

CATT Arezzo Lesson Plan

Haydon, Matt, Alynne, Hiba, Jennifer, Mohsen, Sarah

**Session 1      June 19      3 hours**

Re-introduction to Neutral Stance, Breath and Roll-downs

Concentration Sticks V. 1-3

Walks w hums

Walks w/rhythms

Walks w Gila Lizard/Street Cat/Big City Driver

Walks w Airport Panic/Looking for a WC

**Games**

Cat Among the Pigeons

Cairo Collapse

Farmer to Market 1

Break

**Rhythm Exercises**

Wooden Sword

Stick Warriors

Guido of Arezzo Exercise v. 1: solo

seconds drops                  seconds climbs                  Eighths up

Eighths down                  1<sup>st</sup> four notes up 1<sup>st</sup> four notes down

Legato scale up                  Legato scale down

Homework:      Find out the basic stories of Heracles and Hecuba

**Session 2      June 20      3 hours**

Neutral + Breath Pairs +Roll-downs

Concentration Sticks v. 4-5

Stick Knots

Walks w/ Tasks

Walks w Evolution forward and back

Walks w/Landscape

Break

Ball Basic

Guido of Arezzo Exercise v. 2    Tones & Rhythm      (3 pairs + solo)

Étude 1:      Describe a person you know/have met using no words, only NV, G, P 1:00  
Feedback from group

Mohsen's Chant Exercise

**Session 3      June 21      3 hours**

Neutral + Breath Pairs +Roll-downs

Concentration Sticks

Stick Warriors w/sound

Mirror Dance

The Giostra v. 1      Pairs: Knight & Saracen (full group)

Movement Orchestra      Movements of Arezzo

Break

Walking Ball

Ball Lines

Étude 2:

Who Am I

Portray (be) a different person you know/have met by being them for 1:00

Feedback from group

**Session 4****June 22****3 hours (afternoon)**

Neutral + Breath Pairs + Roll-downs  
 Concentration Sticks  
 Energy Flings 1&2  
 London Bridge

## Sound Orchestra

Q1	MAYBE	YES	I	YOU	NO	BUT	WHY
Q2	Sound	Sound	Sound	Sound	Sound	Sound	Sound

Études: Objective: Character/Objective/Landscape  
 JO-HA-KYŪ

Étude 3: Hekuba (in Arabic) Group decides on its own casting after they hear the story

Hekuba speaks to us about the idea of being a mother.  
 Voices behind her intervening:

Priam	We must stay and fight
Hektor	I can win
Polyxena	Let them sacrifice me

Landscape: After Troy has lost the war. Priam has been killed, Hektor has been killed, Polyxena has been killed. Polydoros lies on shore in front of Hekuba. She had sent him to Thrace for safety and he was murdered by the King who sheltered him. Hekuba and the other Trojan women are about to sail with the Greek army and enter a life of slavery.

Hekuba: Sing/Hum a tune of lament  
 Priam speaks  
 Hektor speaks  
 Polyxena speaks

Étude 4: Herakles (in English) Group casts itself after hearing the story

Herakles speaks to us about the idea of masculinity after slaughtering his whole family in a fit of PTSD. He had returned after the 12 Labours to rescue his wife and young children from Lykos the tyrant, whom he also murdered in the rampage. Theseus, an old friend and King of Athens, has arrived and promises to take him to Athens and a new life.

## Herakles

Iris	Chants words designed to distract, provoke emotion
Madness	Chants words designed to provoke action
Megara and two children	
Theseus	

**Session 5      23 June 22      3 hours**

Neutral + Breath Pairs +Roll-downs

Walks                      Hums  
                                 Bumper Cars/Construction Trucks/Dune Buggies  
                                 Doh-see-doh  
                                 P2P

Stick Concentration

Stick Warrior

Exit Dance

Break

Ball Basic

Étude 5                      Interviews with the Principals

Matt, Haydon, Alynne

Herakles	at the police station	wants to plead guilty or die
Iris	claims to have seen the murders	wants Herakles to kill more or die
Theseus	lawyer for Herakles	wants to get Herakles off the charge

Journalists

Étude 6                      Neutralising Hekuba

Jennifer, Mohsen, Sarah, Hiba

Hekuba	in jail	wants Agamemnon to invite Polymestor to Troy
Agamemnon	leader of the greeks	wants to go home uncursed
Odysseos	negotiator	breaks the news of the death of Polydoros
Polyxena	dead	wants to prevent mother from changing

**Session 6**

**June 24**

**3 hours**

Stick Concentration v. 5 verticality  
Energy Flings 1&2  
Walking Ball  
Neutral + Breath Pairs + Roll-downs  
Space Invaders  
Cage Match 1  
Daily Grind

Break

Étude 7

Matt, Haydon, Alynne

1. Herakles arrives outside his house

Herakles  
Iris as a child  
Madness as a child

Journalists: Sarah, Hiba

End: Herakles disappoints his children

2. Megara answers the door

Megara, a trailer park wife  
Herakles  
Amphitryon, a senile but loving father  
Journalists: Jennifer, Mohsen

End: Herakles convinces Megara to let him in

3. Lykos shows up

Lykos, a slick city dude who is developing a mall  
Herakles  
Megara, played by Madness

End: Herakles kills Lykos

Étude 8 Polyxena changes things

Jennifer, Mohsen, Sarah, Hiba

1. Polymestor killing Polydoros with a pillow as he sleeps
- 1b. Polydoros pleads for his life/Polymestor sees Polyxena

Polyxena	Daughter of Hekuba	Jennifer
Hekuba	Queen of Troy	Sarah
Polymestor	King of Thrace	Mohsen

Polydoros      Son of Hekuba      Hiba

The changed past reverts to the determined present: Polyxena takes action

2. Hekuba killing Polymestor in the jail with a fork
- 2b. Polyxena appears to Hekuba and persuades her to stop

Polyxena	Daughter of Hekuba	Jennifer
Hekuba	Queen of Troy	Sarah
Polymestor	King of Thrace	Hiba

3. Paris and Helen sneaking out of Mycenae
- 3b. Polyxena appears to them and convinces her brother it will never work

Polyxena	Daughter of Hekuba	Jennifer
Paris	Son of Hekuba	Mohsen
Helen	Wife of Menelaos	Sarah

Extra

Walks w/Cross-handed dance

Walks w/Centrifugal dance

Clapping Pairs

v. 5      Add Agamemnon, Odysseos, Achilles