



**Актерское  
мастерство на  
английском**

# Андреева Мария

## Актерское мастерство на английском

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### Аннотация

«The Actors Instinct» — это емкое, лишенное «воды» практическое руководство. Подходит как для изучения английского, так и для актерской работы. Книга объединяет лучшие мировые театральные методики (от системы Станиславского и Метода Ли Страсберга до техники Майкла Чехова и Сэнфорда Мейснера) и адаптирует их под реалии современной киноиндустрии и театра.

Книга разбита на 15 фундаментальных уроков, каждый из которых разбирает одну конкретную грань актерского мастерства.

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# **Андреева Мария**

# **Актерское мастерство**

# **на английском**

## **Введение и структура**

15 практических и емких уроков актерского мастерства (Acting Lessons) на английском языке. Они разделены по ключевым категориям и снабжены краткими пояснениями, чтобы вы могли использовать их как основу для обучения или шпаргалку.

### **Fundamentals & Preparation**

### **(ОСНОВЫ И ПОДГОТОВКА)**

#### **1. "Acting is Reacting"**

**The Lesson:** Don't just wait for your turn to speak. Listen intently to your scene partner and let their words genuinely affect you. Your reaction is often more powerful than your action.

## 2. Living Publicly in Private

**The Lesson:** An actor must develop the ability to appear completely natural and unobserved, even when performing in front of a camera crew or a live audience of hundreds.

## 3. The Magic "If" (Stanislavsky's Method)

**The Lesson:** Ask yourself: *"How would I react IF I found myself in this character's specific situation?"* This triggers your imagination and bridges the gap between you and the character.

## 4. Physical and Vocal Warm-Ups

**The Lesson:** Your body and voice are your primary instruments. Never skip tongue twisters, breathing exercises, and physical stretching before a performance to release tension.

# Script Analysis & Character Development

## (Анализ текста и работа над ролью)

### 5. Find the Objective

**The Lesson:** In every scene, your character wants something. Ask yourself: *"What is my goal? What am I fighting for?"* A character without a clear objective makes for a boring scene.

### 6. Identify the Obstacle

**The Lesson:** Drama is conflict. If there is an objective, there must be an obstacle blocking it (internal or external). The struggle against the obstacle creates tension and keeps the audience hooked.

### 7. Determine Your Tactics

**The Lesson:** How does your character get what they want? Do they threaten, flirt, beg, or reason? Great actors change their tactics constantly throughout a scene to keep it dynamic.

## **8. Subtext: Read Between the Lines**

**The Lesson:** Characters rarely say exactly what they mean. Subtext is the hidden meaning behind the words. What is your character *actually* thinking while saying "I'm fine"?

## **9. The "Given Circumstances"**

**The Lesson:** Analyze the facts provided by the script: Where are you? What time is it? What happened right before this scene? These details dictate the stakes and your physical behavior.

## **On Set & On Stage Technique (Техника на сцене и съемочной площадке)**

## **10. Embrace the Power of the Pause**

**The Lesson:** Silence can speak volumes. Don't rush through the script. Sometimes a well-placed pause or a heavy silence conveys more emotion than a page of dialogue.

## 11. Emotional Memory vs. Imagination

**The Lesson:** You can draw from your own past experiences to trigger an emotion (Strasberg's Method), or you can fully commit to a vivid imaginary scenario (Meisner/Chekhov). Use whatever works best for you.

## 12. The "Fourth Wall"

**The Lesson:** On stage or in front of a camera, imagine an invisible wall separating you from the audience. Never look directly into the camera lens (unless specifically instructed) or make accidental eye contact with the audience.

## Mindset & Professionalism (Психология и профессионализм)

## 13. Don't Judgement Your Character

**The Lesson:** Even if you are playing a villain, you must justify their actions. Play them from their own perspective—where they believe they are the hero of their own story.

## 14. Overcome the Fear of Failure

**The Lesson:** Acting requires vulnerability. You must be willing to look foolish, make mistakes, and make bold choices. Safe acting is usually forgettable acting.

## 15. Consistency and Continuity

**The Lesson:** Especially in film, you must be able to replicate your movements, emotions, and pacing across multiple takes. If you pick up a glass of water on a specific word in take one, you must do it in take ten.

**Tip:** If you are practicing these in English, try to memorize the key terms like *Objective*, *Obstacle*, *Tactics*, and *Subtext*—they are universal in the international acting industry!

# Acting is Reacting

Acting Lesson: "Acting is Reacting"

Focus: Active Listening, Emotional Vulnerability, and Spontaneity.

Level: Beginner to Advanced.

"Most actors don't listen, they just wait for their turn to speak."

— Sanford Meisner

## 1. The Core Concept (Суть урока)

Many beginner actors fall into the trap of "anticipating." They look at their scene partner, but in their head, they are just counting down the seconds until its time to say their next line. This results in a dead, robotic performance.

