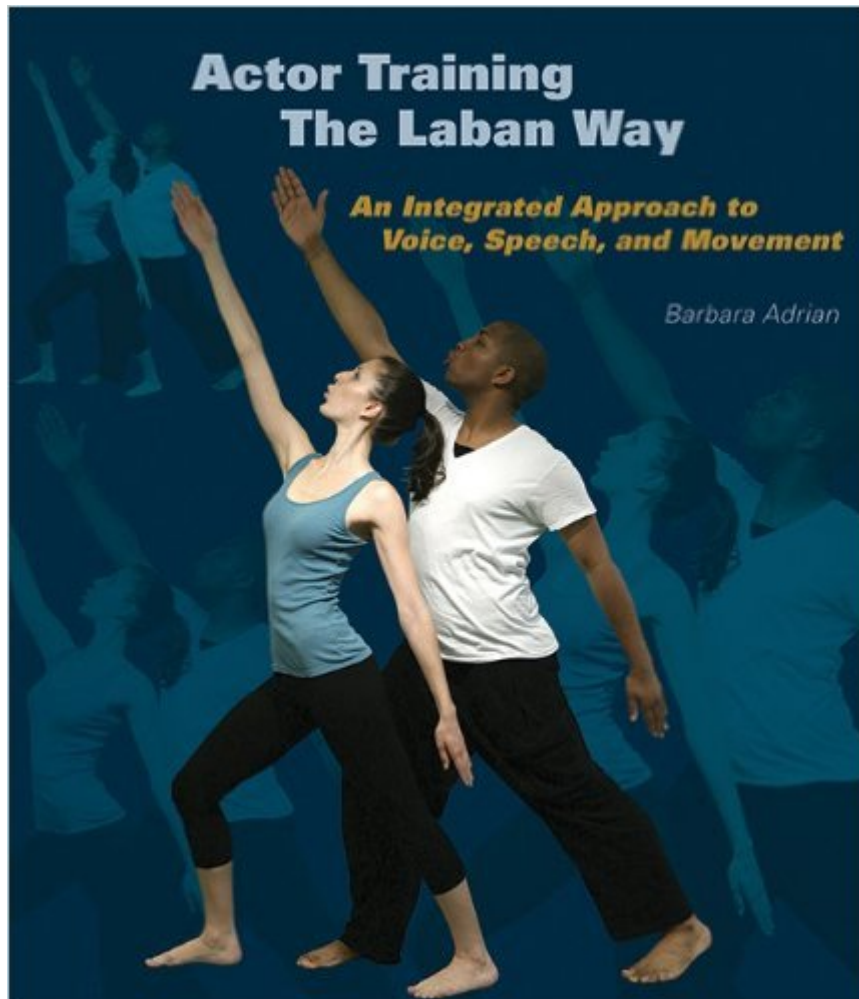


The book was found

Actor Training The Laban Way: An Integrated Approach To Voice, Speech, And Movement



Synopsis

* Individual, partner, and group exercises to make any actor more expressive * Crucial acting tips based on the work of distinguished theorist Rudolf Laban * 65 original illustrations of anatomy and warm-up exercises This in-depth, fully illustrated guide offers a groundbreaking approach to understanding physical and vocal movement that will enable readers to discover how to maximize their potential. Packed with practical exercises for individuals, partners, and group work, this book integrates voice, speech, and movement. Exercises for breath support, tone, range, articulation, dynamic alignment, balance, flexibility, strength, and stamina, as well as building relationships, Actor Training the Laban Way is essential reading for all serious actors, acting teachers, and students.

