

Anticipation

- * Previously examined squash and stretch.

 - * i.e. Animal motion as bouncing movement.

 - * Runner on their marks / block position themselves ready to burst forwards.

- * Anticipation takes two forms, *physical* and *emotional*.

- * *Winding-up* can be used for both forms of release.

- * Physical movement *very apparent*, emotional changes *very subtle*.

e.g. **Stage-fright**

 - * Someone may be very calm and collected on the outside, but be a bag of nerves on the inside.

 - * Physical gestures and postures must serve to convey information or cues about both the movement to come and the mental or emotional determination of the character.

Follow - Through, a major part in the impact of the technique.

- * A character winds up to build energy, the explosive burst takes place and, once done, the character has a problem. Release more than he can handle and has a problem gaining control of himself.

Double Conflict - *Classical comedy technique*.

- * Character meets obstacle, a conflict. The character becomes frustrated, needs to resolve the problem. Creates further problems for himself.

- * For example, the busy and flustered office worker, late for work, gets trapped in a revolving door and drops all his important paper work all over the place.