

# **ACTOR'S LIFE BOOK**

**'An Actor is a Power Station that channelizes human energies. I call him an Athlete of Intelligent Emotions!' – RAAJA JAFFREY [Actor. Chief Instructor. Strategist]**

## **ACTOR'S LIFE BOOK**

### **THE CURRICULUM**

ACTOR'S LIFE BOOK is a comprehensive Acting course Structured by the Actor & Instructor Raaja Jaffrey. As per his practicing ideology, actors are not made in institutions and studios. They are a definite outcome of a methodically designed journey called day-to-day life. Studios and Institutions are an Integral Part of this task oriented journey. And the journey is 24/7. Body Constitution, Brain & Intellect and Voice Culture are the basic & essential tools for Actors to begin with. We begin with 2-fold natural technique called 'And what is the Task?' Certainly the task is to achieve the ultimate goal.

And what is that ultimate goal? Obviously to become a successful actor.

Keeping the above things in mind, the Actor's Life Book is comprehensively structured & designed to utilize every fraction of second and every breath of yours within a time frame. This intense 4-month course gives every learner 2880 hours i.e 1,72,880 Minutes or 1,036,8000 Seconds to create desired outcome and impact.

Raaja Jaffrey firmly dismisses the hypes & myths about filmy & non-filmy acting and vouches on his basic training module. Initially, an actor does not explore & work on his/her basic tools according to camera techniques. This in turn affects his performance and may eventually lead to failure and disappointment. Hence it is imperative to know the basic tools of acting and understand how to use it effectively to your advantage.

So what are the basic tools for an actor?

**THE INTELLECT, BODY CONSTITUTION and VOICE CULTURE** are the basic & essential tools for Actors to succeed in Reel Life. To explore & prepare on basics & essential tools, we begin with the following 3 Dimension natural technique.

**BRAIN MAPPING | NERVOUS SYSTEM | ENERGY**

## **KNOW THYSELF**

The very moment an aspirant & learner begins the course he/ she is guided to measure their present status of Brain, Body & Voice. In this process participants learn to introspect themselves and clearly know their limits & walls created by them in every sphere of life. Through well-designed exercises they actually measure their own persona, realize their limits and boundaries, and prepare themselves to break-free.

The very purpose of one's life is to know one's self. In a broader spectrum of social & professional life, there is only one breed & profession that works on life – the actor.

Through various practically designed exercises & tasks that explore Brain, Body & Voice, students visibly transform from a commoner to a powerful personality. And finally, the journey of accomplishing the basic task of being an ACTOR begins. Students start exploring the life inside-out and outside-in.

## **BREAK AWAY TO EXPAND & MAXIMISE YOUR OUTREACH**

In this process, the student starts exploring his/her inner and outer self. Every moment of their routine life is structured into refined living & better habits. It is actually given to them in a documented form called the Actor's Regime. It comprises of a very practical and natural way of enhancing routine life through proper eating Habits, sleeping habits, in-house activities, family relations, responsibilities, social inhibitions, social interactions, social responsibilities, awareness, interactions, relationships, behavior and stimulation of sense organs i.e. Sight, Sound, Taste, Smell and Touch.

According the ACTOR'S LIFE BOOK's Doctrine, the learning process begins from the very basic yet the only source of life 'the Breath'. Breathing is a sign of energy. It's the soul of living beings. It is the only vital source to explore & channelize our inner world and further connect & transcend to the infinite world of cosmic energy.

In the absence of food & water, we can survive for few days, but in the absence of breathing, we cannot survive even for a few minutes. A rightly inhaled fresh & deep breath is the major source of power energy. Body, Brain and Voice continuously work on breath. For an actor's training, breath is the 1st step to begin with.

After a well-designed physical workout to stretch & expand ones physical limits, stretching & expanding your abdominal limit is the basic exercise in Actor's Life Book Course. Through an inhale-exhale warm up followed by pumping breath in & out, students prepare themselves to inhale maximum air by filling their lungs [respiratory system] and hold it. A per second count is done to measure their limit of hold. In a routine exercise they are prepared to break away from their fixed system to an OPEN System. As the count increases the respiratory system expands,

Making it supple, clean and stronger. This in turn boosts our immunity levels and channelizes the entire inward and outward physical system and makes our body ready to conceive pure cosmic energy.

The journey of transformation commoner to an ACTOR, is as similar as converting a poor, lean person into a full-fledged commando.

In the Actor's Life Book Course, you will experience the change in you right from the very first day. You will be chasing everyday tasks to accomplish your ultimate goal. Through various task oriented exercises you will experience how routine life becomes interesting as you start living every bit of it. Participants of the course also get the opportunity to explore and maximize the outreach of all three essential tools of acting and transform themselves into a powerhouse of positive energy. Collectively creating a perfect beginning for every actor and motivating him/her to give his very best.

