



The Six Fundamental Disciplines of Method Acting which most apply to the Barbershop Style

1. **Fitness, Flexibility, and Control.** To develop and maintain your physical and vocal stamina, yet be flexible enough to maintain control.
2. **Awareness.** To develop and maintain an openness to interact with other performers, the director, your character, and the audience.
3. **Imagination and Spontaneity.** To develop and maintain the ability to use your imagination in a spontaneous way physically, mentally, and emotionally.
4. **Relaxation.** To develop and maintain the ability to eliminate all tensions of any kind from your body and mind.
5. **Character, Emotion, and Sound.** To develop and understand the links between your character, his/her emotions, and your sound.
6. **Concentration and Focus.** To develop and maintain your ability to concentrate instantly with unusual power while eliminating everything unnecessary...to stay in the moment.