

*A
Collection of Exercises
for
Mime Technique*



WRITTEN
IN
SUTTON MIME WRITING_{T.M.}

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Collection of Exercises
for
Mime Technique*

NOTATED BY

Lorraine Spada

Valerie Sutton

A Collection of Exercises for Mime Technique contains mime exercises notated in Sutton Mime Writing. The exercises have been notated from a workbook by Richmond Shepard, MIME The Technique of Silence.

The mime artist works to control each part of the body separately and as a whole. These exercises have been developed, by Richmond Shepard, to take the beginning mime artist through a sequence of practices that help achieve that goal. The exercises are for classroom or individual use.

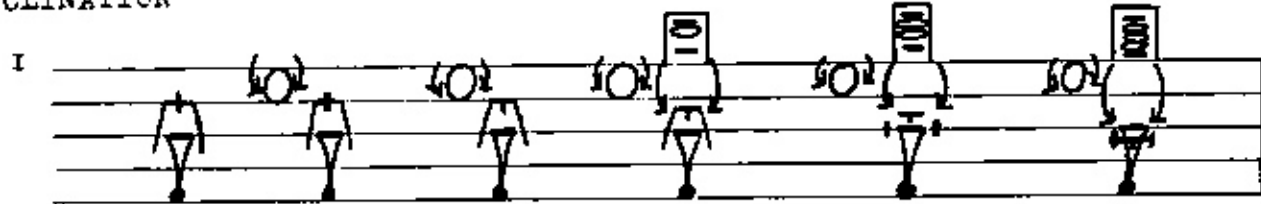
More information on the technique can be found in MIME The Technique of Silence by Richmond Shepard. If more information on Sutton Mime Writing is needed, contact The Center for Sutton Movement Writing. The east coast address is: P.O. Box 650, Astor Station, Boston, Massachusetts, 02123. The west coast address is: P.O. Box 7344, Newport Beach, California, 92660.

Movements Taken From The Book:
MIME The Technique of Silence
By: Richmond Shepard

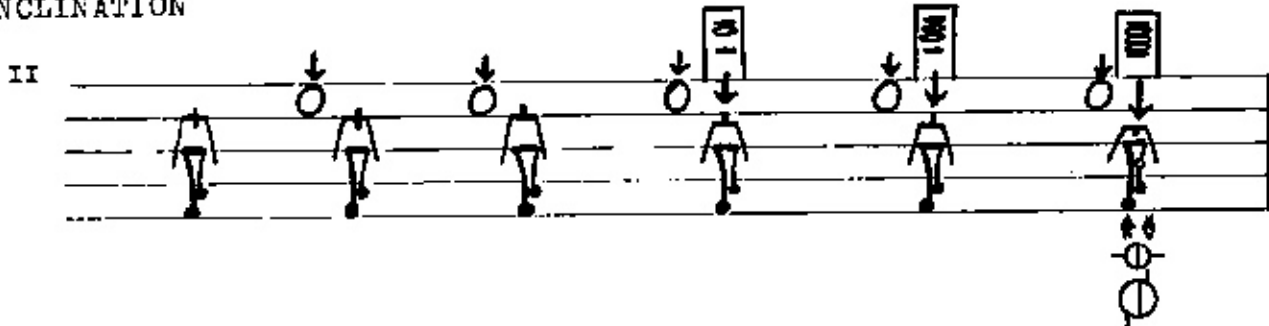
Mime Notated By:
Valerie Sutton
Lorraine Spada

