

# MICHAEL CHEKHOV TECHNIQUE

THE ACTORS PLACE @ MCITStudio

STUDIO CHEKHOV

ACTOR TRAINING | IMAGINATION/BODY/CREATIVE INDIVIDUALITY



## Who was Michael Chekhov?

Michael Chekhov (1891-1955) was the nephew of playwright Anton Chekhov and was considered by Stanislavsky to be his

most brilliant student. Chekhov had a great talent for characterization and was a keen observer of the creative process. After heading the Second Moscow Art Theater, he traveled and worked extensively in Europe in the 1920s and 1930s, and in 1936 established a training studio in England where he laid the basic foundation for his technique. In 1939 he moved to the United States where he taught in both New York and Hollywood. He also did several films and in 1945 was nominated for an Academy Award.

## What is the Michael Chekhov Technique?

**THE CHEKHOV WORK** engages the whole actor — body, thoughts, feelings and will-impulses. Chekhov's approach is **psychophysical**. The body feeds the mind and the mind feeds the body. Imagination is key. Chekhov exercises and explorations unleash the actor's rich psychology through the body and the actor's **creative individuality**. Actors that study and apply Chekhov principles to their work surprise themselves and excite their audiences.



**PLAY. CREATE.**

**TRANSFORM.**

**STUDIO CHEKHOV  
OFFERS THE ONLY  
IMMERSIVE TRAINING IN  
CHEKHOV TECHNIQUE  
IN THE SAN DIEGO  
REGION.**

## IMAGINATION

My imagination  
has to be  
powerful enough  
to dictate to my heart,  
to my body,  
to my narrow ideas.  
To develop our  
imagination  
means to lift it so high  
that it is inspiring me  
as a free thing.

—Michael Chekhov

## CLASSES IN CHEKHOV TECHNIQUE

This 2-year Program immerses actors in the Michael Chekhov Approach to acting. Actors attend 1-2 three hour classes each week plus one 5-hour Intensive per month. Class Sessions are presented quarterly and require a full year commitment to attend. Actors enter the class and remain an ensemble throughout the four sessions. The objective is to follow the first year of study with a second year that allows for a deepening of the artistic practice.

It is optimal to attend two classes per week for all eight quarters. This level of commitment to the Chekhov Technique will allow actors to develop an effective acting process that can serve them in their life-long journey as actor, creator and human being.

**CLASS FEE** \$4,500/2-year;  
\$2,225/1-year;  
\$450/Session

## BODY

As actors and actresses, we must rejoice in the possession of our physical faculties. We must experience joy in the use of our hands, arms, body etc. Without this appreciation and realization of the body and its many possibilities, we cannot perform as artists. You should feel a flow of joy because you are alive. Your body will feel full of life. That is what you must give from the stage. Your life. No less. That is art: to give all you have. And what have you? Your life-nothing more. And to give life means to feel life throughout your whole being.

—Michael Chekhov

## CREATIVE INDIVIDUALITY

I am a creative artist. I have the ability to radiate. Lifting my arms above me, I soar above the earth. Lowering my arms, I continue to soar. In the air moving around my head and shoulders, I experience the power of thoughts. In the air moving around my chest, I experience the power of feelings. In the air moving around my legs and feet, I experience the power of will. I am that...

—Michael Chekhov



CLASSES ARE LED BY MASTER TEACHER, LIZ SHIPMAN AND SELECT CHEKHOV SPECIALISTS. LIZ'S WORK FOCUSES ON PSYCHOPHYSICAL ACTOR TRAINING. SHE IS A LABAN MOVEMENT ANALYST AND HAS TRAINED IN AND TAUGHT THE CHEKHOV WORK SINCE 1985. SHE IS A COACH, DIRECTOR, CHOREOGRAPHER AND HAS TAUGHT & DIRECTED IN NEW YORK, EUROPE, SAN DIEGO & MORE. SHE IS CO-ARTISTIC DIRECTOR OF MCITSTUDIO

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