Topics Covered:

- Stimulating exercises for all five senses
- Seeing beyond the obvious
- Sight Sun Bath
- Observation [Elements. Nature. Insects. Birds. Animals. Objects. Humans. Dimensions, etc. ]
- Physical Workout [Acting Base Techniques]
- Training the ears
- Art Of Listening
- Sound Of Silence
- Opening Up Exercises
- Seeing through your ears
- Identifying right & wrong
- Activating sound filter
- Hearing the breath
- Auto alert mode
- Understanding speech & dialogue pattern

In Addition to Sight, Smell, Taste, Touch and Sound, we as alert humans are also gifted with the awareness of balance, pressure, temperature and motion. All of them involve coordinated use of multiple sensory organs.

## **BRAIN & INTELLECT**

Physical being & living is more of a Brain Game. The human brain is yet an unexplored creative underworld. And you need to know how to unlock this mystery?..

This is the key concept of our practically unique learning techniques. Discover, liberate and live your true self by creating these awakening moments of physical transcendence.

The training is based on balancing the activation of Brain & the Body. Thus surpassing the limits of a conditioned mind and revealing your real self to you!

Training the mind is a big challenge. Reprogramming the Brain is preparing you to accept your 'Dead Ends' and erasing your traditionally programmed junk of bias & beliefs. In Actor's Life Book reprogramming of Brain is a series of practically designed exercises, rather than verbose lectures and abstract philosophy. The task is achieved within a time frame. Over here, we learn that our mind is not a singular muscle but an archive of multiple intelligences, operations and awareness. Most of them have remained inactive or neglected during conventional education. In some cases they are even suppressed and abused.

Through well-synchronized & orchestrated exercises and activities the students are empowered & educated to renew their Brain faculty. Actor's Life Book alerts you with Brain Drain Education helps you focus on building your brain as an athlete of intelligent emotions. We work on the root cultivation of RASAS., so the students practically utilize it in scene development with natural ease.

Being Indians, we know our roots better. Despite our strong cultural roots, a larger part of India is a less educated, uninformed, and politically divided and live in a suppressed society. Simultaneously, we know suppressed emotions [energy] have the ability to get converted into a dynamic bounce back mechanism. Thus, the Actor's Life Book course is designed to nurture the Indian students on global standards.

Topics covered:

- Reprogramming
- Focus
- Checking Your Eye-Q Level
- Switch On & Off Method
- Channelizing Emotional Energy
- Emotional Intelligence

## **CHECK IN STREAMS**

Aggression | Boredom | Disgust | Fear | Happiness

Loneliness | Rejection | Anger | Confidence | Love

Enjoyment | Grief | Hate | | Sadness | Anxiety |

Depression | Envy | Guilt | Joy | Pride | Shame

## **IMAGINATION. IMPROVISATION**

As Einstein said 'imagination is more powerful than knowledge'. Improvisation is the major tool of an Actor to think and create a flawless performance to surprise & please himself. It is an essential skill of a rightly trained actor who wishes to invent his/her own hidden magical elements & spontaneity.

Improvisation is a journey which evolves from the known script to unknown performance challenges. It is a character's inherent thirst in a deserted mirage.

Improvisation is the art of converting prompt imagination into a flawless action. It can be applied in scene development, live performances, on a one-line idea, a particular character, a situation, etc.

Public performances, stage shows, drama or shooting a scene is a real test for an actor. Actor's Life Book prepares the students to explore the multi-layered aspects and dimensions of a character in solo & group performances. The actors are trained to challenge their imagination in action, gradually it becomes a natural habit and imagination in action transforms into imagination in motion.

In a character study a methodical and conventional history sheet of a character is developed, studied, discussed and then performed.

Within the conventional frame work, the actors are instigated to break away from the conventional norms and deliver unconventional results. And then, this magical mantra of improvisation becomes the prime tool of the performer.

## **Topics Covered:**

- Character Study
- Scene study
- Designing the Character
- Style
- Character Transition
- Imagination in Action
- Imagination in Motion

## **BODY CONSTITUTION**

Our body is nothing less than a temple wherein the giver of divine energy 'the Soul' lives. This is the specimen statement to be followed and practically adapted by every Actor in the making.

An Actor's Body is specially trained with the coherence of mind and a level of flexibility to retain greater stamina and focused energy.

It's not just the face, the actor's entire body is trained to be intense and expressive. Apart from the required flexibility and the nature of a character the actor must have a command on his physical appearance and energy. With the very coherence of Brain, his mind conceives and his body gives birth to another character.

Irrespective of size, weight and shape, the actor's body is trained to be technically proficient in skills such as trust, balance, neutrality, rhythm, grace and expressivity. Body to body interaction and feel, body to objects, body in certain costumes, props, make-up and a body in a certain condition is also trained to behave naturally.