*Acting is Reacting* means that your next line or action should be a direct consequence of what your partner just did or said.

You cannot plan how you will say your line until you see how the other person delivers theirs.

**The Goal:** Shift your focus from yourself to your partner.

**The Magic:** When you truly listen, you don't have to "act" an emotion; the emotion happens to you naturally.

## 2. The Golden Rules of Reacting

**Listen with your whole body:**

Don't just hear the words. Notice the tone of voice, the shifts in posture, the micro-expressions, and the pauses.

**Drop the plan:**

If you decided at home that you would say your line angrily, but your partner unexpectedly delivers their line with deep sadness, your anger might feel fake. Adapt in the moment.

*The "Ping-Pong" Effect:* A good scene is like a tennis or ping-pong match. You can't hit the ball until it flies over the net to your side.

### 3. **Practical Exercises (Практические упражнения)**

#### **Exercise 1:** The Meisner Repetition Game

This is the ultimate exercise for training your "reacting" muscle. Sit opposite your partner. Look at them and make a literal, factual observation about them in this exact moment.

(e.g., Player A: "You are smiling.")

Player B must repeat the phrase back, adapting the pronoun.  
(e.g., Player B: "I am smiling.")

Keep repeating the phrase back and forth, but only change the words when the reality changes.

#### **Example flow:**

Player A: "You look annoyed."

Player B: "I look annoyed."

Player A: "You are getting defensive."

Player B: "I am getting defensive."

**The Rule:** You are not allowed to say the next line until you have truly processed the emotion of the person opposite you.

#### **Exercise 2:** "Gibberish" Translation

Act out a simple dramatic scene, but instead of English words, use complete nonsense language (Gibberish).

Since you cannot rely on the literal meaning of the words, you are forced to listen to the tone, volume, rhythm, and body language of your partner.

React purely to the energy they give you.

## 4. Script Analysis Application (Работа с текстом)

When studying a script, look at your partner's lines just as closely as your own. Ask yourself these three questions:

### Question

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### Purpose

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1. What did they actually say?

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To understand the literal information.

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2. How did it make my character feel?

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To find your internal reaction (hurt, amused, threatened).

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3. Why do I speak right now?

Your line is a defense mechanism or a

## **Pro-Tip for Auditions**

When casting directors look at a tape, they often watch the actor who is **not** speaking. They want to see if you are still "in character" and processing the story when it's the other person's turn to talk.

**Your reactions are the window to your character's soul.**  
Never stop acting just because you ran out of lines.

# Глава 3

## Acting Lesson: "Living Publicly in Private"

**Focus:** Overcoming Stage Fright, Achieving Truthful Behavior, and Ignoring the Camera/Audience.

**Level:** Intermediate.

*"The actor must have a private life on stage that is so rich, so full, and so interesting that it commands the attention of the audience without the actor ever asking for it." — Lee Strasberg*

### 1. The Core Concept

The ultimate paradox of acting is that you are asked to perform deeply intimate, personal acts—weeping, falling in love, experiencing a breakdown—in front of a crew of dozens or an audience of hundreds.

**Living Publicly in Private** (originally coined by Konstantin Stanislavsky as "Public Solitude") is the ability to build an invisible "capsule of privacy" around yourself. You must become so absorbed in your inner life, your objectives, and the objects around you that the observing eyes cease to exist.

**The Problem:** The moment we feel watched, we start

**"indicating"**—showing the emotion (*"look how sad I am"*) instead of just *being* in it.

**The Solution:** Shifting your focus from *"How do I look right now?"* to *"What am I physically doing right now?"*

## 2. The Golden Rules of Privacy on Stage

**The Circles of Attention:** Start small. Shrink your focus to a tiny point—like a button on your shirt or the rim of a coffee cup. Once that micro-world feels real and safe, expand your circle to the table, then to the entire room. Do not try to process the whole theater audience at once.

**Respect the Fourth Wall:** Imagine an absolute, solid wall between you and the camera/audience. You might hear sounds beyond it, but you cannot see through it. Your reality ends at the edge of the set.

**Action Over Appearance:** True naturalness comes from physical action. If you are deeply invested in a difficult or interesting task (e.g., trying to subtly scrub a stain off your pants or frantically searching for a misplaced key), your brain literally won't have the bandwidth to worry about how you look.

### 3. Practical Exercises

#### Exercise 1: The "Private Activity" (Lee Strasberg's Method)

This is a classic Method acting exercise designed to build comfort with vulnerability.

Choose an activity that you do at home **only when you are 100% sure you are completely alone**. It should be something intimate, specific, or highly focused (e.g., counting your last remaining cash, writing a raw journal entry, fixing a delicate watch, or examining a physical flaw in the mirror).

