

Directing Gurus:

Judith Weston

- Action Verbs
- Character Beats
- Goal-oriented performance
 - Protagonist has goal
 - Antagonist is obstacle in front of goal

Uta Hagen

- Goal-oriented performance
 - Past, present and future
- Organic performance
- Purposeful actions

Acting Gurus:

Stanislavski

Method Acting:

- Emotional Memory
- Sense Memory
- Action emotional reaction
- Goal-oriented performance

Grotowski

- Chorus of actions
- Discarding or shedding of masks