

Introduction to clowning workshop



Instructor : François Isabelle

The art of clowning can be defined in many ways and can be worked on with several approaches. The techniques can be mixed with each other to give a specific color to each clown.

François Isabelle is a multidisciplinary artist or rather a circus artist. He has been a professional actor, dancer and acrobat for over 25 years. His strength has always been physical acting and in recent years he has focused on clowning. Representative, co-author and solo performer of the clown show Cartoon, he also pursues his artistic approach through different companies for young audiences as artistic advisor, choreographer, director or trainer.

It is through the body and its rhythms that he invites you to approach some of the basic principles of physical play, to let your voice come out and to dive head first into the range of human emotions. These three elements will bring out the outline of a clownish character that will allow us to address the fundamental question: what makes the audience laugh?

This workshop is designed for all age groups between 6 and 12 years old. It is a first approach to the art of clowning and is based on clear and concrete principles that can be applied to observe the results. This workshop also leads the participant to question himself and his way of being, through the eyes of others, in his attempts to make people laugh.

For the workshop to work, there must be a minimum of 12 participants per age group.

P.S.:

The workshop is held in a location with a controlled sound level that is adequate for loud explanations without amplification where participants can focus on the group and each other's exercises. This location is also secluded and provides privacy for each participant to feel comfortable in their attempt without a crowd of onlookers gathering around the play area.

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Trainer: François Isabelle

Duration: 1 hour

*No material required



15 minutes

1 - Warming up the body and exploring the limits.

2 - Warming up the voice and working on certain ranges of sounds.

3 - Warming up the emotions and working on amplitude.

15 minutes

4 - Directed imitation.

5 - Exploration of rhythms.

6 - Contact with the audience.

20 minutes

7 - Presentation and contextualization of the next exercise.

8 - The entrance, the game and the exit.

9 - The duel

10 minutes

10 - Body control in front of an audience.

11 - Summary and questions and answers.