Movement One (130)
Instructor: Greg Krosnes

Time: 2:40-4:10 Tu & Th
Place: CLC Gym

Welcome to Stage Movement One. Now that we know where we are, let's get here on time so we can get as much done per class as we can.

This is a movement class, so you need to wear comfortable, yet not overly loose, clothing. We want you to be able to move without being hindered by clothing, or distracted by clothing that is "revealing". Footwear, if you decide to wear any, should fit comfortably and give good and proper support. We don't want any toes broken or stepped on, or any ankles twisted. No "street shoes" are allowed in this room. Whether or not you are prepared to work with the proper attire will be one of the things that helps me grade you in participation. If you cannot come prepared, then take this class when you can fit it into your schedule properly.

In this class we will explore the following (not necessarily in this order):

Flexibility	Mime
Stamina	Combat
Rolling	Stance/Posture/Walking
Tumbling	Isolation
Falls	Center(ing)

...and how all these things work together. And we will hopefully add to this list as the class goes on. This class is different from any other movement class you will take because it has to conform to where each individual is "at" in relation to everyone else. If I feel the need to focus on one area more than another, then we will. If everyone is "clicking", then we can move on to something else.

All of you have different talent and experience levels, so we will use one person's strengths to help with another's weakness. Don't feel intimidated. You took this class to learn, and we will all learn and discover new ways of moving and performing on stage. It is one of the purposes of this class that you will become more familiar with what your body is capable of, as well as with what your body looks and feels like when performing.

If you need written, tangible proof of the grade you deserve, you should drop this course. I can only grade you on how I think you have grown, comprehended, improved, or applied the things we learn in class. There is no perfect robot to compare you to, and no absolute way to do things in here (unless someone gets hurt physically. That would be an example of the wrong way to do something). I feel that I can give the grade that is deserved to any student who takes this class, but if you need to have a conference to discuss any problems, we can do that. If this is too vague for you, I understand, but please make both our lives simpler and drop the class.

Attendance is the only solid. I'll give you two freebies...and that's it. After that, your attendance grade will drop a third for each absence (example: grade is a B+ and you are absent, it drops to a B). You will be graded on participation, so if you are absent, your participation grade would suffer as well. Don't be late to class; three times tardy (15 minutes late), and they will count as an absence.

There will also be group projects in certain areas of focus (we will have group projects in mime and combat) on which you will be graded, as well as solo assignments. I would like to do one scene with stage movement involved in some way (start looking for that scene), and possibly something with music involved. All the grades you get will be averaged together for the final grade in that category, and then averaged for the grade for the course. The breakdown is pretty simple:

Participation/Preparedness	50%
Projects/Scene	50%

Please commit to one thing: Make an honest effort to grow in this class. It will help you and everyone in class. And it will make you happy to know that you made the effort to learn instead of wasting the time to make excuses.

Thanks. And I am really looking forward to teaching you all in this class.