

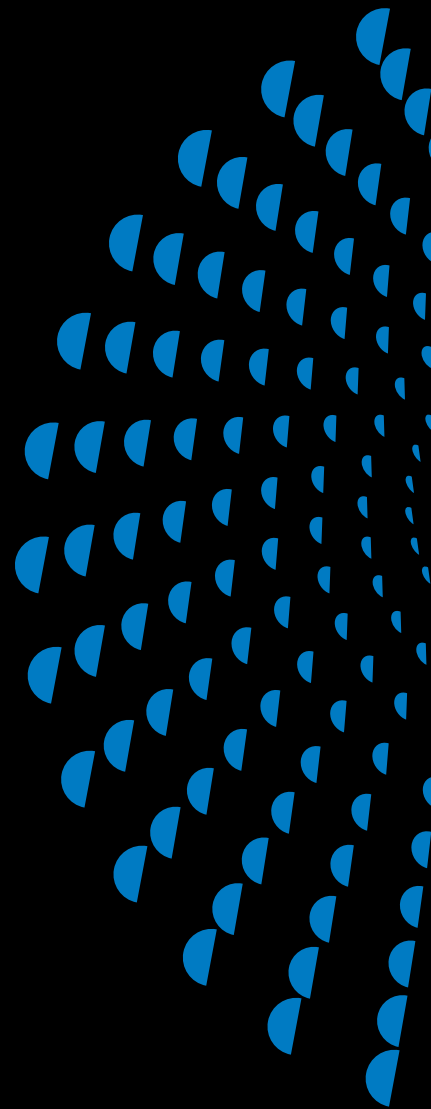


INSTITUTE FOR
CONTEMPORARY
THEATRE

ICTheatre 20/21

BA (Hons Performing Arts

Introduction Pack



Acceptance Packs – Course Information

Course: BA (Hons) Performing Arts

Course Welcome/ Introduction

ICTheatre is a hub for creativity. Under the umbrella of one single BA (Hons) Degree, students train in their own discipline, while working alongside and collaborating with others on different pathways. We come together to share ideas and inspirations as we discover our own individual identities as performers. This is training for a whole new generation of performers, ready to find work in the 21st Century and meet the demands of an industry that needs dancers, actors and singers who have the skill sets to suit its changing landscape.

The objective of this course is to meet the demands of the Industry in the 21st Century, an Industry which is constantly evolving, and which requires performers with the ability to be flexible and adapt to its shifting needs. The course also aims to enrich the student experience by offering both a rigorous training, as well as a level of optionality, with high contact hours and small class sizes we specialise in allowing the student to shape their own creative identity...

Hip Hop Artistry and Commercial Dance Pathway

This is an extraordinary pathway. The only one of its kind. There is so much work for the Hip-Hop and Commercial dancer. In theatre, on camera, across a range of multi-media platforms, for events, festivals, concerts. The list can go on. Your training will prepare you to perform in a number of contexts, with the skills and techniques required. But more than all this, this pathway takes you into the cultural and social heart of the art form.

It asks you to develop your own distinct identities as artists. It challenges you to strengthen your acting through dance skills. It trains you in a range of mediums allowing you to be able to create your own work, promote yourselves, and become an innovator. This is a unique pathway designed for unique performers.

The aim of this route is to equip graduates with the relevant skills to meet the increased demands of a diversifying and interconnected performing arts industry. Graduates will be proficient in a variety of Hip-Hop influenced disciplines, and will be knowledgeable of, and responsive to, the unique meeting point between cultural contexts and dance, theatre and performance practices.

Furthermore, graduates will have a distinctive and highly contemporary sense of themselves in media focused arenas, able to not only produce innovative, eclectic and socially aware work but also to promote it. Hip- Hop artistry also focuses on entrepreneurship, creative identity and individuality.



