

## Michael Chekhov Europe Training

Chekhov International Spring School at SfSH Hamburg

## Psychological Gesture for Film Acting

Michael Chekhov Technique

**March 9 - 13, 2022**

**Hamburg, Germany**

with

**Hugh O’Gorman**, California State University Long Beach, USA

**Olivia Rüdinger**, Schule für Schauspiel Hamburg (SfSH), Germany

**Ulrich Meyer-Horsch**, Michael Chekhov Europe e.V.; artistic director SfSH

The Psychological Gesture (PG) is a physical movement that awakens the actor’s inner life and is directly applicable to film and television work. It serves as a key to the essential features of the character and enables the actor to express and embody his/her objectives. Stirring the will power, the PG gives it a definite direction, awakens feelings, and gives us a condensed version of the character’s relationships.

This workshop will explore the PG especially for acting in front of the camera. Our work will be supported by Wilhelm Reich’s approach to organic breathing. Breath, eyes, thought, inner gesture: the actor needs to know how to infuse every moment with life and imagination.

- *Organic Breathing* ● *Objectives* ● *Qualities* ● *Archetypal Gestures* ● *Psychological Gesture of the character* ● *Feeling of Ease, Form, Beauty, and the Whole* ● *Archetypes* ● *Relationships*
- *Thinking, Feeling, Willing* ● *Scene study for camera*

Please bring a fully memorized monologue of your own choice. In addition, you will have to prepare a short dialogue from a selected screenplay. The screenplay will be announced approx. two weeks before the workshop starts.

Module 3 of the Michael Chekhov Europe Training Programme

[www.sfsh.de/chekhov-international](http://www.sfsh.de/chekhov-international)

[www.michaelchekhov.eu](http://www.michaelchekhov.eu)

[www.michaelchekhoveurope.eu](http://www.michaelchekhoveurope.eu)

## PSYCHOLOGICAL GESTURE FOR FILM ACTING

Michael Chekhov Technique

March 9-13, 2022 in Hamburg, Germany

### GENERAL INFORMATION

Date: **Wednesday 9<sup>th</sup> – Sunday 13<sup>th</sup> of March, 2022**

Working hours: 10:30am - 5pm (incl. 75min. lunch break)

Working space: **Schule für Schauspiel Hamburg**  
Oelkersallee 29a and 33, Hamburg  
[www.sfsh.de/en](http://www.sfsh.de/en)  
Public transport:  
S-Bahn: Holstenstrasse (10 min. walk)

Working language: English /  
in front of the camera, participants may act in their own language

Tuition fee:

**€ 420,--** (application before February 5<sup>th</sup> 2022)

**€ 450,--** (application after February 5<sup>th</sup> 2022)

Participants from non-EU countries may apply for a discount (only limited number).

Housing and food are not included.

We are happy to help you finding inexpensive accommodation (see below).

During the workshop, there will be a **training for teachers** who have completed all modules.

### CONTACT

**Michael Chekhov Europe Training  
at Schule für Schauspiel Hamburg**

Oelkersallee 29a 22769 Hamburg, Germany

[chekhov@sfsh.de](mailto:chekhov@sfsh.de)

+49 40 4302050

[www.sfsh.de/chekhov-international](http://www.sfsh.de/chekhov-international)

[www.michaelchekhov.eu](http://www.michaelchekhov.eu)

[www.michaelchekhoveurope.eu](http://www.michaelchekhoveurope.eu)

*FB: Michael Chekhov Europe Training // Michael Chekhov Europe Friends // Schule für Schauspiel Hamburg*

*Instagram: michaelchekhoveurope // sfsh\_schauspielschule*

## FACULTY

### **Hugh O’Gorman** – *Head of Acting, California State University Long Beach, USA*

Hugh O’Gorman is an actor, director, author and teaching-artist active in professional theatre for 30 years; since 2002 he has been the Head of Acting at California State University Long Beach where he oversees the BA, BFA and MFA actor training programs.

Hugh has appeared on Broadway, Off-Broadway, Off-Off-Broadway and at over a dozen of the nation’s most respected Regional Theatres and Shakespeare Festivals. He is a founding member of New York City’s Mint Theatre Company (2002 Drama Desk Award).

For four years Hugh portrayed Jeff Singer on AMC’s critically acclaimed, Emmy and CableAce award-winning show *Remember WENN* (SAG Award nomination). Other television: HBO’s multiple Golden Globe and Emmy Award winning *John Adams*, for CBS *Still Standing*, *That’s Life*, and for NBC *The 10th Kingdom*, *Law & Order* and *ER*. Film: *Killers*, *Upstate*, *The Bend*.

