

*A
Collection of Exercises
for
Mime Technique*



**WRITTEN
IN
SUTTON MIME WRITING_{T.M.}**

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Collection of Exercises
for
Mime Technique*

NOTATED BY

Lorraine Spada

Valerie Sutton

A Collection of Exercises for Mime Technique contains mime exercises notated in Sutton Mime Writing. The exercises have been notated from a workbook by Richmond Shepard, MIME The Technique of Silence.

The mime artist works to control each part of the body separately and as a whole. These exercises have been developed, by Richmond Shepard, to take the beginning mime artist through a sequence of practices that help achieve that goal. The exercises are for classroom or individual use.

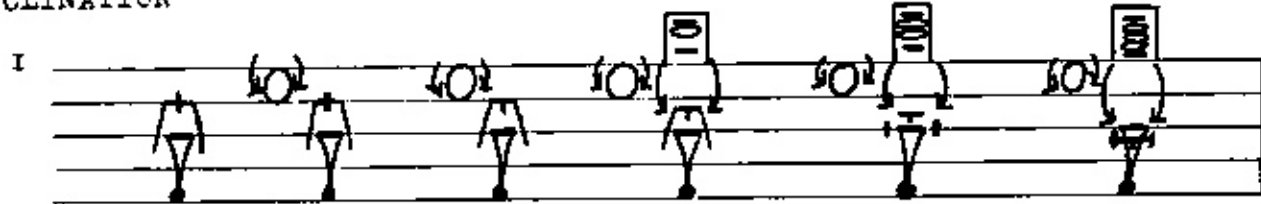
More information on the technique can be found in MIME The Technique of Silence by Richmond Shepard. If more information on Sutton Mime Writing is needed, contact The Center for Sutton Movement Writing. The east coast address is: P.O. Box 650, Astor Station, Boston, Massachusetts, 02123. The west coast address is: P.O. Box 7344, Newport Beach, California, 92660.

Movements Taken From The Book:
MIME The Technique of Silence
By: Richmond Shepard

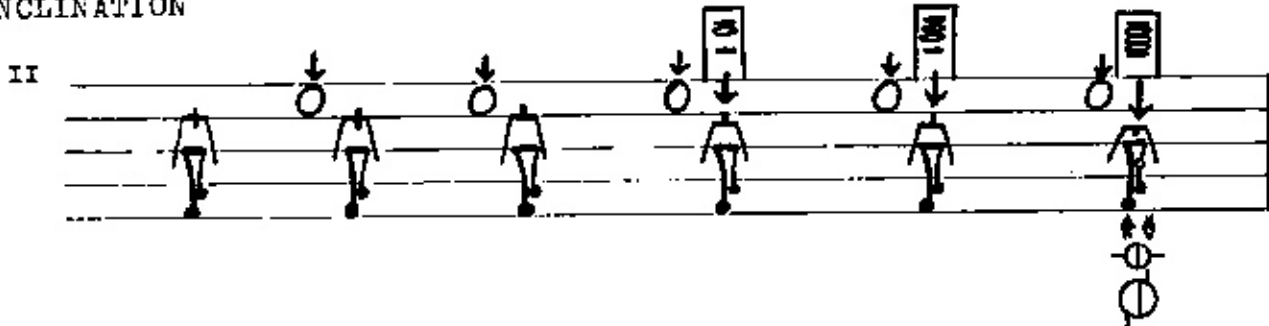
Mime Notated By:
Valerie Sutton
Lorraine Spada