There are several physical training methods developed by prominent acting gurus. In Actor's Life Book we have adapted and improvised our own methods of physical training which focusses on shaping up an expressive body in coherence with a sharp brain and emotional intellect. Further the actor is gradually trained to surpass his/her own limits to transcend from purified physical energy into the eternal cosmic energy. A physical training method involves the following lessons –

- Actor's Body Workout [Gesture. Posture. Movement. Rhythm. Flexibility]
- Meditation
- Dance
- Channelizing Energy
- Building Aura

- Stamina Build-up
- Film Stunt & Action Sessions
- Body Language
- Personal Grooming
- Social Behavior
- Aesthetic & Presentation

## **THE VOICE**

The Breath is the soul behind an outstanding performance. It forms the dynamic energy & the very basic weapon of every actor. Students are trained to master the art of breathing more efficiently & expanding the base to maximize outreach.

The voice travels on the pattern of breath, and students learn how to use this synergy and create a wide range of effective communication. Voices are enriched, made strong, resonant, flexible and expressive; they become the instruments to effectively convey all subtle distinctions of meaning and feeling according to the projected characters.

Actors in the making are helped to explore and realize their basic voice, its strength, base, stamina, throw, tone, pitch and dialect. Their ears are trained to distinguish & filter the sounds, the right & the wrong, the graphs and the shapes of sound and alphabets. With the right training of ears gradually the students are trained to master the breath and further develop a powerful and melodious voice which can adapt and master any character with the correct emotions and ease.

Actor's Life Book has its uniquely designed exercises and methods of training encompassing a wide range of Verbose Bollywood Dialogues. Our specialty in Urdu diction and poetic speech is one of our unique learnings.

Voice and speech training is carefully designed and comprises of a series of exercises including story-telling, news-reading, script-reading, gibberish improvisations, singing, chanting, word-games, radio plays, interviews, group leadership, in-house performances, ..etc

## **TRAINING THE EARS**

- Art of listening
- Sound of silence
- Opening up exercises
- Seeing through ears
- Identifying right & wrong
- Activating sound filters
- Hearing the breath

- Auto alert mode
- Understanding speech & dialogue patterns

## **VOICE CULTURE**

- Understanding Your Voice & Sound
- Understanding the breath
- Expanding base & outreach
- Riyaz
- Texture and melody
- Voice flexibility and elasticity
- Customized exercises

## **VERBOSE**

- Training the tongue
- Urdu Zuban therapy
- Pronunciation and punctuation
- Erasing regional dialect
- Customized Riyaz
- Speech therapy
- Bollywood dialogue patterns
- Poetry in motion
- Poetic conversation & communication
- Voice acting & dubbing

## **INTRODUCTION TO ACTING METHODS**

- Natya Shatra at a glance
- QISSA GOI [Urdu]
- Antonin Artuad Method
- Jerzy Grotovasky Method
- Stanislavski's Method
- Strasberg's Method
- Sanford Meissner Method
- Stella Adler Method
- Practical Aesthetic Method



## **FACING CAMERA & BEYOND**

The course culminates with a dedicated filmmaking processes. Film Acting Techniques, camera angles, blocks, scene geography, shot definition, light-up, marking, action area, etc. are practically rehearsed.

Students learn the basics of film making process pre to post from the perspective of an actor's involvement. They confront the challenges of 'scaling' a performance in accord with the frame of the shot, learning to control movement, gesture, voice levels, emotional intensity and energy levels. By learning the camera acting techniques they become familiar with 'hitting the mark', 'catching the light', 'cheating', and other technicalities involved through which an actor commands his flawless performance on screen.

Every batch will be given a short film project to plan, shoot and edit. But the process is supervised by professionals with the intent to produce a fine project which can later be sent to various film festivals across competition categories.

The actors are also prepared for auditions and are recommended to our network of film & tv production houses, casting directors for their new project requirements.

## **ACTOR'S NOTES**

The irony of our age old education system is that many students never wish to read a book or indulge in any serious writing once they have left school or college. But in Actor's Life Book he is trained to enhance his writing ability by maintaining daily notes, remarks of the day, confession notes and learning of curriculum from his perspective.

Actor's Notes that students are expected to maintain during (and after) the course have several objectives and functions:

- Actor's Life Book provides a constitution and routine living parameters and functioning for each actor which need to be followed as mandatories.
- Step-by-step detailing of all exercises, activities, improvisations and discussions that occur during the course needs to be maintained.
- At a more personal level, it is used to record the students' responses to the work, and self-assessment of their attainments including their own views on progress.
- Students need to maintain their creative writing assignments: recollections of personal experience, stories, poems, and scripts etc.
- Students are encouraged to make illustrations, art work and character sketches, collect photograph, imagery, by cutting images from newspapers, magazines, or any other source and creating a collage or their own ways to express.

