DIRECTOR'S STATEMENT

SCULPTING THE BODY; A THEATRE OF PHYSICALITY

I’ve been a performer for as long as I can remember – initially as a circus juggler in Ireland and then as an actor in Portugal. I’ve been teaching theatre and circus for over a decade in many schools and universities – trying to capture not only how the body can support the spoken word, but how one can express through movement what words cannot...

This short documentary is, on its most basic level, an introduction to this theatrical form frequently called ‘physical theatre’... and it explores some of the creative processes in expressing an art form which originates primarily from the human body. The film captures this by incorporating examples and interviews which range from actors embodying everything from animals to colours to the different types of theatre masks which we use...

The film defends that the mechanisms which are used to create this aesthetics of theatre involves isolating and manipulating key representations of an image – and proposes that artists from Pablo Picasso to Francis Bacon intuitively did this to varying degrees. Finally, it ends with what I believe is the key ingredient for this creative process – an ability to play.

This film is for everyone interested in methodologies of creative processes, independently if you are an actor or not - for many people this style of theatre is unknown and often fascinating. Finally the documentary reflects part of my research into a practice-based Ph.D. I am currently finishing in Artes Performativas e da Imagem em Movimento at the Faculdade de Letras in Lisbon, Portugal, funded by the Fundação para a Ciência e a Tecnologia. The experience I am hoping to convey is one of enthusiasm and empowerment – an inspiring image of the world where we are all born as artists.