Acting for the 21st Century

The Landscape of Theatre Television and Film is always shifting. New ideas emerge, new approaches are taken, the actor must adapt. Now even more than ever we will see the emergence of different practices, different ways of working, different perspectives. In designing the course, we have consulted widely with directors, agents, casting directors, film makers, and actors themselves, to shape a training that is rigorous, contemporary, and relevant. One thing is certain, in our post COVID-19 world there will be more need than ever for actors to lift us out of isolation, make us laugh, make us feel, make us think.

Contemporary Musical Theatre

Musicals produced today make demands on performers like never before. Yes, you need the techniques that will equip you to perform at a high level as dancers and singers, but if you can also be proficient in aerial skills, puppetry, multi- media and camera work, you stand a better chance of being employed. If you are a strong actor, able to approach choreography, able to take initiative, understand contemporary scores, have a knowledge of music theory, you will stand a better chance of being employed.

If you can work in immersive theatre, applied theatre, site specific theatre, cabaret, you stand a better chance of being employed. If you are mentally resilient and focused you stand a better chance of being employed. This pathway equips you with the tools.

The aim of this route is to ensure that students are technically proficient in dance, acting and singing, equipping them to work at the level expected in the field of musical theatre. This route addresses both the traditions of the art form as well as encourages students to challenge convention.

Musical Theatre has developed over the years. Performers are expected to be able to adapt to a range of styles and challenges; graduates of this route will be confident that they can respond to the diverse demands of the industry secure in their knowledge and expertise. The Musical Theatre route will also focus on entrepreneurship, creative identity and individuality.



Essential equipment and software

What you'll need to bring with you

- Laptop (including min spec for course)
- Yoga mat
- Notebook

What we will provide upon enrolment

- Microsoft Office 365 Suite

Uniform

Musical Theatre

Dance uniform

- Suitable supporting underwear
- Suitable black dance attire to include leotard, jazz pants and tracksuit
- Low heel black with tele-tone taps
- Character shoes
- Jazz shoes
- Trainers (clean for indoor use only)

Ballet

- Flesh Tights
- Black leotard
- Split sole ballet shoes
- [Optional] Black wrap over cardigan
- OR black unitard, dance tights, white vest

Acting/Vocals

All black clothing, no logos

Acting 21st Century

- Plain black movement clothes, no logos
- Below are movement and specialist
- Biketard/unitard/Leotard
- Black tights/leggings
- Character shoes (all - Boys this can be plain black shoes.- oxfords or similar)
- Jazz shoes
- Suitable supporting underwear

Hip Hop Artistry and Commercial Dance

- Suitable supporting underwear
- Suitable black dance attire to include leotard, jazz pants and tracksuit
- Jazz shoes
- Trainers (clean for indoor use only)
- Plain black movement clothes, no logos

How to prepare to get the most out of your studies

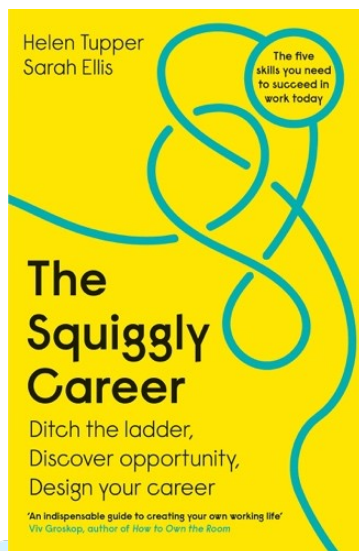
Get a head start with reading for your course

The Course Leaders have selected one essential core text for each of your semester one modules. It's worth getting your hands on these in the summer as these are texts that you'll refer to again and again during your studies.

For all Students:

The Squiggly Career by Helen Tupper & Sarah Ellis

Tupper, H. and Ellis, S. (2020) *The Squiggly Career: - Ditch the Ladder, Discover Opportunity, Design Your Career*. London: Penguin.