- They are also encouraged to review films, discuss world cinema, social and political topics and document it for their records.
- We encourage all students to form and express their own opinions on domestic and global issues.

To summarize, the Actor's Life Book becomes a self-authored record of the student's development journey during the course and their memory of expressions to preserve.

## **AFTER THE COURSE**

Since we call our course practically designed and result-oriented, the post course outcome has been carefully structured to ease out a student's daunting task of finding a place in the uncertain and tough terrain of Bollywood.

To assure a successful outcome Actor's Life Book provides the accurate weaponry for all deserving candidates such as – customized show reel, a professional performance [Showcase], audition techniques and main stream Film & TV networking.

Beyond all the technical and aesthetic aspects of an actor's education, the course syllabus includes modules that enlighten and instruct students while launching and building their respective careers as actors. The faculty is aptly supported by an eminent panel of guest speakers from the world of film, television, radio, theatre and advertising. Every minor and major issues such as – drafting resumes, photographic folios, show reel, basic understanding of industry, interviews, auditions, screen tests, casting agents, casting directors, contracts, payments, insurance, are addressed and informed.

After the course, {CU} ADDA - our in-house Casting Agency maintains the data base of our students. As per the requirements of our partner channels, producers and casting director's requirements, we not only update the students but in some cases of important characters we call them and train them for the audition and screen test of the same brief. {CU} ADDA teaches its students that their personality and their talent together culminate as a brand. Creative and efficient business management if successfully marketed can become a popular brand. To ensure the same the actor must understand and behave like a brand with attitude. A good PR, alertness for the right opportunity, a great connectivity and understanding the pulse of market is as important as the inborn talent and skills of an actor.

## **COURSE OBJECTIVE**

- To uncover the MASK we wear and live openly in our daily & social life.
- Prepare the participant to confront the truth & discover inner self.
- Prepare the participant to find and realize their very own medium of expressions & coach them to express with natural ease.
- Prepare to understand & channelize your Emotional Energy.
- Prepare you to unlock your condition mind by bringing you in the state of passive readiness.
- Prepare one to understand, realize & delete his/her junk & bias programming's (believes) and renew the system.
- Prepare U as a new U. confident, open, humble, focused, and unbiased a calm human.
- Prepare & equipped U to surpass your own limits as a fine actor and make sure to win your dream race in Bollywood by accomplishing your goal of becoming a successful Actor.

## **A Brand Called U**

Remember that you are a magnificent human being with the most powerful Nervous System equipped with incredible potential. This Potential is truly beyond measure will lead you to believe that EVERYTHING is possible for U. And that's what 'A Brand Called U Workshop' deals with.

Using free imagination as a tool for learning & involving higher order thought processes, this innovative workshop brings about a deep penetration of any subject matter under exploration, enriches you with the acquisition of new knowledge and concepts. Theatre & Drama is like imagination in action. The act channelizes the emotional energy in motion and enables you to identify and explore 'A Brand Called U'!

### **Highlights:**

- Unlock, confront, discover, liberate and meet a new U!
- What is personality?
- Physical, Social, Psychological and Philosophical Concepts
- Confronting self-identity and its allied dimensions
- Leadership, Attitude, Wisdom, Practicality and Aesthetics
- Motivation and Time Management
- Public Speaking
- Voice Culture Training
- Tongue Training and Verbose

- Training Ears and the art of listening
- Conversation and Communication
- Emotional Intelligence
- Impression, Charm, Transparency and Justice
- Break away to expand
- Seeing beyond the obvious
- Reprogramming the brain
- Body Language, social behavior and style
- Personality development and transformation

### **The Learnings**

Reasoning | Will | Imagination | Memory | Intuition | Perception

Seeing + Listening + Doing + Experiencing x Repetition = Beliefs

Beliefs + Behavior x Repetition = Habits

## **EDUCATE TO LIBERATE WORKSHOP**

We understand and communicate to the world through logical thinking & narrative thinking. The traditional education system is tied to the former and treats narrative art as a filler rather than a necessity.

In **Educate to Liberate Workshop**, we prepare a non-textual real self. Theatre and Drama in education cultivates imagination and utilizes our unique human capacity to imagine the real and envisage the possible. Experiencing moments of direct experience, transcending from mere knowledge and enriching your imagination by possibly touching the heart-soul & mind in a simplified manner are the desired objectives of **Educate to Liberate Workshop**”.

### **The Learnings**

- Communication in our mother tongue
- Learning to learn
- Interpersonal, intercultural and social competencies
- Civic Competency
- Entrepreneurship
- Cultural Expression

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