A COLLECTION OF EXERCISES FOR MIME TECHNIQUE

FORWARD
INCLINATION



REAR
INCLINATION



SIDE
INCLINATION



ROTATION



HEAD ISOLATION

V

CHEST ISOLATION

VI

WALK #1

VII

HAND EXERCISE INDEX FINGER

VIII

HAND EXERCISE LITTLE FINGER

IX

HAND EXERCISE
POINTING



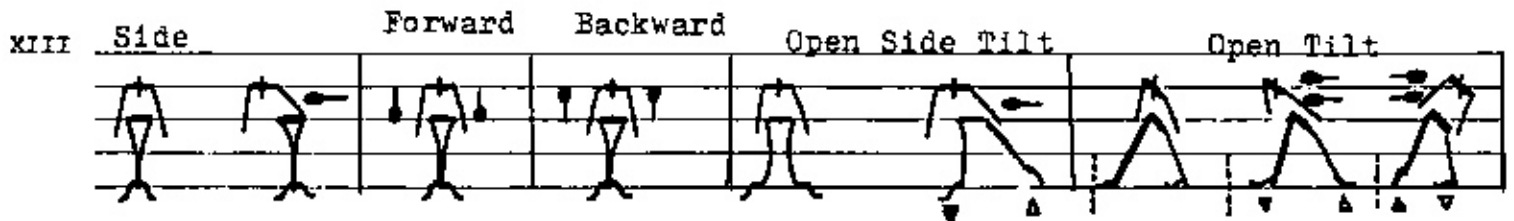
HAND EXERCISE
BECKONING



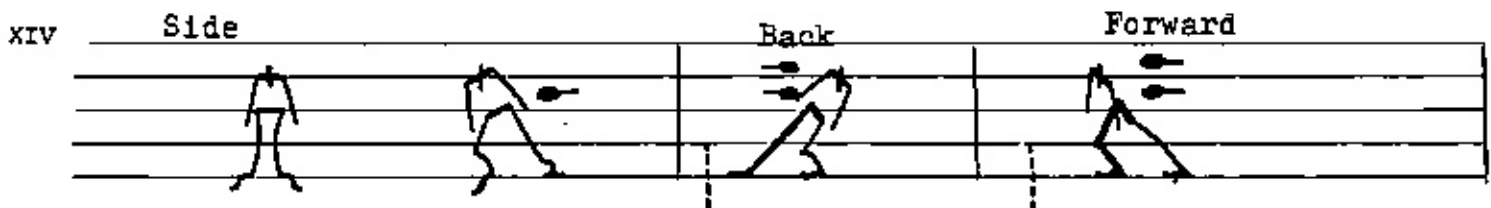
