

THE VIRTUAL FIGHT!

TASK: You will build a virtual fight with your classmates. Just like using jump cuts in film, the trick is to quickly gain the audience's attention through your focus and your action, fully committing the body to the story. Collectively you will decide the tone of the fight - serious or comic - applying the principles of tension and release as you "perform" your section of the fight.

Warmups - 20 min - Started with stretch, then HIIT for 10 minutes (Run in place, alternating forward lunges, alternating forward kicks, oblique dips), then did yoga movement to bring heart rate back down slowly, but focused on opening/strengthening the back (camel, candlestick/shoulder stand, then plow, then into slow backward roll).

Combat choreography group discussion -10 minutes - Sharing why combat is choreographed, what are steps to building and breaking down choreography, safety rules, (check environment, check emotional state, spatial relationships to target, start at quarter speed then scaffold tempo), victim-assailant relationship (victim always in control), cueing, rehearse, rehearse, rehearse.

The Moves: Punches (20 min)

Steps as assailant:

Neutral body, check breathing, check space/environment

Identify target (camera) and check distance

First combat move - punch (cross) - build moment before (catalyst), eye contact, prep move (inhale), follow path for punch, exhale on delivery. Punch never reaches camera (just as it wouldn't reach your partner in shared physical space).

Steps as victim:

Lunge towards camera (something we wouldn't do if in shared space, but selling story when partner is not there). If receiving punch (cross) to right side of face, have right foot forward so body can take blow of punch to the left on a diagonal away from the camera. Idea is to "sell" that there was contact that pushes the victim away from the camera.

Repeat with uppercut punch except victim will not lunge but start at camera then stumble back upon "receiving" blow.

Kicks - 20 min

Review lunges from warmups, then forward kicks. Slow and controlled kicks up. Shift to side kicks. Then measure spatial relationship to camera. Then walk through side kicks to camera at quarter-speed, slow and controlled. Foot never touches camera.

Other class sessions we went into punching with the elbow, head butts and kicks to the stomach.

HOMEWORK - CLASS FIGHT VIDEO (10 min to review instructions)

Each person will react to either a punch, slap, kick, or head slam, then react to a punch, slap, kick or head slam. You will not say a line before reacting to a punch or kick, though you may include a line before you take the inhale that tenses or arm or leg before throwing a punch or kick. Remember that there is auditory cue (breath in) as you tense up, an auditory cue (audible exhale) as you land the punch or kick, and an audible reaction as you receive a punch or kick (ex. "Ow", "Ugh", "ai" or any sound indicating you've been struck and got the wind knocked out of you).

Please send your final fight moves recording this time by sharing in the Google Photo class album that was shared with you (*Look under Google Photos - Shared with Me - "Stage Movement - combat sequence"*). If you want to use a virtual background you can, but make sure that we can clearly see you and your fight moves if you use one.

You will pick two sets of fight sequences below. Remember that your fight sequence will always start with "receiving" an attack (make sure to have a full reaction), and then you delivering an attack. Record each sequence separately. Keep thinking about the inhale (cuing the "strike", whether a kick, punch, head butt, elbow, etc), then exhaling to "land" the punch/kick/etc

#1 - RECEIVE: A punch (uppercut - head goes up); ATTACK: A punch (cross)

#2 - RECEIVE: A punch (cross - body turns and lands into wall); kick to the stomach (standing)

#3 - RECEIVE: A kick to the jaw or stomach (standing - land back or sideways); ATTACK: punch (uppercut)

#4 - RECEIVE: A kick to the stomach (on the floor); ATTACK: Scramble up and roundhouse kick to the stomach

#5 - RECEIVE: A punch (uppercut - head goes up); ATTACK: Headbutt (head slam with head)

#6 - RECEIVE: Headbutt (head slam with head); ATTACK: roundhouse kick to the head

#7 - RECEIVE: A kick to the jaw or stomach (standing - land back or sideways); ATTACK: punch (cross)

#8 - RECEIVE: A kick to the stomach - roll backwards (on floor or over soft object); ATTACK: headbutt

Remember you need to:

Send attacks directly to the camera.

Come in close to the camera to "land" the attack.

Start body/face close to the camera "receive" attacks.

SELL THE REACTION! One of the choices above includes a backwards roll if you have the space. That can be added to other moves but note it when signing up. You can also add some dance moves that we've done in class to prep before you start into a fight sequence (think of the turning stag leaps, barrel rolls, and simple chainé turns, if you have the space).

VOCALS AND BREATH! - Make we hear and see you breathe.

DO NOT roll on concrete, hard floors or where there are delicate objects. **DO NOT** flip over objects. Choose based off the space you have and the skills that are confident. That said, we did the backwards roll today on a yoga mat, so things can work in tight spaces, but the trick is always to rehearse at 25% several times (think at least a dozen times) before you get to 50% (then that a dozen times), and so on. Use your recordings to watch yourself at work!

Here is the sign up sheet for your two fight sequences. Please make certain to note your planned shoot location. If you wish to include a prop in your fight, please note it in the comments section.