

# DISCOVERING YOUR INNER CLOWN

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## INTRODUCTION

A clown is not an actor. Being a clown is not about creating something fake and rational. It is not about repeating a series of stereotypes of what a clown should be - a jester who pretends to trip and fall and engages into a series of irrelevant trifles. Clown apprentices must understand that there is nothing to learn or plan. We are not here to invent funny gags to make people laugh, but rather to go back to our origins and discover our own, special, one-in-a-million inner clown. There is nothing to be composed or rehearsed, for our inner clown already lives inside us.

The journey towards finding our inner clown starts when we let go, when we allow our clown to take its first steps on its own and we stop recurring to what we see as "clown-like" tricks and forget about all our prejudices. In order to do so, we must first break free from the idea that a clown is supposed to make us laugh. All we have to do is let our true self shine, feel, express our emotions and forget about our fear of sounding ridiculous. We need to embrace exaggeration and amplification of everything that makes us who we are.

In this course, we will work on how to let our inner clown out, how to be our true selves when we communicate with others, how to laugh at ourselves, with ourselves and with others, and how to see ourselves and the world around us from a different perspective so we can get to know a bit more about who we really are. Discovering our inner clown is a thrilling, fun and liberating adventure that anyone can undertake, whether you are a theatre professional or not.

To talk about clowns is to talk about much more than laughter. Clowns are all about sweetness, innocence, communication and principles. Our clown helps us open up to ourselves and to others, break free from our prejudices and engage in a much more spontaneous and honest communication. As clowns, we need to truly collaborate, listen and understand our partner. Discovering our inner clown will be a healthy journey to the real us.

## OBJECTIVES

- To discover our own inner clown.
- To create a group environment where everyone feels comfortable and eager to participate.
- To establish active listening and communication as the basis for improvisation and for finding our inner clown.
- To develop our ability to express primary emotions (sadness, fear, rage, love, lust...) from a clown's point of view, and investigate all the different intensities that can be achieved.
- To work on our gaze as a way to transmit emotions.
- To develop the foundations of "clownship": passion, authenticity, tenderness, gaze and emotions are at the core of our work.

## CONTENTS

- Gaze: it is essential to look at our audience, to actually see it and share everything that happens to the clown with them. Good clowns look the audience in the eye, with eyes wide open and eyebrows raised. Innocence Clowns are 100% transparent, even when they are trying to hide something. The aim of a clown is to share, to get the audience involved.
- Emotions Among all the emotions living inside a clown, tenderness is definitely the most important one. We will embrace extreme sensitivity by working on our primary emotions, learning how to express them and trusting actions more than words in order to express ourselves.
- Feeling relaxed and comfortable on stage. Being honest and not acting.
- A clown's imaginary, fantasy and imagination.
- The importance of listening during improvisation: individual, couple and group listening.
- Clowns' strengths and weaknesses.
- Clowns' values: love, friendship, loyalty, self-esteem.