



8 IMPROV MASTERCLASS – PART 1

IMPROV COMEDY is a lot of fun to perform, but also a great way to teach numerous life skills. In this workshop we will focus on listening, focus, eye contact, storytelling, public speaking and working together as a team. The next 30-60 minute is exactly what the professional comedy of 8improv works on every week. Listen to the teacher how to play each game. Below will help you remember how to play.

WARM-UP CIRCLE 15-20 minutes

ZIP-ZAP-ZUP - Player One makes eye contact with another player in the circle, claps, points, and yells the word “Zip”. Player two repeats the process and says the word “Zap”. Player three yells “Zup”. The energy is passed around the circle for a couple minutes. All in circle need to focus, always on your toes waiting for someone to point at you. Follow the flow of energy around the circle.

ONE WORD STORY – Each player gets one word to help build an original story. Pay attention to established characters and settings. Build an action. Remember good sentence structure. Use adjectives, descriptive words, to make story more interesting. Follow the story around the circle. When story gets to you make eye contact with the previous player, take it and the send it, making eye contact with the next player as you add your word. Say word to the player next to you, but loud enough the entire circle can hear what you are doing.

YES AND / ONE SENTENCE STORY – Now we tell a new story. Like before we follow the story, receive it and send it to the next player. Eye focus and listening are key to being prepared for your turn. Only now we get a full statement to add details. Again establish characters and settings. As the story progresses, build the action (Make something happen to the characters). After the first player sets up the story, all other players start their statement with the words “YES AND” YES AND is the most important rule in IMPROV. Always say YES. Support your team members. Agree (YES) with details given to you AND add details to build action and move story forward.

FREEZE TAG (In Circle with all or Performance style – in a line of 5-10 depending on space avail) – Two player begin a scene. Immediately establish Characters, Relationships and Setting. MC yells FREEZE. The first two players immediately become statues. A new player taps out and replaces that player in the exact same position. The players start a new scene – new characters and setting – inspired from the physical position of the previous freeze. This continues for 3-5 minutes.

WORLD’S WORST – 5-10 players (as per space avail) stand shoulder to shoulder upstage (Away from audience) facing downstage (toward audience). Each player will present their version of the WORLD’S WORST _____ (Insert JOB, EVENT, ACTIVITY etc). Become a series of character. Don’t tell, show us your idea. Use physical acting and words. Some of the funniest WORLD’S WORST jokes come from mining the activity (All action no words)

CONDUCTED STORY – Start the game the same way as WORLD’S WORST (5-10 players up stage). Teacher will point at one player at a time. As soon as the teacher points to you start adding to the story. The second the teacher moves the hand to someone else, stop talking. The next player may have to pick up story mid-sentence – sometimes mid-word.