

Movement Rules & Blocking Notations Notes

The 7 Basic Rules of Movement for the Stage

1. ***All movement must be motivated or justified.*** Shuffling your feet, fidgeting, or nervously moving at random breaks character. ***An actor should never move without a purpose!***
2. ***Movement must be simplified.*** An actor must choose movements that quickly and easily conveys the idea and/or character.
3. ***Movement must be heightened.*** To make up for the distance between the actor and the audience, most movement must be “bigger” than they are in real life so the audience can understand the purpose of the movement.
4. ***Movement must convey character.*** A character’s personality, attitude, health, and age are revealed in their movements.
5. ***Movement must be open to the audience.*** Always be aware of where the audience is and ***NEVER TURN YOUR BACK TO THE AUDIENCE WITHOUT A REASON. Reasons: leaving the stage, giving focus to others onstage***
6. ***Movement must adjust to the other characters onstage.*** Always keep in mind your relationship to the other characters: people who dislike one another generally keep distance between each other, those who like one another would stand closer together.
7. ***Movement must maintain a pleasing and balanced to the audience.*** Avoid straight lines, standing in a semi-circle, or keeping an equal distance from others in a group (unless the director specifically wants it that way onstage!).

Basic Blocking Notations (Shorthand for taking Blocking Notes)

SR=Stage Right	SL=Stage Left	CS=Center Stage
DS=Down Stage	DR=Down Right	US=Up Stage
UR=Up Right	UL=Up Left	DL=Down Left
DC=Down Center	PL=Plaster Line	UC=Up Center
X=Cross	Ntr=Enter	Kn=Kneel
FZ=Freeze	/=Beat	w/=With
CC=Countercross	BK=Break	@=at