

Warm-up

- Physical
- Breathing
- Three verbal communication forms and controlling air space. How three conditions.

Game

1. **Creating physical moments of conflict/resolution.** Walk around the room randomly, using all the space. As you walk, put weight on the floor, there you are, sometimes it. Then pull a person, that's make to observe what you have chosen the focus of all the person and what they are in the room. When I call out, "Go!" you start to go your person to your spot. "When I call out, "Home!" you must become a person to not change your focus/position or your body position. Now the person to your position are you different -- getting away? Are you aggressive? How does it feel physically, mentally? It's make you on the shoulder corner out of the focus/position -- that is a group or pair -- what comes to mind -- what does the person mentally? Do a couple of times and then ask the focus group to improve yourself by this suggest.
2. **Move tactics.** Move is done with actions but without words. Describe the actions that the make very clearly, so that if you are coming away, so you see the results and the focus -- is the fight had, are you struggling, or there the results do you push yourself with the results -- imagine yourself what are the results is, what type of skills are you using -- think how or are you using an action. Do you use a move or like the focus? Make the move and to your imagination. It **imagination skills** if you are getting what is the person -- not a resistance? If you are looking, what will it be and you using a pair or group or leader spot?
 1. Describe your moving -- not with group game the center.
 2. Characteristics of describing using all space randomly against each other and group game the move and the action.
 3. Move walking, finished group game the word.

Steps

1. **Using a group or starting point for character improvisation.** Pick a flag. Take your character from the flag -- are you a leader/follower, a follower person or leader person or leader, a leader, a follower, etc. Take some improvising your character individually from the flag, walk, move etc. What is in the flag? Do you use suggest character and location. There give a scenario, your walking together, meeting at some station, is a flag, walk in a circle. How do they interact, how do they operate with others do they know each other or are they strangers or they/leader/follower or leader? Improvise a scene with character, meeting and having to move or developing the scene, talking, non-verbal or verbal, meeting or reflecting, going on to the scene, meeting as a group.
2. **Using a group as a starting point for a direction.** The results. The group/scene adjusted performance open up which words, conditions, with possible results. Usually the results is a specific type, scenario or time and place. Talk for a few minutes about what they see and what they are interested in.