

Beyond Energy!

(First, we need to understand that we cannot actually see energy:

We see only the result of energy being applied.)

“Utilize and apply the concept of many different types of energy qualities to attain desired emotions or visual effects!”

Physical movements applied to employ different types of energized results:

1. Sustained (An opera diva or a formal tea) An uplifted, regal type of posture. (Instant good posture!)
2. Percussive (A karate chop) Strong pulses for precise moves.
3. Vibratory (Tambourine fashion or “Ya,da,da,da,duh,da” Rapid, short, jerky percussive movements.
4. Suspended (Calling from a distant field) Forward, lifted posture, great for singing!
5. Collapsed (Release or slump) The opposite of suspended, body falls back on itself.
6. Swinging (Arms swing as if skipping) Even balanced flow of movement. Pretend you are pulling your arms through concrete that has almost set.

Now, let's go beyond Energy!

Remember that an energized posture **should not be rigid or inflexible**; it needs flexibility and a **continual force or flow of energy throughout the body into the audience.**

Energy used for physical movement should come from the **inside out; not the outside in!**

Energized resistance is needed on the return of moves as well as the initiation of moves to take energy beyond.

Understand the force of effort used to apply energy to your body can also be transferred to the amount of energy used for facial expressions and emotions.

Use different personalities and styles to affect both vocal and physical energy.

Co-ordinate the force of physical energy and vocal volume by controlling the magnitude or intensity of energy exerted or expended. (Sing and perform with the wattage of a 30-60-100 watt light bulb and then a floodlight).

Utilize different levels of energized force with opposite levels of vocal volume for dramatic vocal, visual and emotional effects.

Energy is the Essence of Entertainment!