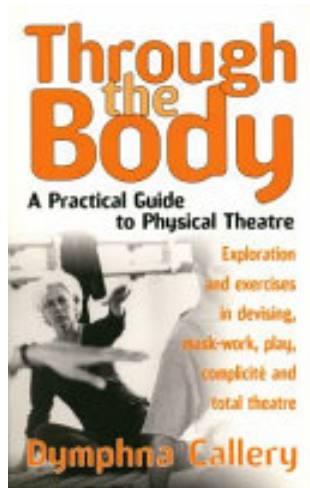
Core text for **The Creative Industries & You 1: Finding Your Path**

This bestselling book is a great place to start your journey into the Creative Industries. The Creative Industries & You modules at ICTheatre are all about following your passions, even if that means the path to your dream career takes some unexpected turns along the way. The *Squiggly Career* helps to put you in the right mindset for the exciting journey ahead.



For Acting for the 21st Century Students:

Through the Body: A Practical Guide to Physical Theatre by Dymphna Callery
Callery, D (2001) *Through the Body*. London: Nick Hearn Books



A step-by-step guide to Physical Theatre in both theory and practice - full of detailed exercises and inspiring ideas. In *Through the Body*, based on twelve years of teaching physical theatre, Dymphna Callery introduces the reader to the principles behind the work of certain key 20th-century theatre practitioners (Artaud, Grotowski, Meyerhold, Brook and Lecoq, among others) and offers exercises by which their theories can be turned into practice and their principles explored in action. The book takes the form of a series of workshops starting with the preparation of the body through Awareness, Articulation, Energy and Neutrality. A section on Mask-work is followed by further work on the body, investigating Presence, Complicité, Play, Audience, Rhythm, Sound and E-motion. The book - and the work - culminates in sections on Devising and on the Physical Text

Modern Voice: Working with Actors on Contemporary Text by Catherine Weate
Weate, C. (2009) *Modern Voice, Working with Actors on Contemporary Text*. London: Oberon Books



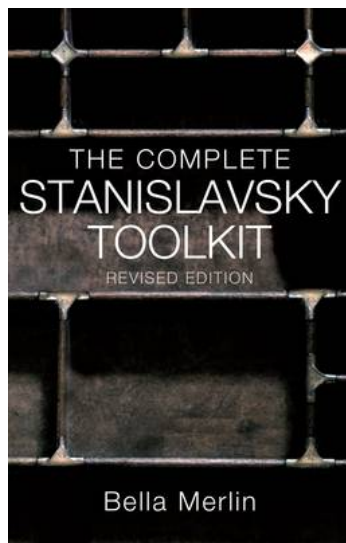
Modern Voice: Working with Actors on Contemporary Text has been designed to follow on from Catherine's previous book, *Classic Voice: Working with Actors on Vocal Style*. *Classic Voice* provides a comprehensive preparation for the vocal demands within classical texts whereas



Modern Voice focuses on the less defined demands of contemporary text. Most actors think there isn't as much to work on vocally when they approach a contemporary text, particularly if there aren't any specific dialect demands. However, lifting written rhythms off the page can be a huge challenge. Sometimes these rhythms are realistic, resembling or mirroring the speech patterns of real human beings: sometimes they are non-realistic, distorting speech patterns for particular effect. Modern Voice provides directors, lecturers, teachers, trainers and coaches with a myriad of ideas to explore these demands in rehearsal.

The Complete Stanislavski Toolkit by Bella Merlin

Merlin, B. (2014) *The Stanislavski Toolkit*. London: Nick Hern Books



The Complete Stanislavsky Toolkit collects together for the first time the terms and ideas developed by Stanislavsky throughout his career.

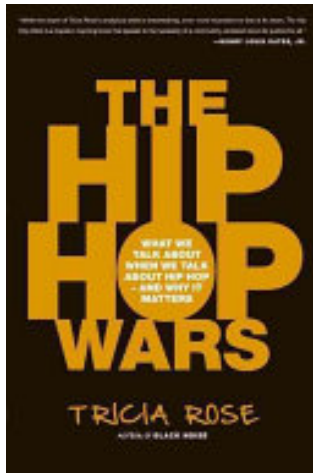
It is organised into three sections: Actor-Training, Rehearsal Processes and Performance Practices. Key terms are explained and defined as they naturally occur in this process. They are illustrated with examples from both his own work and that of other practitioners.