Hugh is the author of the books “*Acting Action: A Primer for Actors*” and “*The Keys to Acting*”; he is also a faculty member of *MICHA: the Michael Chekhov Association*, as well as *Michael Chekhov Europe (MCE)*, and runs his own acting studio in Los Angeles, *The Praxis Studio*. Hugh is Co-Executive Director of the *National Alliance of Acting Teachers*; he earned a BA from Cornell University and MFA in Acting from the University of Washington.

### **Olivia Rüdinger** – *Acting coach, Schule für Schauspiel Hamburg*

Olivia Rüdinger, US-Citizen, has been a highly recognized acting coach in Germany and Europe for more than thirty years.

She received her bachelors degree in speech and dramatics from the University of Minnesota. Later, she studied modern dance and dance pedagogy at the Lola Rogge School in Hamburg and became a member of the faculty, teaching modern dance and improvisation. For the next 8 years she studied Reichian breathing technique and body work. During this time she directed and performed in the dance theatre company “Winter auf Mallorca”.

1987 she founded with her partner Michaela Uhlig the “Studio O33 / Schule für Schauspiel Hamburg (SfSH)”, which has become one of the most renowned drama schools in Germany. She was the artistic director of the school for 32 years. After passing on this responsibility to Ulrich Meyer-Horsch, she is now continuing teaching breath, improvisation and organic movement at the school.

### **Ulrich Meyer-Horsch** – *Artistic director of SfSH; Michael Chekhov Europe e.V.*

Ulrich Meyer-Horsch is an award-winning actor and theatre director with three decades of working experience in German state and regional theatres: Deutsches Schauspielhaus Hamburg, Theater Kiel, Theater Lübeck, Schauspiel Frankfurt, Kampnagel Hamburg, Altonaer Theater, Komödie Düsseldorf, Maxim Gorki Theater Berlin, among others. He has worked with Simon McBurney and Complicité, Augusto Boal and Yoshi Oida. Until 2015 he was the associate artistic director of Kreuzgangspiele Feuchtwangen, one of Germany’s biggest summer theatres.

Ulrich Meyer-Horsch holds a degree in Acting from Schule für Schauspiel Hamburg and diplomas in Theology, Philosophy and Theatre Pedagogy from the universities of Heidelberg, Hamburg, and London (King’s College). He studied with Michael Chekhov’s former students Hurt Hatfield, Deidre Hurst du Prey, Mala Powers and Joanna Merlin as well as with master teachers from Russia and East Asia.

In his approach to the Chekhov Technique he incorporates the exploration of children’s games and work with masks. Since 1994 he has been teaching throughout Europe, Russia, Armenia, the Middle East, Brazil, Uruguay, the US, Japan, Singapore, Taiwan and Indonesia. He is a guest lecturer at Yeditepe

University, Istanbul, Turkey, and a member of the international faculty of the Michael Chekhov Association (MICHA), New York. Since 2020 he is the co-artistic director of Schule für Schauspiel Hamburg (SfSH).

## HOW TO GET TO HAMBURG

### **By train and bus:**

There are very good train connections from most European cities: [www.bahn.de](http://www.bahn.de)  
You can reach the city also easily by bus (e.g. Flixbus).

### **By plane:**

Hamburg Airport: [www.hamburg-airport.de](http://www.hamburg-airport.de)

From the airport you take the S-Bahn to get to Hauptbahnhof (main station) or Holstenstrasse or Bahnhof Altona.

### **How to get to Schule für Schauspiel (SfSH):**

From the airport or from Hauptbahnhof (main station) you take the S-Bahn to Holstenstrasse (S11, S21, S31). From there it is a 10 min. walk to Oelkersallee 29a and 33.

Check city map on: [www.sfsh.de/service/anfahrt](http://www.sfsh.de/service/anfahrt)

## THE CITY

[www.hamburg-tourism.de](http://www.hamburg-tourism.de); [www.hamburg.de](http://www.hamburg.de); [www.hafen-hamburg.de](http://www.hafen-hamburg.de)

## ACCOMODATION

[www.schanzenstern.de](http://www.schanzenstern.de); [www.instantsleep.de](http://www.instantsleep.de); [www.hostels.com/hamburg](http://www.hostels.com/hamburg)  
[www.meininger-hotels.com/en/hotels/hamburg](http://www.meininger-hotels.com/en/hotels/hamburg)

[www.hamburg-tourism.de](http://www.hamburg-tourism.de); [www.hamburg.de](http://www.hamburg.de); [www.Hotelreservierung.de/Hamburg](http://www.Hotelreservierung.de/Hamburg)

[www.airbnb.de](http://www.airbnb.de); [www.booking.com](http://www.booking.com)

Please be aware that the school cannot organize your accommodation. However, we are happy to send you a list of affordable places close to the school. Please feel free to ask if you need further help.