ILLUSORY
WALK



TILTS



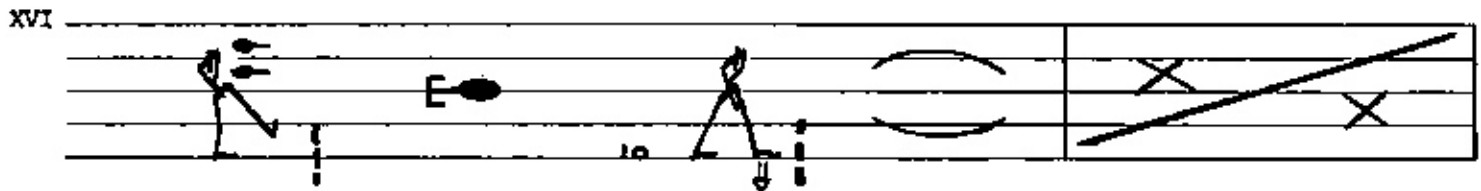
UNIT KNEE
BEND



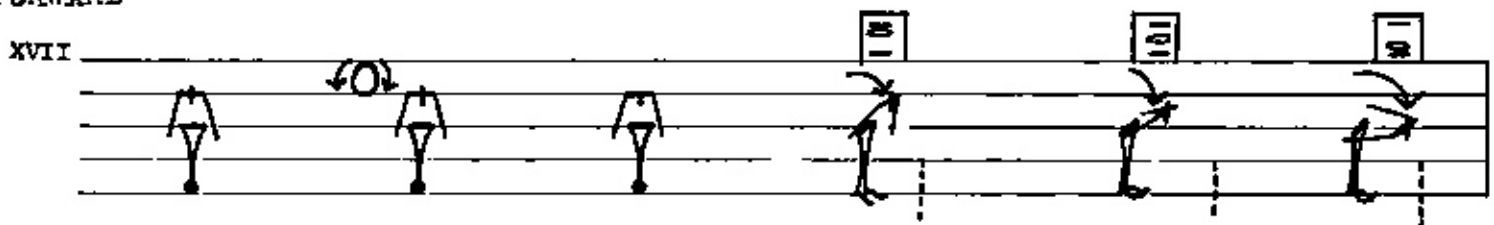
SCALE PALCRUM
TILT



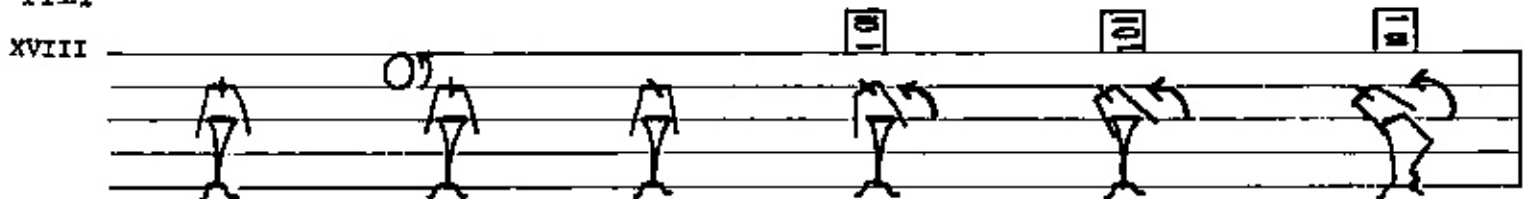
WALK WITH BODY
as a UNIT



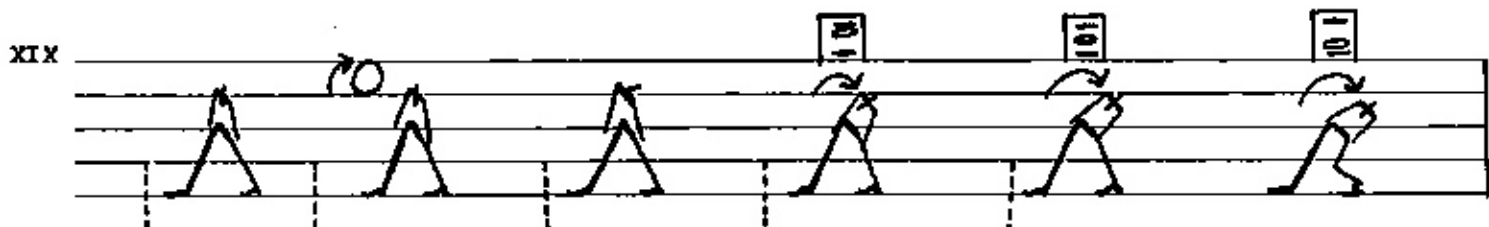
INCLINATION
FORWARD



SIDE
TILT



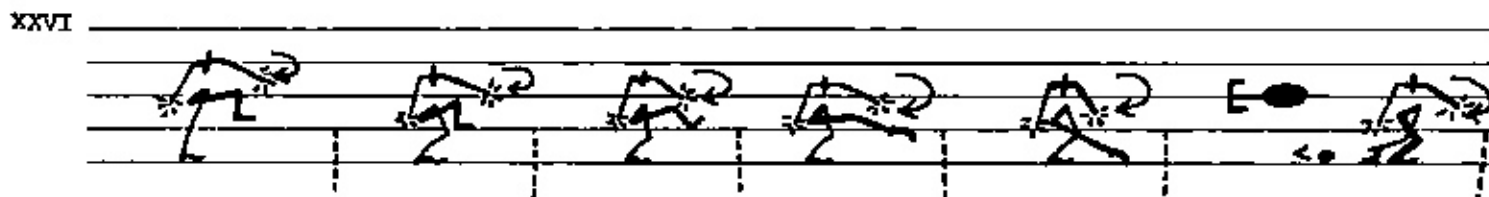
INCLINATION
to REAR



ILLUSORY
