

ZEN ZEN ZO PHYSICAL THEATRE PRESENTS

STOMPING GROUND

AUSTRALIA'S LEADING PHYSICAL THEATRE SUMMER SCHOOL

Physical Theatre Training Intensive 6-17 January (2 weeks)

Advanced Training Masterclass 13-17 January (1 week)



"A fantastic experience! A whole bunch of new tools, practical and dynamic, wrapped up in a blanket of holistic yumminess! Stimulating, useful, thought-provoking and challenging – I enjoyed every minute."

JULIE NOLAN Artistic Director,
Red Leap Theatre, New Zealand.



Founded in 1992, Zen Zen Zo's Training Centre is a marriage of East and West, offering comprehensive and holistic actor training designed to nourish the body, voice, heart, mind and spirit.

www.zenzenzo.com

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COMPANY

Physical Theatre Training Intensive

Thomas Dixon Centre, West End, Brisbane

6-17 January 2025 Mon – Fri: 9 am – 3 pm (2 weeks)

Teaching Artists: Lynne Bradley, Simon Woods, Helen Smith and Gina Tay Limpus

"The best kick-start to a year I've ever had. A kick up the bum mentally and physically – like nitro for an actor; I loved it!" PETER RASMUSSEN (Casting Director, QLD)

"STOMPING GROUND is the quintessential experience for passionate theatre makers in any field. Placed perfectly at the beginning of the new year, it offers a collaborative, safe space to explore and extend your performance training and devising with expert teachers and mentors. ZZZ's philosophies are inspirational, rigorous and transformative. STOMPING GROUND pushes you to grow artistically, personally and professionally, and is the ultimate 2-week opportunity to refresh, refocus, sweat, dream, create, and propel yourself forward in all aspects of your creative life!" ZOE TIDEMANN (Drama Teacher, SA)

2025 will mark **Stomping Ground's** 27th year. This annual physical theatre summer intensive training program, which was the first of its kind in Australia, will be led by Zen Zen Zo founders **Dr Lynne Bradley** and **Simon Woods**, Associate Director **Gina Tay Limpus**, and Guest Artist **Helen Smith** from Melbourne. The aim of this 2-week course is to introduce participants to a range of physical theatre disciplines including Zen Zen Zo's specialty areas of the **Suzuki Method**, **Butoh**, **(Physical & Vocal) Viewpoints**, and **Composition**. **Stomping Ground** will provide a solid base in these methods focusing on developing the performer's physical, vocal and ensemble skills. It is also a journey of transformation – both personally and professionally – as participants begin the new year by refining their goals for 2025, shaping their craft, and meeting fellow artists and creative souls with similar interests and beliefs.

The DAILY SCHEDULE will be as follows:

- 8:30 – 9:00** Arrival & Self Warm Up
- 9:00 – 9:30** Group Warm Up, Conditioning & Yoga
- 9:30 – 11:45** Suzuki Method of Actor Training (Week 1) / Butoh (Week 2)
- 11:45 – 12:45** Lunch
- 12:45 – 3:00** Physical Viewpoints (Week 1) / Vocal Viewpoints + Composition (Week 2)
- 3:00 – 5:00** Friday 13 January: Physical Theatre Forum

FEES

Early Bird* Fee: \$725 Adult / \$625 Concession **Full Fee:** \$875 Adult / \$775 Concession

* Early Bird – booked & paid prior to 30 Nov, 2024. 10% discount for returning *Stomp Intensives* participants.





Advanced Training Masterclass

Thomas Dixon Centre, West End, Brisbane

13-17 January 2024 Mon – Fri: 9 am – 3 pm (1 week)

Teaching Artists: Simon Woods, Lynne Bradley,
Helen Smith and Gina Tay Limpus

"Recognize the basic necessary ingredients (for theatre making):

1. *you need something to say*
2. *you need technique; and*
3. *you need passion.*

Like a milking stool, if one of the three legs is missing, the stool will topple over and be ineffectual. It is as simple as that!" ANNE BOGART

This one-week Masterclass gives participants the chance to work in an intensive laboratory environment that involves advanced training and the creation of new devised work.

The DAILY SCHEDULE of the Masterclass will be as follows:

- 8:30 – 9:00** Arrival & Self Warm Up
- 9:00 – 9:30** Group Warm Up, Conditioning & Yoga
- 9:30 – 11:45** Advanced Butoh Training & Devising
(with Helen Smith)
- 11:45 – 12:45** Lunch
- 12:45 – 3:00** Advanced Suzuki Method & Viewpoints
(with Simon Woods & Gina Tay Limpus)
- 3:00 – 5:00** Friday 17 January: Final Training Jam

This week is suitable for anyone who has participated in the Stomping Ground 2-week Training Intensive in past years, regular members of THE ACTOR'S DOJO Advanced Class, or artists with solid prior experience in the Suzuki Method and Viewpoints.