A COLLECTION OF EXERCISES FOR MIME TECHNIQUE

FORWARD
INCLINATION



REAR
INCLINATION



SIDE
INCLINATION



ROTATION



HEAD ISOLATION

V

CHEST ISOLATION

VI

WALK #1

VII

HAND EXERCISE INDEX FINGER

VIII

HAND EXERCISE LITTLE FINGER

IX

HAND EXERCISE
POINTING



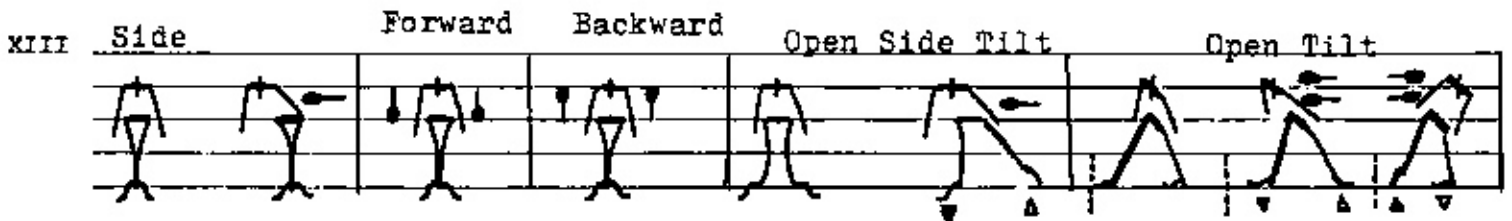
HAND EXERCISE
BECKONING



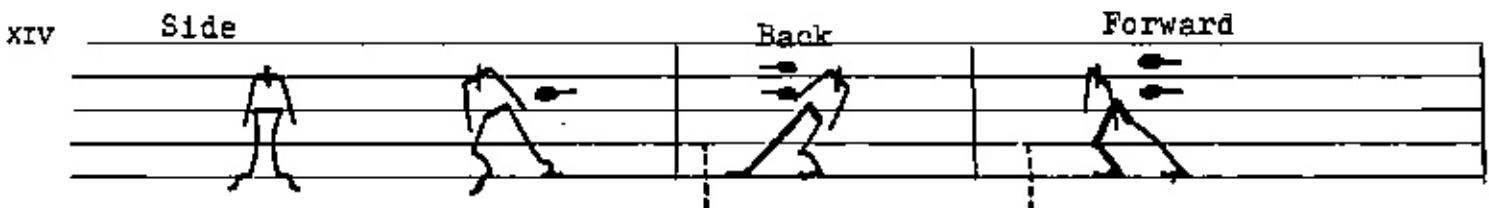
ILLUSORY
WALK



TILTS



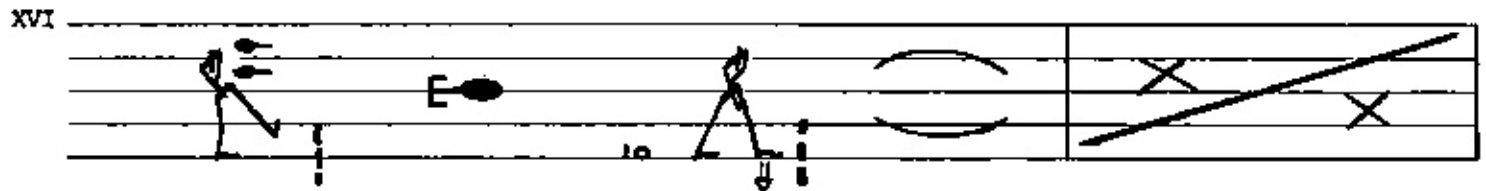
UNIT KNEE
BEND



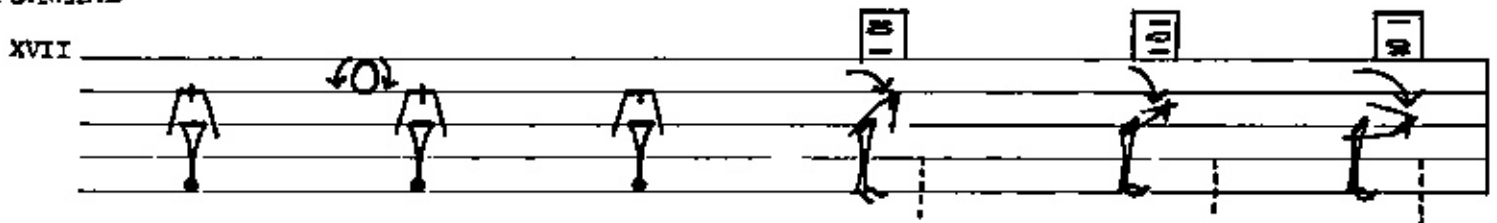
SCALE PALCRUM
TILT



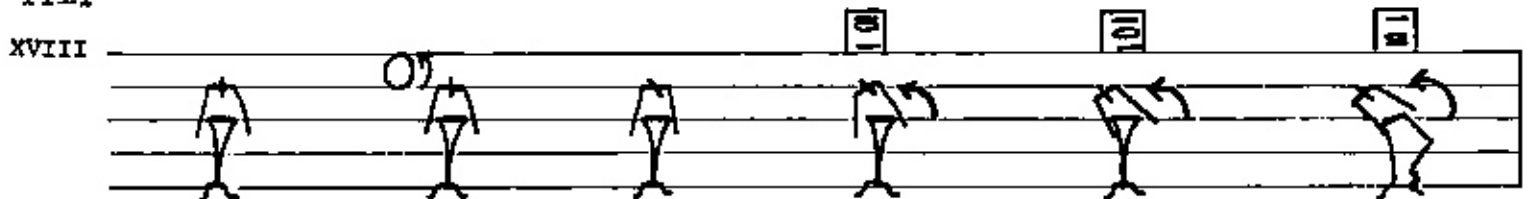
WALK WITH BODY
as a UNIT



INCLINATION
FORWARD



SIDE
TILT



INCLINATION
to REAR