Each stage of the process is explored with sequences of practical exercises designed to help today's actors and students become thoroughly familiar with the tools in Stanislavsky's toolkit.

For Hip-Hop Artistry Students:

The Hip Hop Wars: What We Talk About When We Talk About Hip Hop - and Why It Matters. by Tricia Rose

Rose, T. (2008) *The Hip Hop Wars: What We Talk About When We Talk About Hip Hop - and Why It Matters*. New York: BasicCivitas.

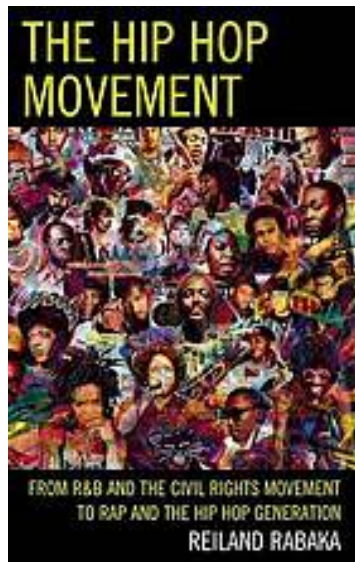


Hip hop is a distinctive form of black art in America—from Tupac to the Pulitzer Prize-winning Kendrick Lamar, hip hop has long given voice to the African American experience. As scholar and cultural critic Tricia Rose argues, hip hop, in fact, has become one of the primary ways we talk about race in the United States.

But hip hop is in crisis. For years, the most commercially successful hip hop has become increasingly saturated with caricatures of black gangstas, thugs, pimps, and hos. This both represents and feeds a problem in black American culture. Or does it? In *The Hip-Hop Wars*, Rose explores the most crucial issues underlying the polarized claims on each side of the debate: Does hip hop cause violence, or merely reflect a violent ghetto culture? Is hip hop sexist, or are its detractors simply anti-sex? Does the portrayal of black culture in hip hop undermine black advancement?

The Hip Hop Movement: From R&B and the Civil Rights Movement to Rap and the Hip Hop Generation by Reiland Rabaka

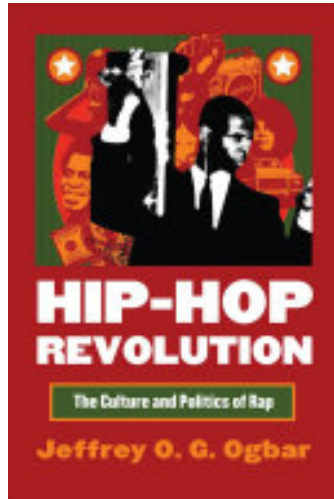
Rabaka R. (2013) *The Hip Hop Movement: From R&B and the Civil Rights Movement to Rap and the Hip Hop Generation*. Lanham, Maryland: Lexington Books



Connecting classic rhythm & blues and rock & roll to the Civil Rights Movement, and classic soul and funk to the Black Power Movement, *The Hip Hop Movement* critically explores what each of these musics and movements' contributed to rap, neo-soul, hip hop culture, and the broader Hip Hop Movement. Ultimately, *The Hip Hop Movement* reveals that black popular music and black popular culture have always been more than merely "popular music" and "popular culture"



The Hip Hop Revolution, the Culture & Politics of Rap by Jeffrey Ogbonna Green Ogbar
Ogbar J O G (2017) *The Hip Hop Revolution, the Culture & Politics of Rap*. Lawrence, KS:
University Press of Kansas



