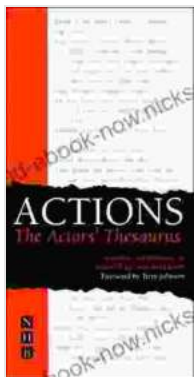


Actions: The Actors Thesaurus by Marina Caldarone: A Comprehensive Guide to Physical Performance

In the realm of performance, physicality plays an indispensable role in conveying emotions, motivations, and character traits. *Actions: The Actors Thesaurus* by Marina Caldarone is an invaluable resource that empowers actors, directors, movement coaches, and educators with a comprehensive vocabulary of physical actions. This groundbreaking work provides a systematic framework for understanding and incorporating physicality into artistic expression.

Exploring the Spectrum of Physical Actions

The *Actors Thesaurus* categorizes actions into broad categories, each encompassing a range of specific actions. These categories include:



Actions: The Actors' Thesaurus by Marina Caldarone

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1068 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 196 pages
Screen Reader	: Supported



- **Locomotive actions:** Walking, running, crawling, jumping

- **Manipulative actions:** Grabbing, lifting, pushing, throwing
- **Expressive actions:** Crying, laughing, screaming, gesturing
- **Emotional actions:** Anger, sadness, fear, joy
- **Cognitive actions:** Thinking, observing, remembering

Each category is further divided into subcategories and specific actions, providing actors with an extensive repertoire of physical expressions.

The Anatomy of Action

Beyond simply listing actions, *The Actors Thesaurus* delves into the anatomy of each action, analyzing its constituent parts. Caldarone examines the body mechanics, muscular engagement, and spatial dimensions associated with each action. This detailed exploration enables actors to execute actions with precision and authenticity.

For instance, the action of "running" is broken down into its component parts:

- **Initiation:** The actor begins in a standing position, body weight on both feet.
- **Preparation:** The actor lifts one foot off the ground, preparing to push off.
- **Action:** The actor pushes off with the planted foot, propelling the body forward.
- **Culmination:** The actor lands on the other foot, continuing the forward motion.

This level of analysis empowers actors to understand the physical mechanics underlying their performance, enabling them to recreate actions consistently and with purpose.

Action Analysis in Practice

The Actors Thesaurus is not merely a theoretical guide but an indispensable tool for practical application. Caldarone provides concrete examples and exercises that help actors integrate physicality into their performances. By analyzing scenes and characters through the lens of action, actors can discover new ways to express themselves physically and enhance the impact of their performances.

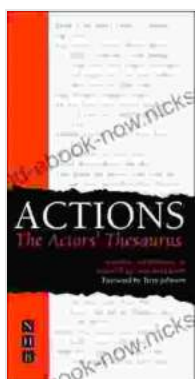
For example, in analyzing the scene where Hamlet confronts his father's ghost, Caldarone suggests the following actions:

- **Surprised:** The actor opens their eyes wide, gasps, and steps back in shock.
- **Confused:** The actor furrows their brow, tilts their head, and looks around.
- **Angry:** The actor clenches their fists, narrows their eyes, and takes a step forward.
- **Sad:** The actor's face falls, their lips tremble, and they begin to weep.

By incorporating these actions into their performance, actors can embody Hamlet's complex emotions and motivations, giving life to the character on stage.

Marina Caldarone's *Actions: The Actors Thesaurus* is an invaluable resource for actors, directors, movement coaches, and educators. By providing a comprehensive vocabulary of physical actions and analyzing their anatomy, this book empowers artists to create powerful performances that transcend the boundaries of language. Whether you are a seasoned performer or an aspiring actor, *The Actors Thesaurus* will ignite your creativity and elevate your physicality to new heights.

Purchase *Actions: The Actors Thesaurus* on Amazon



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