WALK #2



HIGH KNEE
WALK #1



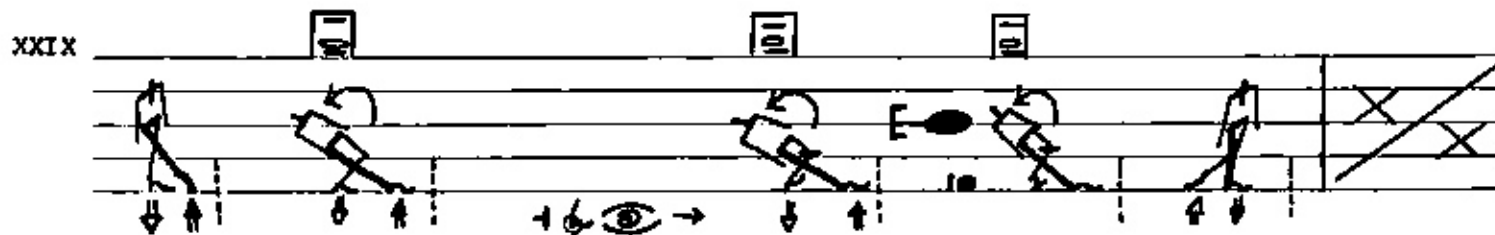
ILLUSORY
RUN



ADVANCED HAND
EXERCISE



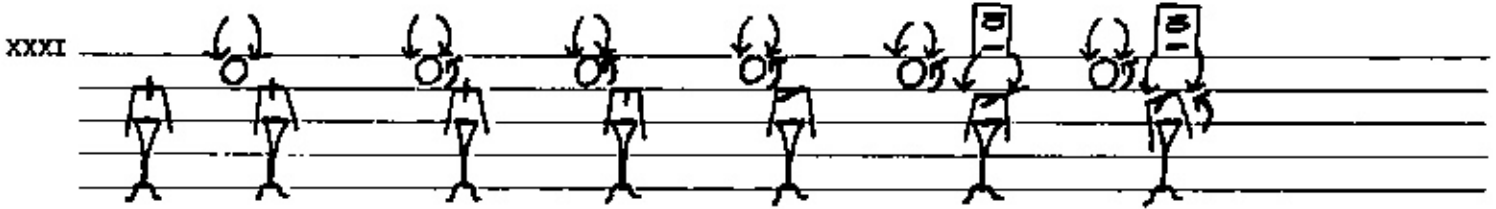
WALK #2



ROTATION and
FORWARD INCLINATION

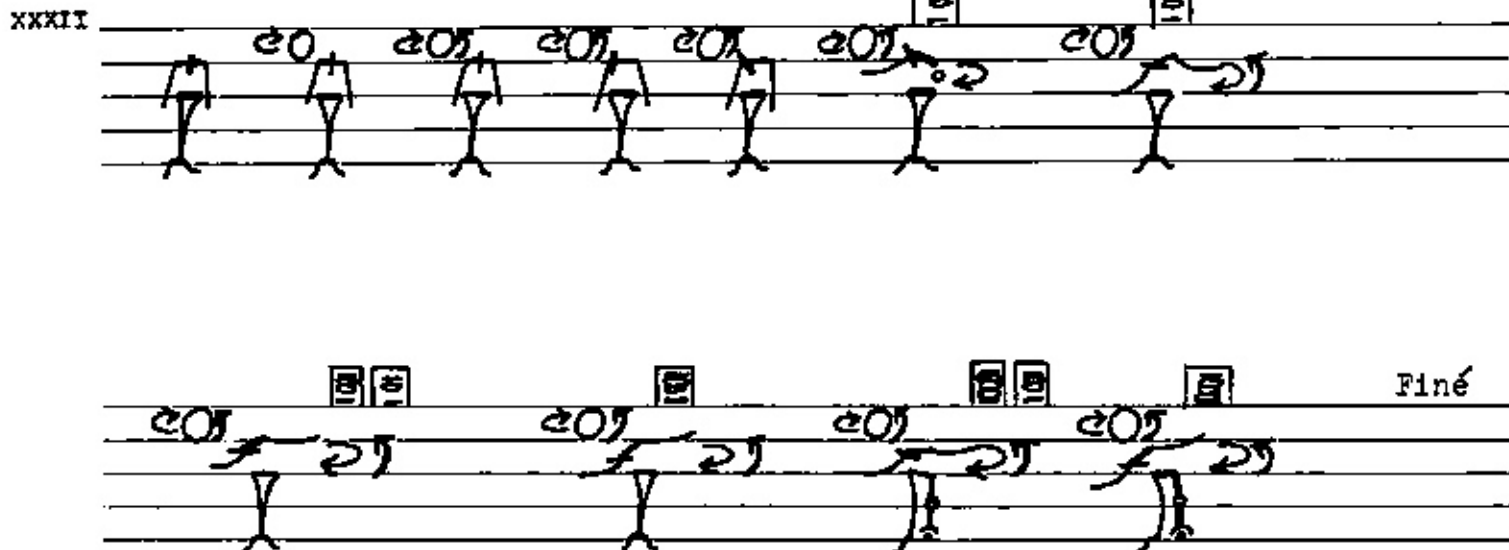


INCLINATION FORWARD
INCLINATION to SIDE

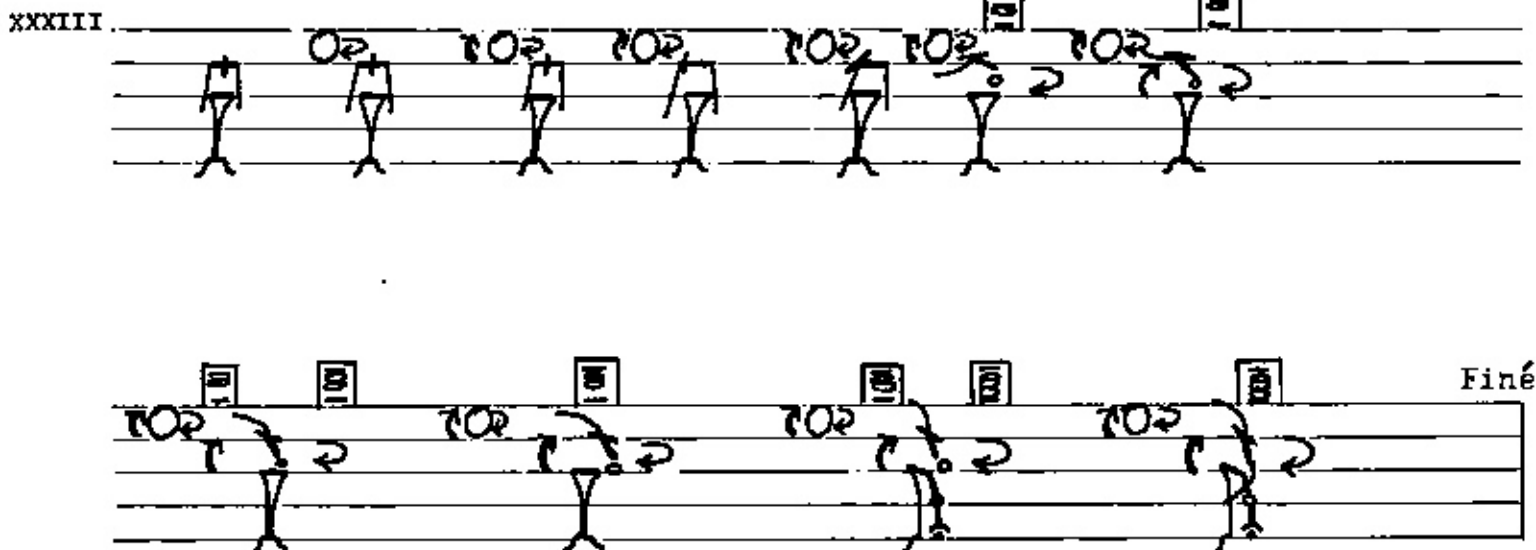