Recreate this exact activity in front of your acting class, coach, or a rolling camera.

**The Goal:** Replicate the exact same sense of safety, pacing, and unhurried privacy you have at home. If the thought "*they are watching me*" creeps in, gently guide your focus back to the physical weight and texture of the object in your hands.

#### Exercise 2: Sensory Grounding

When the director yells "*Action!*" or the curtain rises, the adrenaline spike can pull you out of your character. Ground

yourself immediately using your senses:

**Touch:** Feel the specific texture of the table or your clothing. Is it cold? Rough? Smooth?

**Smell:** Inhale the scent of the space (the dust of the theater, the coffee on set, your scene partner's perfume).

**Hear:** Listen to the ambient sounds *inside* the reality of the scene (a clock ticking, traffic outside the window).

*This biological "hacks" your nervous system, pulling you into the present moment and shutting down stage fright.*

## 4. On-Set & On-Stage Application

**"Living Publicly in Private"** (Публичное одиночество). Этот концепт, заложенный К. С. Станиславским (как «публичное одиночество») и развитый Ли Страсбергом, является ключом к разрушению скованности перед камерой или зрителями.

### Acting Lesson: "Living Publicly in Private"

**Focus:** Overcoming Stage Fright, Achieving Truthful Behavior, and Ignoring the Camera/Audience.

**Level:** Intermediate.

*"The actor must have a private life on stage that is so rich, so full, and so interesting that it commands the attention of the*

audience without the actor ever asking for it." — Lee Strasberg

## 1. The Core Concept (Суть урока)

Главный парадокс актерского мастерства заключается в том, что вы выполняете глубоко интимные, личные действия (плачете, любите, боретесь, переживаете кризис) на глазах у десятков сотрудников съемочной группы или сотен зрителей.

**Living Publicly in Private** — это способность создать вокруг себя невидимую «капсулу уединения». Вы должны быть настолько поглощены своей внутренней жизнью, своими задачами и предметами вокруг вас, чтобы чужие глаза перестали для вас существовать.

**The Problem:** Когда мы знаем, что за нами наблюдают, мы начинаем *показывать* эмоции («посмотрите, как мне грустно»), вместо того чтобы просто *быть* в них.

**The Solution:** Перенос фокуса внимания с «Как я выгляжу?» на «Что я сейчас делаю?».

## 2. The Golden Rules of Privacy on Stage (Золотые правила)

**The Circle of Attention (Круг внимания):** Начните с малого. Сузьте свой фокус до крошечной точки — например,

до пуговицы на своей рубашке или чашки чая в руке. Когда этот микро-мир станет для вас реальным, расширьте круг внимания до пространства стола, затем — до комнаты (или сцены). Не пытайтесь сразу «обнять» вниманием весь зал.

### **Respect the Fourth Wall (Уважайте четвертую стену):**

Представьте, что между вами и зрителями (или камерой) находится глухая стена. Вы можете слышать звуки за ней, но вы не можете их видеть. Ваша реальность ограничивается пространством декораций.

**Action Over Appearance:** Настоящая естественность рождается из физического действия. Если вы заняты сложной или интересной задачей (например, пытаетесь незаметно оттереть пятно с брюк или судорожно ищете потерянный ключ), вам некогда думать о том, как вы смотрите в кадре.

## **3. Practical Exercises (Практические упражнения)**

### **Exercise 1: The "Intimate Activity" (Упражнение Ли Страсберга)**

Это классическое упражнение из Метода (Method Acting), предназначенное для выполнения дома или в классе.

Выберите действие, которое вы делаете дома **только тогда, когда вас абсолютно никто не видит**. Это должно

быть что-то личное или требующее высокой концентрации (например: выдавливание прыща перед зеркалом, судорожный подсчет оставшихся денег, починка старых часов, чтение личного дневника, примерка нелепой одежды).

Начните выполнять это действие перед преподавателем, группой или включенной камерой.

**The Goal:** Ваша задача — воссоздать то же ощущение безопасности и уединения, которое у вас есть дома. Если вы ловите себя на мысли «на меня смотрят» — возвращайте внимание к физическому объекту в ваших руках.

## Exercise 2: Sensory Absorption (Сенсорное погружение)

Когда звучит команда «Мотор!» или открывается занавес, ваше тело может сжаться от стресса. Верните себя в реальность через органы чувств:

**Потрогайте** текстуру стола или своей одежды. Чувствуете ли вы холод, гладкость, шероховатость?

**Вдохните** запах пространства (кофе, пыль кулис, парфюм партнера).

**Прислушайтесь** к фоновым звукам внутри сцены (тиканье часов, шум дождя).

*Это заземляет вашу нервную систему и возвращает сознание в «здесь и сейчас», отключая панику перед публикой.*

## 4. On-Set & On-Stage Application (Как применять в работе)

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