FEES **Early Bird* Fee:** \$425 Adult / \$375 Concession
Full Fee: \$575 Adult / \$475 Concession

*Early Bird – booked & paid prior to 30 Nov, 2024.

10% discount for returning *Masterclass* participants.



Suzuki Actor Training Method

"What I am striving to do is to restore the wholeness of the human body in the theatrical context, not simply by going back to such forms as Noh and Kabuki; but by employing their unique virtues, to create something transcending current practice in the theatre."
TADASHI SUZUKI



Zen Zen Zo's core company training is designed specifically to equip actors for high energy, physical performance.

The primary inspiration for this training has come from the Suzuki Company of Toga (Japan) and the Saratoga International Theatre Institute (New York). This method takes participants through a fascinating minefield of diverse and challenging techniques that work towards fusing body, voice, mind and spirit. It integrates a challenging spectrum of advanced performance training techniques to cultivate the actor's physical energy, vocal quality and range, concentration, ensemble awareness and imagination.

Training is a moving experience to witness: the intense and personal journeys of fellow human beings of all shapes and sizes as they manifest, explore and shape their creative impulses through extraordinary physical and vocal forms. Everyone works from their physical being to their sub-conscious core to find a new relationship with themselves and the performance space they inhabit and energize. Through this method you are led to the edges of your potential, the place where learning and self-discovery is optimal.

Teaching Artist: Simon Woods



SIMON WOODS is an award-winning filmmaker, photographer and theatre director. He co-founded Zen Zen Zo Physical Theatre in 1992 with Lynne Bradley, and directed many of Zen Zen Zo's major works including *The Cult of Dionysus* (Kyoto/Brisbane Festival), *Macbeth: As Told by the Weird Sisters* (Japan, Singapore & Australia), *The Marriage of Figaro* (QPAC/Stage X), *The Man Who Sold the World* (Brisbane Powerhouse/Brisbane Festival) *The Odyssey* (QPAC) and *Sub-Con Warrior 2.0* (Judith Wright Centre). From 2011-2015 Simon worked as a Producer for the Queensland Performing Arts Centre and the Brisbane Powerhouse. He is also one of Australia's leading instructors in the Suzuki Actor Training Method. Over 30 years of teaching and directing Simon has trained actors in the Suzuki Method and Viewpoints in Japan, Singapore, Hong Kong, Canada and throughout Australia. As a resident

in Japan from 1993-1995 he studied Noh theatre and the Suzuki Actor Training Method and participated in the Suzuki International Masterclasses in New York (1994) and Toga, Japan (2007).

Simon received a Master of Arts in Drama (UQ) in 2006 for research on the application of the Suzuki Method for contemporary performers. He now works as a filmmaker and photographer and has received several awards for his international documentaries and promotional films including the Australian Cinematographers' Society Gold Award for *People of Paradise* shot entirely in the Philippines.

Butoh Dance-Theatre

"I'm trying to find a way to metamorphose the human flesh to anything else including animals and plants as well as lifeless materials. This is my first principle of Butoh."

HIJIKATA TATSUMI

2025 Guest Artist **Helen Smith** draws on her research and 8-year experience of living and training in Japan in the development of her own approach to teaching Butoh. Acknowledging that a range of styles and approaches exist, her classes are based on three basic principles which she has identified as being common to all Butoh practitioners: the empty body, being moved and transformation.

Committed to continuing the legacy of the Butoh masters with whom she studied and performed, Helen also focuses on what the late Natsu Nakajima terms the "visible and invisible techniques" of Butoh. Identifying and working with these lay down a foundation of skills on which to create an articulate, expressive and versatile body ready for performance, and ready for anything.



HELEN SMITH is a physical theatre performer, director and teacher heralding from the UK. Helen was first introduced to the world of Physical Theatre by Zen Zen Zo with whom she trained, taught and performed nationally and internationally from 1993 to 2017. Helen spent 8 years in Japan studying under Tokyo-based masters from the lineage of both Hijikata and Kazuo Ohno. She performed with Natsu Nakajima, Seisaku and Dance Medium, Yoshito Ohno as well as performing her own solo, **A Dance For All Seasons**, a part of which was choreographed by Yukio Waguri. Back in Australia, Helen completed a masters in Theatre Research at Monash University focusing on the transformative power of Butoh. Based now in Melbourne, she is a founder member of the Environmental Performance Authority focusing on site-specific works, has toured internationally with Yumi Umiumare's, **Dashoku Shake!** and is a collaborator with Gabrielle New and the Space Between Performance collective, having recently completed a season of **Reclaim the Crone**, directed by New, for the Theatre Works 2024 program.



The Viewpoints & Composition

“The Viewpoints are a philosophy of movement translated into a technique for 1) training performers and 2) creating movement on stage ... The Viewpoints are a set of names given to certain basic principles of movement; these names constitute a language for talking about what happens or works on stage ... the Viewpoints are points of awareness that a performer or creator has while working.”