RULE : When 1 special information box appears it effects everything on the stick figure; But when 2 or more special information boxes appear then each box only describes the notation it is placed near.

8
 ROTATION INCLINATION
 to SAME SIDE

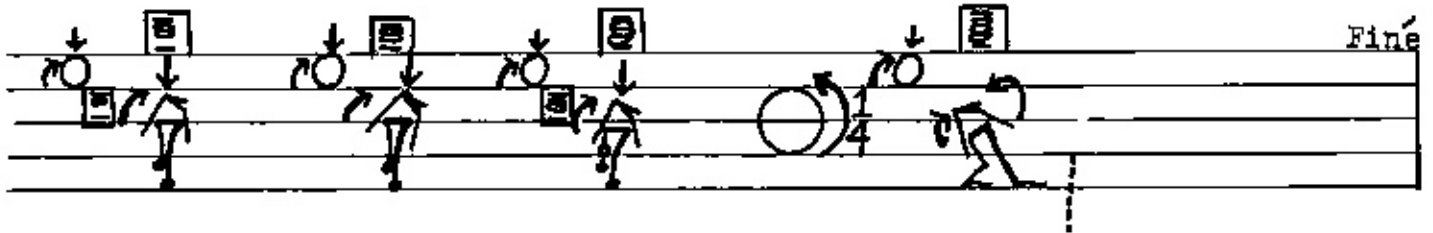


ROTATION to SIDE
 INCLINATION to OPPOSITE SIDE

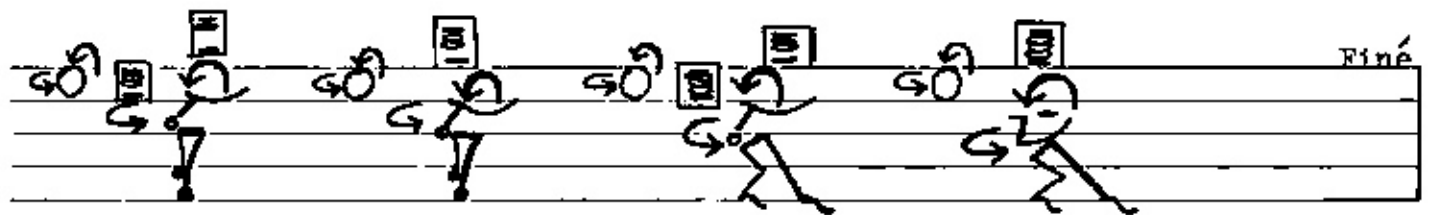
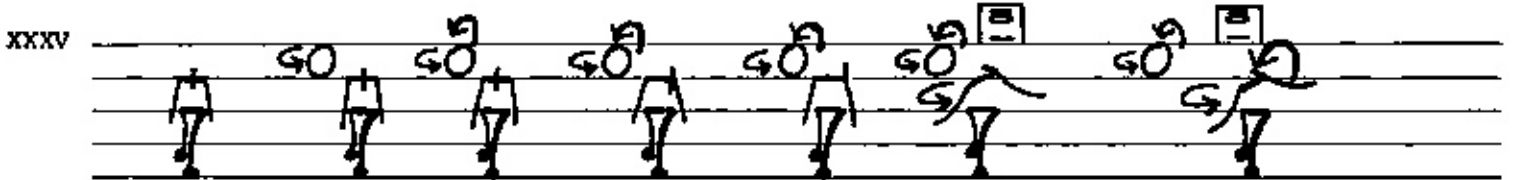