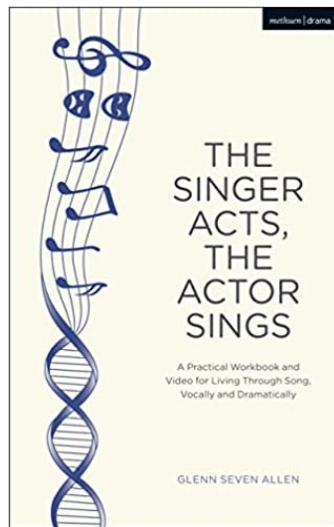
In the world of hip-hop, "keeping it real" has always been a primary goal—and realness takes on special meaning as rappers mould their images for street cred and increasingly measure authenticity by ghetto-centric notions of "Who's badder?".

In this ground-breaking book, Jeffrey O. G. Ogbar celebrates hip-hop and confronts the cult of authenticity that defines its essential character—that dictates how performers walk, talk, and express themselves artistically and also influences the consumer market. *Hip-Hop Revolution* is a balanced cultural history that looks past negative stereotypes of hip-hop as a monolith of hedonistic, unthinking noise to reveal its evolving positive role within American society.

For Musical Theatre Students:

The Singer Acts, The Actor Sings by Glen Seven Allen

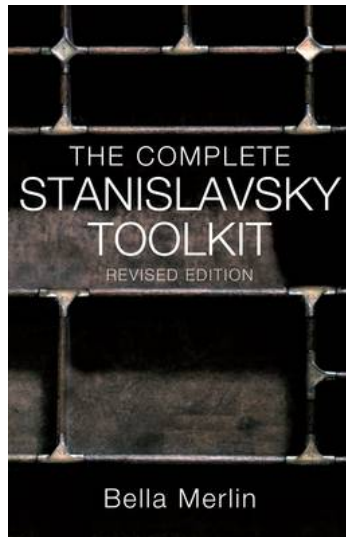
Allen, GS. (2019) *The Singer Acts, The Actor Sings*. London. Methuen Drama



The Singer Acts, The Actor Sings is a practical workbook for singers and actors of all disciplines, from musical theater through classical repertory to popular performance styles. This book addresses the needs of both students and professionals, helping them to face the challenges of musical performance undaunted and to achieve the exhilarating feeling of living through song. Paired with online video exercises and demonstrations, *The Singer Acts, The Actor Sings* is an essential resource for actors and singers alike, helping them master both art forms and gain deeper insight into their own strengths.

The Complete Stanislavski Toolkit by Bella Merlin

Merlin, B. (2014) *The Stanislavski Toolkit*. London: Nick Hern Books



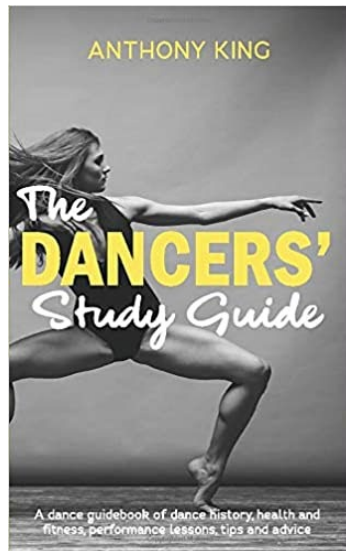
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The Dancers' Study Guide by Anthony King

King, A. (2019) *The Dancers' Study Guide*. London: Faria Publishing



The Dancers' Study Guide will help you become a professional performer. This detailed guide looks at what it really means to be a dancer with a strong emphasis on health and nutrition and maintaining your fitness given the high physical demands. It also covers learning to dance, coping with auditions and the psychology and mindset of success. It has everything you need to know about being a successful dancer and performer. This well-researched and insightful book is for anyone interested in dance from its origins to its evolution, stretching, technique, dance vocabulary and ballet basics including a comprehensive timeline of dance history. Based on solid scientific fact, lessons, tips and advice, world-famous dancer and choreographer Anthony King shares knowledge gained from over fifteen years as a dance teacher at Covent Garden's Pineapple Dance Studios