Book Information

Paperback: 208 pages

Publisher: Allworth Press; 1 edition (October 14, 2008)

Language: English

ISBN-10: 1581156480

ISBN-13: 978-1581156485

Product Dimensions: 7.4 x 7.4 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (6 customer reviews)

Best Sellers Rank: #460,805 in Books (See Top 100 in Books) #558 in Â Books > Arts &

Photography > Performing Arts > Theater > Acting & Auditioning #2470 in Â Books > Textbooks >

Humanities > Performing Arts #39947 in Â Books > Humor & Entertainment

Customer Reviews

I have three invaluable reference books covering Rudolf Laban's theories and techniques, Laban for All (Newlove & Dalby), Actor Training the Laban Way (Adrian), and Laban for Actors and Dancers (Newlove). Over time I have found that I tend to use them in that order. Unless you're a lover of books, as is I, I suggest only purchasing the first two books. I believe that adding John Dalby as co-author of Laban for All takes Newlove's earlier work, Laban for Actors and Dancers, to a higher level of readability and usefulness. It describes Laban's work in more understandable but equally detailed language. While Laban for All teaches us about Laban theories and techniques, Actor Training the Laban Way puts those theories and techniques into practice. What it adds to this triad of books are exercises for the application of Laban. When working with actors, I've found

that I first go to Laban for All to explain particular concepts. I then go to Actor Training the Laban Way for exercises that apply those concepts. One might argue that the two books should be combined into one but I feel that would only cause clutter. For me, having one book to describe Laban and a second for its application is much more useful. I feel that dancers must be able to act, go beyond mere perfection of body movement to the emotional expressiveness of the character they are portraying. Likewise, an actor must be able to "dance." That is, go beyond mere vocalization of lines and movement through space and time. Actors, as with dancers, must be able to use their body to express the essence of the character they portray. Laban for All and Actor Training the Laban Way offer ways to enhance those abilities. They would be worthwhile additions to your reference collection whether you are an actor or a dancer.

One can tell quite the story while never opening the mouth. "Actor Training the Laban Way: An Integrated Approach to Voice, Speech, and Movement" is a drama teaching manual using the teachings of skilled actor and coach Rudolf Laban. Author Barbara Adrian also adds her own touch to the lessons, which emphasize the importance of every little body movement in the field of acting. Breath, functional strength and agility, vocal range, and more are all covered with meticulous detail, making "Actor Training the Laban Way" a must for would be actors and those who coach them.

Laban as it applies to the actor. Had to pick this up just for that reason. It was really interesting the way the connections were made, love the detailed nature to Laban, yet the ease of implementing into your own routine. The exercises throughout are excellent as well.

[Download to continue reading...](#)

Actor Training the Laban Way: An Integrated Approach to Voice, Speech, and Movement
Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training
The Moving Researcher: Laban/Bartenieff Movement Analysis in Performing Arts Education and Creative Arts Therapies
The Conductor's Gesture: A Practical Application of Rudolf Von Laban's Movement Language/G8096
Beyond Dance: Laban's Legacy of Movement Analysis
Windows Speech Recognition Programming: With Visual Basic and ActiveX Voice Controls (Speech Software Technical Professionals)
Pro Microsoft Speech Server 2007: Developing Speech Enabled Applications with .NET (Expert's Voice in .NET)
Clinical Measurement of Speech & Voice (Speech Science)
Singing Lessons for Little Singers: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children
Voice-Over Voice Actor: What It's Like Behind the Mic
Speech Science: An Integrated Approach to Theory and

Clinical Practice (3rd Edition) (Allyn & Bacon Communication Sciences and Disorders) An Actor's Companion: Tools for the Working Actor Teaching Movement & Dance: A Sequential Approach to Rhythmic Movement Athletic Training And Sports Medicine: An Integrated Approach Instant Voice Training: How to Train Your Voice Instantly! Making the Bride's Father's Speech: Know What to Say and When to Say It - Be Positive, Humorous and Sensitive - Deliver the Memorable Speech (Essentials) The Complete Book of Speech Communication: A Workbook of Ideas and Activities for Students of Speech and Theatre Speech and Language Processing: An Introduction to Natural Language Processing, Computational Linguistics and Speech Recognition Integrated Theory & Knowledge Development in Nursing, 8e (Chinn, Integrated Theory and Knowledge Development in Nursing) Speech Science Primer: Physiology, Acoustics, and Perception of Speech

[Dmca](#)