ANNE BOGART

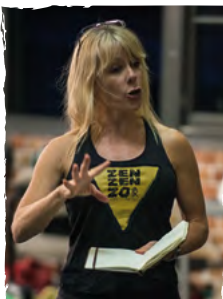
Viewpoints and Composition are training and devising techniques developed by renowned American director Anne Bogart and the SITI Company, and they have been utilised by Zen Zen Zo as two of our core training methods for the past 25 years. Lynne and Simon were the first practitioners to teach and work with the Viewpoints and Composition in Australia and these methods are now taught at most major acting institutions and universities around the country.

In the first week of *Stomping Ground* we will explore the **Physical Viewpoints**, which focus on reawakening the actor's instincts through impulse work and play, and explore the basic elements of performance – the body in time and space – so that the artist can learn to use them articulately when performing and creating new work. The training is all ensemble-based, with each actor learning to respond impulsively and playfully to their fellow performers. The Physical Viewpoints training also develops the fundamental performance skills that help an actor/ dancer/ performer to achieve a dynamic stage presence.



In the second week, the focus on **Vocal Viewpoints + Composition** extends upon the Physical Viewpoints to include the use of the voice and introduce devising techniques. The work explores the voice like a musical instrument, focussing on extending the actor's range and diversity of expression. Bogart acknowledges that fear and habit too often engender a narrow range in an actor's vocal expression. Vocal Viewpoints training highlights these limitations and encourages more radical and dynamic vocal choices, as well as the development of a strong and holistic "body-voice". Composition will give participants a new tool for making work (across theatre, dance, and physical theatre).

Teaching-Artists: Simon Woods & Lynne Bradley



LYNNE BRADLEY has worked as a director, choreographer, performer and actor-trainer in Brisbane and abroad for the past 30 years. In 1992 she founded Zen Zen Zo with Simon Woods, and spent two decades building the company into an internationally renowned performance and training centre. Lynne brought Butoh to Queensland in the early 90s, and Viewpoints to Australia in the late 90s. Lynne's seminal training in Japan (where she lived for 5 years in her early 20s) was with Butoh founder Ohno Kazuo, Katsura Kan (Byakko-sha) and Iwashita Toru (Sankai Juku), and her long-time teacher Maro Akaji (Dairakudakan). She has also worked extensively with Anne Bogart and the SIT Company in both New York and Australia.

As a director, choreographer and performer, Lynne specialises in large-scale, site-specific visual, musical and physical theatre works. She has won a number of awards, including Matilda Awards for *Cabaret* (Best Musical) and *The Tempest* (Best Independent Production), and the 2017 Philip Parson's Prize for *In the Company of Shadows*.

Zeitgeist was also short-listed for a prestigious Total Theatre Award at the Edinburgh Fringe in 2009, and toured extensively between 2008-2010. Lynne completed her PhD in 2016 on Cultural Translation (QUT) and directed *Alchemy* for the Commonwealth Games Festival 2018. In 2019 Lynne worked with Atlantic Theatre during a 6-week Artist Residency in New York, and was invited to teach physical theatre in Bristol (UK), Amsterdam (NL) and Bulgaria. For the past 6 years Lynne has been the Artistic Director of the Horizon Festival (2019-2021) and the Sunshine Coast Chamber Music Festival (2021-2024). In 2024 Lynne also founded **ZEN THERAPY: Counselling & Life Coaching** – after completing her Masters in Counselling at UQ – with the aim of supporting artists to enhance their mental health and wellbeing.

ZEN ZEN ZO COMPANY HISTORY

ZEN ZEN ZO Physical Theatre founded in 1992) has been at the forefront of contemporary performance and training for 30+ years. The **PERFORMANCE COMPANY** has produced 3 decades of large-scale, site-specific and immersive, physical and visual theatre for local, national and international audiences. The **TRAINING CENTRE** offers a suite of internationally renowned actor-training programs, which cater to professional performers, teachers, students, young people, and anyone with a sense of adventure!

These include:

- **The Actor's Dojo**
(Weekly Physical Theatre Training & Acting Classes)
- **Stomp Intensives**
Stomping Ground, Adelaide Stomp, Alice Springs Stomp, New Zealand Stomp)
- **Schools Program**
(Workshops & Artists-in-Residence Programs)
- **Creative Entrepreneur Internship Program**
(5-month Residency with ZZZ)



BOOKINGS

EMAIL: info@zenzenzo.com

WEBSITE: www.zenzenzo.com/training

PHONE: 0437 397 820


VENUE: Thomas Dixon Centre

Early booking is advised as places are limited and this course is usually full by November. Once your booking is confirmed, full payment is required within 7 days.

PLEASE NOTE: This training course is physically rigorous and mentally challenging. Participants should be in good health and prepared to work hard. However, no previous physical theatre experience is necessary.

www.zenzenzo.com

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