

JAN FABRE TEACHING GROUP

GUIDELINES FOR A PERFORMER IN THE 21ST CENTURY

Just like figures such as Stanislavski, Meyerhold, and Grotowski, throughout his career, Jan Fabre has put together a set of 'exercises' which he uses to prepare his performers (his actors and dancers) to work on stage. These 'Guidelines for a performer in the 21st century' have developed into the basis of his teaching and find specific expression in his work.

The series of exercises focuses on systematically refining and optimising the quest for the potential of the physical acting (also known as 'physiological' acting). The exploration of the evocative imagination of the 'body as a whole' is a leitmotif here. In exercises with titles such as 'the old man', 'the tiger', 'the insect', or 'rice paper/fire', it's neither the imitation nor the psychological aspect which takes centre stage, but the exploration of the physical potential of the transforming body. Here, Fabre attaches great importance to breathing, the use of explosive energy, and the articulations of head, torso, and limbs. A lot of input is drawn from the kinetics of cold and warm-blooded animals.

JAN FABRE TEACHING GROUP AT TEATRO OUT OFF

For a few years now, Jan Fabre has also been training some of his most experienced performers (Cédric Charron, Annabelle Chambon, Ivana Jozić, Pietro Quadrino, Stella Höttler and others) to teach these 'guidelines'.

In workshops and masterclasses lasting several days, the performer's body becomes an instrument which examines and embodies the transition from act to acting. The imagination and physical awareness are gradually sharpened and the performer is challenged to build a bridge towards a state of physical transformation.

At the occasion of the performances of PEAK MYTIKAS (On The Top Of Mount Olympus), an 8 hour - performance in which eleven multi-talented performers (actors, dancers, and musicians) join Jan Fabre in the creation of a 8-hour-long mythological rave, Teatro Out Off organizes a **Jan Fabre Teaching Group from Monday 6 to Thursday 9 November.**

APPLY

DATES

from Monday 6 to Thursday 9 November 2023,
daily from 13:00 to 18:00

TEACHERS

Annabelle Chambon and Cédric Charron

SELECTION

For 15 to 20 professionally trained actors & dancers, age between 20 and 40 years who want to sharpen their physicality and imagination.

APPLICATION

It is necessary to send the C.V. to info@teatrooutoff.it with the following object

"Application Jan Fabre Teaching Group Milano 2023"

TIME-LINE

The deadline for the inscriptions is on 1 October 2023.

The selected people will get their official invitation by the 10th of October 2023.

FEE

After the selection made by the teachers, those selected will receive the official invitation and will be asked to pay the fee of 300 euro.

FROM ACT TO ACTING

The contemporary performer unites performance, theatre, and dance. Fabre always looks for physical impulses in and on the bodies of his performers and stimulates them to act on stage on the basis of those 'real' physical sensations. Fabre uses the expression 'from act to acting' to describe that process: the real physical impact (tension, pain stimulus, exhaustion, etc.) becomes part of what happens on stage. The physiological processes in the actor's body radiate in the hall, as it were, so that the pain, tension, and exhaustion also affect the audience.

From: Prof Luk Van den Dries, "Het geopende lichaam", p. 110, published by De Bezige Bij, 2014



Cédric Charron

Cédric Charron was born in Bretagne, France. He first completed his MA economics and politics sciences in Rennes, and integrated in 1997 P.A.R.T.S./Brussels to study performance and dance.

Cédric Charron first joined Troubleyn/Jan Fabre in 1999, with the production 'As Long As The World Needs a Warrior's Soul'. Later he also performed other of Fabre's works such as 'Je suis sang' (2001), 'Tannhäuser' (2004), 'The Crying Body' (2004), 'History of Tears' (2005), 'Orgy of Tolerance' (2009) and 'Prometheus landscape II' (2011), 'Tragedy of a friendship' (2013). He also collaborated on 'Preparatio Mortis', a solo for Annabelle Chambon and dances in Pierre Coulibeuf's film Les Guerriers de la beauté. Cédric Charron was also part of Jan Fabre's 24-hour project 'Mount Olympus. To glorify the cult of tragedy' (2015) and 'Belgium Rules/ Belgian Rules' (2017) which toured internationally for many years.

More recently he has performed in the 'The Fluid Force of Love' (2021).

In 2014 Jan Fabre, inspired by the life of Cédric Charron, created the solo work 'Attends Attends Attends, pour mon père' for and with Charron.

Since its inception, he has been a part of the Jan Fabre Teaching Group, training new generations of performers.

Besides his work with Fabre he has created numerous performances together with Annabelle Chambon since 20 years and collaborated with artists such as Boris Charmatz, Renaud Cojo, Thierry de Mey, Michèle Anne de Mey, Fatou Traoré, Filip Sangdor and other.

Cedric is currently performing in the latest Troubleyn/ Jan Fabre production 'Peak Mytikas (On the top of Mount Olympus)'.



Annabelle Chambon

Annabelle Chambon is a French performer. In 1997 she received the Diplôme National d'Etudes Supérieures Chorégraphiques at the Conservatoire National Supérieur de Musique et de Danse de Lyon (France).

Three years later, she joined the Troubleyn/Jan Fabre company for 'As Long As the World Needs a Warrior's Soul'. She then performed in 'Les Guerriers de la beauté' (a film by Pierre Coulibeuf, 2001), 'Je suis sang' (2001/2003/2005), 'Parrots and guinea pigs' (replacement-2003), 'Tannhäuser' (2004), 'The Crying Body' (2004), 'History of Tears' (2005), 'Orgy of tolerance' (2008), and 'Prometheus Landscape II' (2011), 'Mount Olympus. To glorify the cult of tragedy' (2015), 'Belgium Rules/ Belgian Rules' (2017), 'The Fluid Force of Love' (2021).

She has also created with Jan Fabre the dance solo piece 'Preparatio Mortis' (2005/ 2010).

Since its inception, she has been a part of the Jan Fabre Teaching Group, training new generations of performers.

Besides her work with Fabre she has created numerous performances for 20 years together with Cédric Charron and has collaborated with Coraline Lamaison, Kris Verdonck, Thierry de Mey and others.

Annabelle is currently performing in the latest Troubleyn/ Jan Fabre production 'Peak Mytikas (On the top of Mount Olympus)'.