INCLINATION to REAR
 INCLINATION to SIDE

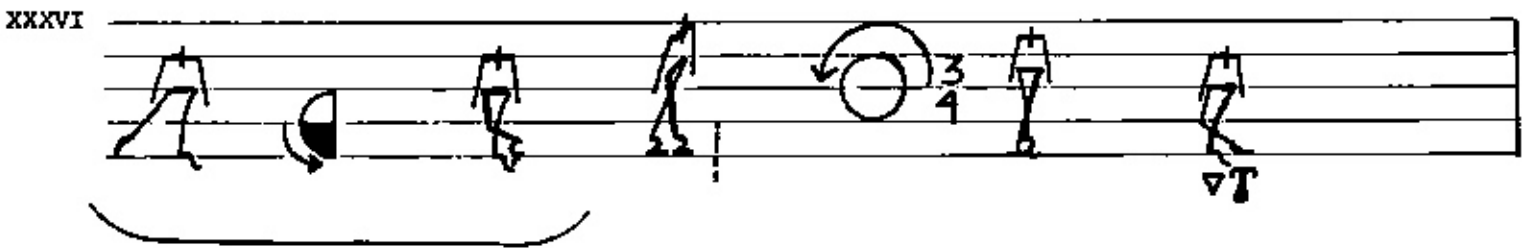




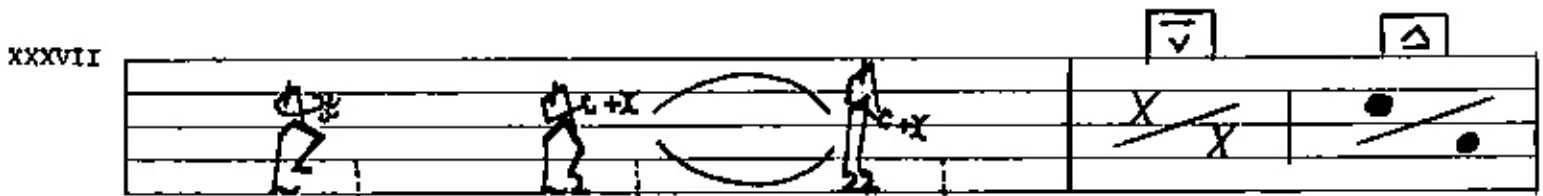
ROTATION TO SIDE
INCLINATION TO REAR



BALANCE
EXERCISE

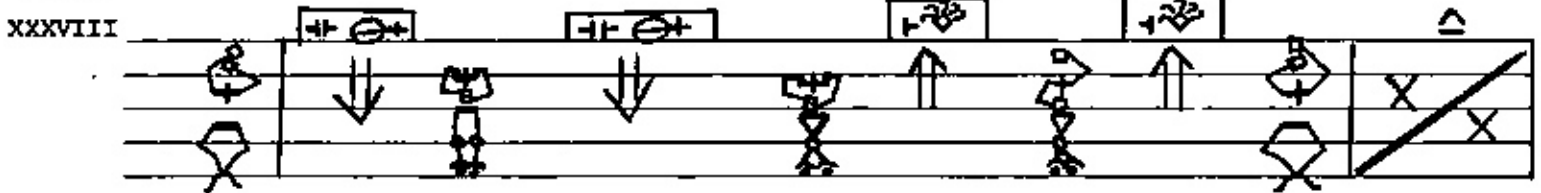


CLIMBING
STAIRS #1



X: imaginary stair case banister

CLIMBING A ROPE

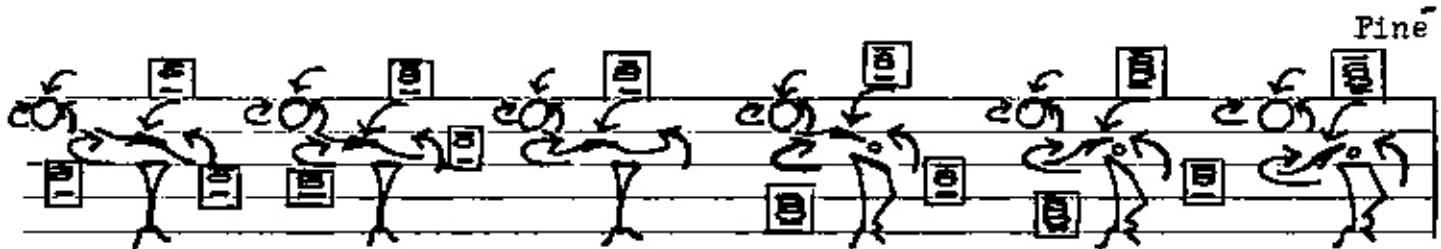
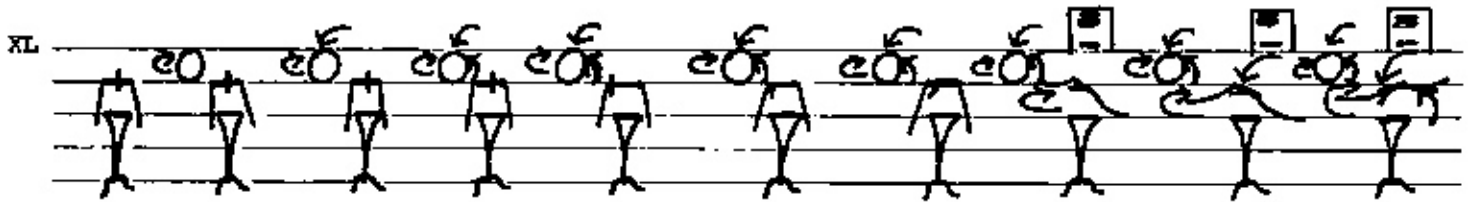


