



## List of Chekhov Techniques

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Derived from *On the Technique of Acting*

1. Radiating/receiving Pg. xli-xlii
2. Improvisation xlii
3. Jewelry Pg. xlii
4. Focal Point Pg. xliii
5. Concentration Pg. 9-14
6. Ball Toss
7. Crossing the Threshold
8. Higher Ego Pg. 15-25
9. Atmosphere-General and individual Pg. xxciii, xliii-xliv, 26-36
10. Qualities, Colors, and sensations Pg. xl-xli, 36-42
11. Thinking/Feeling/Willing Pg. 36-42
12. Expansion/Contraction Pg. 41
13. Archetypal Gestures Pg. 41
14. Archetypal characters Pg. 41
15. Staccato/Legato Pg. 41
16. Ideal Center Pg. 44
17. Molding Pg. 45, Flowing Pg. 45, Flying 46, Radiating 46
18. Four brothers of art (BEEF)
  - a. Ease Pg. xxlvii, xvii, xxix, 48-50
  - b. Form Pg. xxlvii, xxix-xl, 50-55
  - c. Beauty Pg. xxviii, xl, 55-57, 87
  - d. Entirety (Whole) Pg. xxvii xl
19. Psychological Gesture Pg. 58-94
20. Incorporation of Images Pg. 96
21. Leading questions Pg. 96, 102
22. Imaginary Body Pg. 98
23. Moveable Center Pg. 100
24. Objective Pg. 107-12, 161-62
25. Ensemble feeling Pg. xlii. 121-124
26. Style Pg. 124-128
27. Preparation/sustaining Pg. 129
28. Composition Pg. 129-146
29. Polarity, Climaxes accents, Rhythmical waves & repetition, pause, crescendo, diminuendo, tempo, rhythm Pg. 142-45