

## THE VIEWPOINTS

The Viewpoints, adapted for stage acting by Anne Bogart, are an improvisational system that trains an actor to use their body in time and space to create meaning. They are points of awareness that a performer or creator has while working. They provide a vocabulary for thinking about and acting upon movement and gesture. You & your fellow actors will make offers, accept offers, extend moments (such as repeating a gesture or a shape) and advance the scene. It is through this improvisation that you will create dramatic meaning.

### **The Nine Viewpoints:**

Viewpoints of Space            - Spatial Relationships  
   - Architecture  
   - Floor Pattern

Viewpoints of the Body    - Shape  
   - Gesture

Viewpoints of Time        - Kinaesthetic response  
   - Repetition  
   - Duration  
   - Tempo

### ***Spatial Relationships***

The distance between things on stage, between one body and another or between a body and an object or piece of architecture.

Consider:        groupings  
                         extremes of proximity

### ***Architecture***

The physical environment in which you are working and how the awareness of it effects movement.

### ***Floor Pattern***

The pattern created on the floor as the actor moves through the space; determines how the actors get from one place to another.

### ***Shape***

The contour or outline the body (or bodies) make in space.

Consider:        all shapes can be broken into: lines, curves or a combination of lines and curves

Shape can be stationary or moving through space

Shape can be made: with the body in space  
the body in relationship to architecture making a  
shape  
the body in relation to other bodies making a shape.

### ***Gesture***

A movement involving a part or parts of the body. Gesture generally involves parts of the body (e.g. face or hands) whereas shape generally involves the whole body.

Gesture has 3 categories: Daily life (behavioural e.g. scratching/sniffing)  
Stereotypical (cultural e.g. saluting)  
Expressive (abstract)

### ***Kinaesthetic Response***

A spontaneous physical reaction to something which occurs outside you; the impulsive movement which occurs from stimulation of the senses.

Consider: this viewpoint holds the viewpoints improvisation together

### ***Tempo***

The rate or speed at which a movement occurs; how fast or slow something happens on stage.

### ***Duration***

How long a movement or sequence of movements continues.

### ***Repetition***

Repeating something on stage. It can be an exact copy or it could be a variation.

Variations on repetition: Exact  
Transfer (a movement or gesture is applied to another  
person or context)

Transform (a movement is transformed into something  
different but from the same source idea e.g. the action of bouncing a ball becomes the  
action of fingers running through mud)

Recycling (repeating a moment, movement or gesture later  
in the Viewpoints session -serves as a unique vocabulary for the session)