

ADULT MUSIC THEATRE OVERVIEW

The year is divided into **9 Blocks**, each consisting of **5 Weeks**. Every week builds upon the last, creating a comprehensive year of training for the film actor.

Block 1 Focus Vocal Foundations. Establishing breath support, identifying resonance and building group confidence through communal singing.

Block 2 Focus The Lyric as a Monologue. Treating lyrics as spoken text, analysing punctuation vs. musical phrasing, and finding the "Ignition Point" where speech must become song.

Block 3 Focus Movement & Musicality. The "Bevel" and basic steps. Learning the DNA of MT dance (Jazz Squares, Pivot Turns) and coordinating movement with the musical pulse.

Block 4 Focus The Storyteller's Intent. Objectives and "Actioning." Defining the "I Want," identifying obstacles, and establishing the "Invisible Partner."

Block 5 Focus Character Construction. The Backstory. Mapping the "24-hour timeline" before the song starts and using props (hats, bags) as physical anchors.

Block 6 Focus Vocal Dynamics & Tone Colour. Painting with sound. Exploring "Bright vs. Dark" tones, vocal safety at high volumes, and singing the same phrase with different intents (secret, joke, threat).

Block 7 Focus The Triple Threat. Weaving singing, acting, and movement into a single fluid expression. Mastering breath management while active.

Block 8 Focus Psychology & Technical Tips. Genre selection and the "Inner Critic." Developing microphone technique, managing performance anxiety, and focusing energy for a large room.

Block 9 Focus Showcase Execution. The Performance. Mastering the "Professional Slate", and the final celebratory performance.