There are many cafes, restaurants and shops in the area. You can pay in Euro, credit card and V-pay (maestro/girocard). Smaller places will accept only cash.

## LUNCH at the school

The school has a nice little Café: Cantina 33. Apart from snacks and drinks, you can buy delicious and inexpensive lunch in the cafe. We recommend everybody to stay there in the lunch breaks.

## HOW TO APPLY

Please fill in the [application form](#) (see last page) and send it to:

**Michael Chekhov Europe Training**  
**c/o Schule für Schauspiel Hamburg**  
Oelkersallee 29a, 22769 Hamburg, Germany  
or email it as PDF to: [chekhov@sfsh.de](mailto:chekhov@sfsh.de)

Please make your payment to:

**Michael Chekhov Europe e.V.**  
(Address: Eisenbahnstrasse 21, D-10997 Berlin)  
Bank: **Landesbank Berlin - Berliner Sparkasse**  
**IBAN: DE70100500000190265264**  
**BIC: BELADEBEXXX**  
mentioning **'Hamburg March 2022'**

Applications will be registered once the application form has been returned and the workshop fee is paid. Your place will be confirmed by email as soon as possible thereafter. Your application is definite and irrevocable. The fee is non-refundable, unless someone else fills your place (for example from the waiting list). In that case there will be an administrative charge of € 50,--.

Ca.10 days before the workshop you will be sent further details concerning practical matters. You will be given a receipt of your payment upon arrival.

The organizers are not liable for any claims regarding loss or theft of valuables, or in cases of accidents, injuries, harm or illness during the workshop or on the way to or from the working space.

### **Please note our COVID-19 policy:**

Due to the current Covid-19 situation, there may be some travel restrictions for certain countries outside of Europe. Please check in advance!

At our school, we have a strict hygiene plan to make sure you feel free in your artistic work. Our working spaces are big enough for physical work in a safe environment, and the number of participants is limited.

Participants need to meet one of the following three conditions:

- Proof of a completed Covid-19 vaccination within the last 3 (!) months  
[BioNTech/Pfizer, Moderna, AstraZeneca: two jabs. Johnson&Johnson: one jab]
- Proof of a completed Covid-19 booster vaccination (3<sup>rd</sup> jab)
- A medical certificate that you have recovered from a Covid-19 infection within the last 3 months

In addition, you will need a daily negative Covid-19 antigen test (or PCR test). There are many test centers in the city and near the school, and most antigen tests are free of charge.

Please verify this information by showing us the relevant documents and your passport or ID-card!

We regularly evaluate the pandemic situation. In case of any changes or adjustments we will inform you immediately. In the unlikely case that the workshop has to be cancelled by us, you will get back your full tuition fee.

*All details are subject to change.*

## APPLICATION FORM - Michael Chekhov Workshop, March 2022

Name: ..... Age: .....

Address: .....

.....

City: ..... Postal code: .....

Country: .....

E-mail: ..... Mobile phone: .....

Artistic experience & education / experience in the Michael Chekhov Technique:

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I wish to register for the

**PSYCHOLOGICAL GESTURE FOR FILM ACTING - Michael Chekhov Workshop  
9-13 March 2022 at Schule für Schauspiel Hamburg, Germany**

I shall pay **€ 450,--** (application after February 5<sup>th</sup>) / **€ 420,--** (application before February 5<sup>th</sup>)  
to the following account (with my name on it):

Michael Chekhov Europe e.V., Eisenbahnstrasse 21, D-10997 Berlin

Bank: Landesbank Berlin - Berliner Sparkasse

Account number: IBAN: DE70100500000190265264 / BIC: BELADEBEXX

Mentioning 'Hamburg March 2022'

Covid-19 (please tick):

I have read the organizers' Covid-19 policy and I agree on it.

I assure the organizers that I am fully vaccinated within the last 3 months

I assure the organizers that I got a third vaccination jab (booster)

I assure the organizers that I've fully recovered from Covid-19 within the last 3 months

I will bring the needed documents to proof the information above.

In addition, I will take a Covid-19 antigen (or PCR) test every day, and I will show the negative result to the organizers before entering the working space.

I know that the organizers are not liable for any claims regarding loss or theft of valuables, or in cases of accidents, injuries, harm or illness during the workshop or on the way to or from the working space. I accept that I have to take care of my own insurances, because the organizers will not insure participants.

I wish to receive accommodation assistance.     I do not need accommodation assistance.  
(please tick!)

Date: ..... Signature: .....

*Please send this form to: Schule für Schauspiel Hamburg, Ulrich Meyer-Horsch, Oelckersallee 29a,  
22769 Hamburg, Germany, – or email it signed to [chekhov@sfsh.de](mailto:chekhov@sfsh.de)*