

Reference resources:

[Endless Reference](#)

[Bodies in Motion](#) (*department is working on a license*)

[Edward Muybridge](#)

Of course, capture your own reference footage. When you perform/record yourself...

- Be mindful if you are capturing video for acting or mechanics reference...
- Be mindful of screen direction in your action/motion...
- Be consistent with regard to your character's body preferences (keep a right-handed character right-handed)...
- Keep camera steady whenever possible, mind the 180 rule
- Consider performing in front of a mirror for an additional view of your action...
- Use props to help you act... be mindful to use objects of equivalent weight...
- Tape bright markers to your joints (like motion capture dots) that help you track body parts in motion (some people use post-it notes for this)...
- In your performance, try to capture what your character is thinking and feeling...
- Exaggerate and perform overtly so as to capture subtleties and communicate strongly, unambiguously and expressively...
- Capture your character's energy and purpose in your performance (what are they after? Capture what drives and motivates them in your action)...
- Don't forget to act out important pauses in your movement (don't overact/overanimate)...
- Capture a version in slow motion...