

ACTING LIONS BY PENNY TEMPLETON TABLE OF CONTENTS

CONTENTS

Dedication
Acknowledgements
A Special Thank You
Who Am I
Introduction—Why I Wrote This Book?

PART I - ARTISTRY

1. How to Be an Artist - Without Taking 20 Years to Do It!
 - What is an Artist?
 - Achieving Artistry
 - The “Successful” Artist
 - Steps to Artistry
 - Evaluate Your Skill Level
 - How to Work Smart
2. Creating You
 - Take Off the Mask
 - Bring Yourself to the Role
 - Frame Yourself

PART II – TECHNIQUE

3. A New Revolution of Acting Challenges: Embracing the Past to Build the Future
 - Stanislavsky
 - Lee Strasberg
 - Sanford Meisner
 - Stella Adler
 - Uta Hagen
4. Technique Under Pressure: Using the Craft in Today’s World
 - The Reality
 - Taking Your Training to Work
 - Transitioning From One Medium to the Next
5. Where to Start: Script Analysis
 - Working With the Script
 - Answering the Questions
 - Under 5 Scene
 - Day Player Scene
 - When You Don’t Have the Entire Script
6. Creating a Character
 - Recipe for Creating a Character
 - Your First Ingredient – You!
 - Create Your Character’s World
 - Charting the Character’s Emotional Journey
 - Creating a Character Bio

ACTING LIONS BY PENNY TEMPLETON TABLE OF CONTENTS

You Cannot Play a Job
Character Interview
Real People as Characters

7. The Structure

Elements of the Structure
Breaking Down the Script
 Purpose
 Styles
 Types of Scenes
 Purpose of Material
 The Core
 The Happiness
 Connect Yourself to the Role
 The Driving Question
 Beats
 Secret Inner Actions
 Outer Tactics
 Substitutions
Other Elements to Add to Your Structure
Putting It All Together
Preparation and Lift-Off
Examples of a Structured Scene
Choosing the Moment Before
Setting Choices
Make Your Structure Flexible

8. Essentials of an Actor's Toolbox

Fresh Substitutions
Substitution Chart
Endowing
Relaxation
Sensory
Playing Altered States
Chemistry
Moment-to-Moment
Three Levels of Thinking
Conflict
Stakes
Environment
Comedy
Props
Accents, Dialects, & Vocal Work

9. Simple But Profound Keys Into the Work

8 Exercises to Grow Your Craft
 1. The Acting Barré
 2. The Pillow Throw
 3. The Sword Fight

ACTING LIONS BY PENNY TEMPLETON TABLE OF CONTENTS

- 4. The Dance
- 5. The Tap Dance
- 6. The Painting
- 7. 10-1 or How to Cry in 10 Seconds
- 8. The 10 Second Preparation

Improvisation

Developing a Consistent Process

10. Blocking and Technical Aspects

Stagecraft

Blocking for Camera

Working Inside the Frame

11. Cutting Edge Acting: Using a Video Camera to Develop Your Artistry

Working Alone With a Camera

How To Do Sensory Exercises on Your Own

Technically Filling the Frame

Working On Camera With a Partner

Using the Camera for Theatre Work

Why Theatre Is the Most Important On Camera Class You Will Ever Take

12. Training

Choosing the Right Path

Finding a Teacher

“What if My Teacher...”

Maximizing Your Acting Class

PART III - THE BUSINESS OF ARTISTRY

13. Your Business Tools

Headshots

Resumes

Cover Letters

Reels

WWW.

Survival Jobs

Avoiding Scams

14. How to Get Work

Know Who You Are

Finding Good Material

Auditioning in General

The Roles of Casting Directors & Agents

Casting Director & Agent Seminars

Submissions

Auditions and Callbacks

The Audition Itself

Cold Copy—Be Prepared for the Unexpected

Nudity & Explicit Sexuality

ACTING LIONS BY PENNY TEMPLETON TABLE OF CONTENTS

15. Finding An Agent or Manager
 - Finding Representation
 - Once You Have Representation
 - Managers
 - Use a Lawyer for All Contracts!
16. You're Hired! Now What? How to Prepare & Do the Job
 - Getting the Most Out of Your Rehearsals
 - Rehearsing for Theatre Performances
 - Rehearsing for Film
 - A Typical Film Shoot
 - Rehearsing for Television
 - A Day on a Set
 - Turning Director's Terms into Actor's Terms
 - Being a Working Actor
 - You're Nobody In This Business Until You've Been Fired
 - Owning Your Work & Sending It Out Into the World
 - Choosing Projects
 - Leaving a Production
 - The On-going Challenge of Artistry
 - How to Deal With Abuse and Prejudice
 - Staying Sane In an Insane Business
 - In Conclusion

Appendices

- A. Emotions List
- B. Secret Inner Action Verb List
- C. Outer Tactic Verb List
- D. Character Biography Outline
- E. Index
- F. Recommended Resources
- G. References