X imaginary rope

COMIC WALK

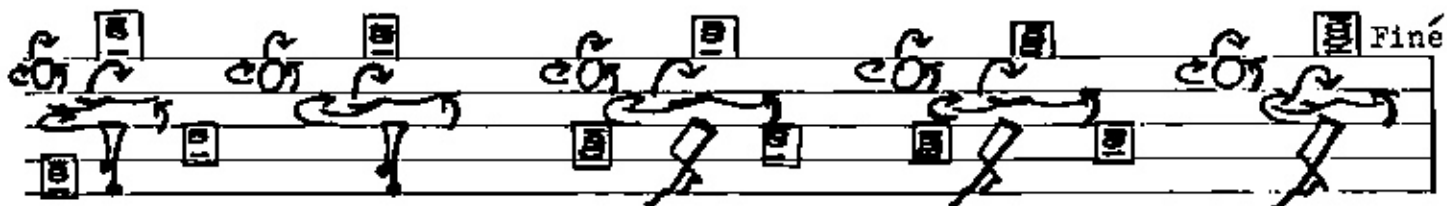


ROTATION TO ONE SIDE
INCLINATION FORWARD and
INCLINATION TO SAME SIDE

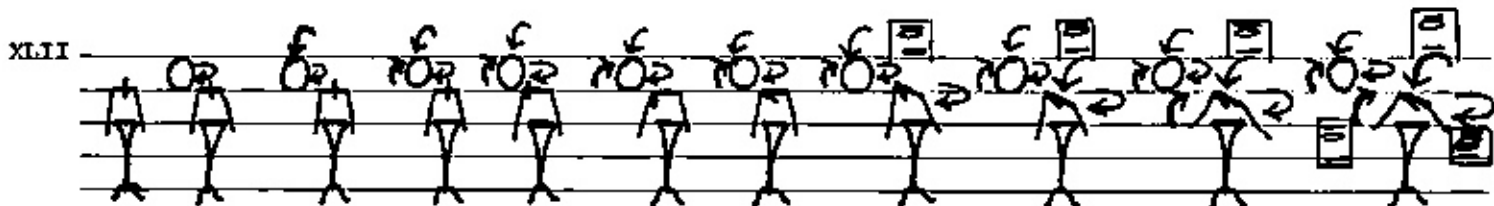


ROTATION TO ONE SIDE
INCLINATION TO REAR
INCLINATION TO SAME SIDE

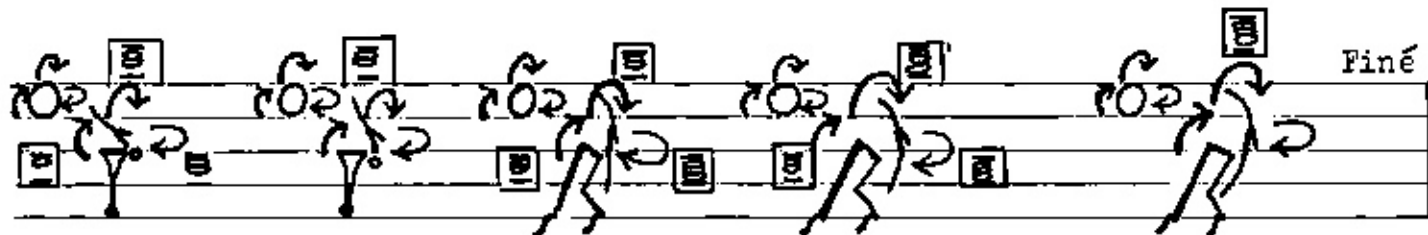




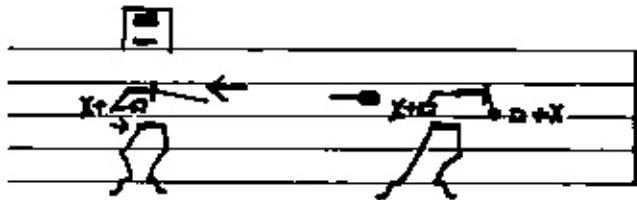
