

## Contact:

Joe Van Haecke

[mrvanhaecke@gmail.com](mailto:mrvanhaecke@gmail.com)

(515) 321-4896

## Improv Guidelines

- The most important thing in a scene is what's happening right now.
- Be honest and truthful in scenes. Scenes are about the relationship over anything else.
- Regardless of the suggestion, or the "peg," look for what kind of relationship occurs in this situation.
- Questions and "no" are okay. Not moving a scene forward or denying the reality of the scene are not.
- Yes, and... Yes, I understand and accept your idea / premise. ..AND, I'm going to add to it this way...
- Don't try to force the funny into the scene; playing true to the scene, with honest and intelligence, will let the funny in naturally.
- Remember C.O.R.E.:
  - Character (who am I?)
  - Objective (what does the character want?)
  - Relationship (who is the character in relation to the other character(s)?)
  - Environment (where is this interaction taking place?)
- Be E.P.I.C.:
  - Energy
  - Pace
  - In the Moment
  - Commitment

## Improv Exercises

### Zip-Zap-Zop

Energy and focus is passed around a circle. One player starts by pointing and making eye contact at another player and says "Zip." The receiving player accepts the offer and passes to a third player by saying "Zap;" finally, a third player is involved with "Zop." Start again at "Zip." Skills learned include active listening, staying in the moment, acceptance, and energy.

### Motion and Sound

In a circle, one player initiates by making some physical gesture and an associated sound. The person to the left imitates as quickly as possible. This continues around the circle until it reaches first person, who then repeats what they just saw and heard. Person two starts a new motion and sound. Activity continues until everyone in the scene has initiated a motion and sound. Skills learned include active listening, commitment, acceptance, energy, and permission to play.

### **Show Us How to Get Down**

Group starts in a circle. One player initiates by calling out another player. The script goes like this:

P1: Hey, P2!

P2: Hey what?

Everyone: HEY P2!

P2: Hey, WHAT?

Everyone: Show us how to get down!

P2: No way!

Everyone: SHOW US HOW TO GET DOWN!

P2: Okay!

Everyone (in rhythm): D - O - W - N! That's the way to get down! D - O - W - N! That's the way to get down!

P2: (while everyone is chanting in rhythm, P2 performs a 4-beat "dance move" of pure joy and silliness; everyone copies action on second round of D - O - W - N.)

P2 then would call someone else out.

Skills learned include the permission to play, acceptance, withholding judgement.

### **Five Things**

Work in a circle. One player initiates by asking another player to name five things in some category. As second player is listing as quickly as possible the five things, everyone helps keep count by shouting 1, 2, 3, 4, 5 as the list progresses. Second player initiates next round by calling out another player. Skills learned include quick thinking, withholding judgement, staying in the moment.

### **Three-Line Scenes**

Player 1 initiates a scene by object work to show player's environment. It could be a kitchen, an aisle of Wal-Mart, or the bank of a pond, for example. Player 2 enters the scene and says their first line. Player 1 then responds naturally; Player 2 responds to information in that very last line. Within these three lines, players should learn their relationship to each other and at least a hint of what is happening at this very moment in this relationship. As players work through the rotation practicing both Player 1 and Player 2, scenes can be allowed to grow from there. Encourage players to react to the very last thing said; reactions should have an emotional response.