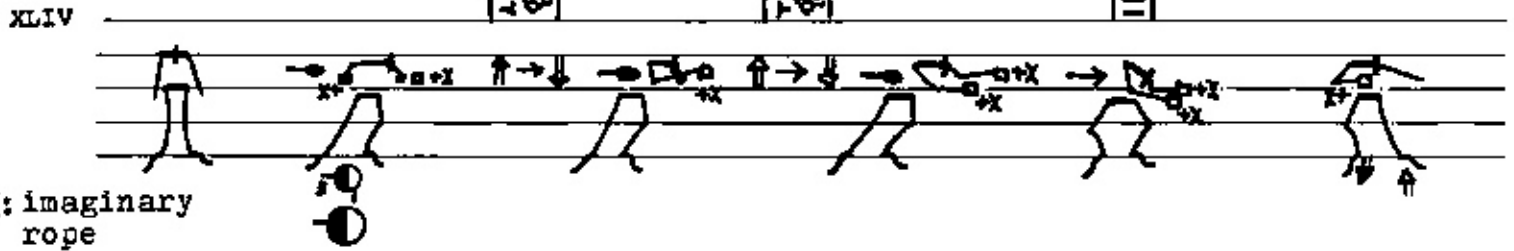
ROTATION TO ONE SIDE
 INCLINATION FORWARD and
 INCLINATION TO OPPOSITE SIDE



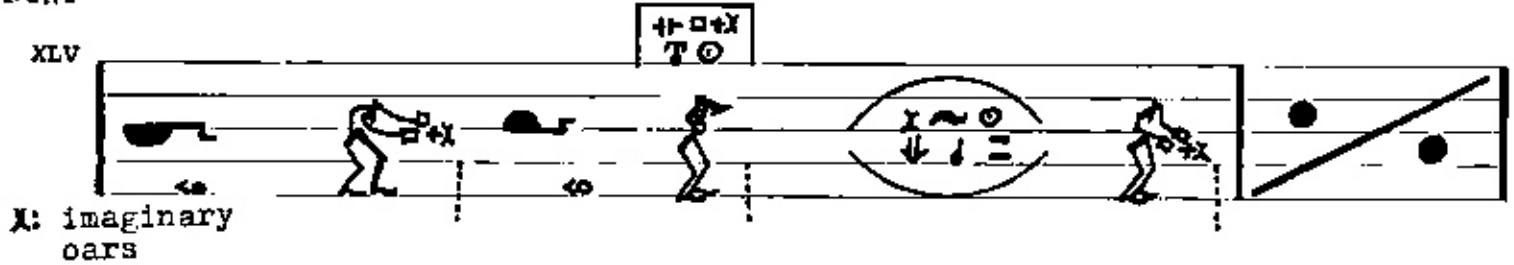
ROTATION TO ONE SIDE
 INCLINATION TO REAR and
 INCLINATION TO OPPOSITE SIDE



ADVANCED ROPE
PULLING



ROWING A
BOAT



MOON WALK



WALK WITH
CRUTCHES

