

**ICAT** INDEPENDENT  
CENTRE FOR  
ACTOR TRAINING



# Two Year Part Time Diploma

COURSE PROSPECTUS

**ICAT is a totally independent, boutique drama school turning passionate people into paid professionals, with students gaining excellent representation at showcase and working in television, theatre and film.**

Established in 2007 in London's West End, the school was born of a response to the need for affordable, reality based training for new actors.



ICAT provides a solid, repeatable toolkit, exclusively standing on the principles of celebrated British director and ICAT course advisor, Mike Alfreds. This toolkit "can be relied upon on a night shoot at 3 am after 15 takes of the same shot", supported by a wealth of first hand knowledge gained from years of experience by a deeply impressive team of working artists. Students are entered for their level 4 ATCL Diploma and can return to the school to work towards a level 6 at a later date.

ICAT builds a solid and appropriate working ethos in its students, realistically preparing them for a life working in this wonderful industry. We take professional etiquette extremely seriously and pride ourselves on creating a kind of apprenticeship where students are reared on the wisdom of experienced working professionals. Why not train with those who do this for a living!

# Areas of Study

## MOVEMENT

*“Man moves in order to satisfy a need”*

– Rudolf Laban

*“The movement is in the argument”*

– Greg Doran, RSC Artistic Director and ICAT Course Advisor

Students will be introduced to, and study the work of Rudolf Laban. The "eight efforts" form a major part of our toolkit and are used to develop characterisation through weekly classes in year one, integrated with their projects and with weekly group warm ups in year two and 'touch point' teaching on second year show rehearsal. Straight forward and practical, Laban work engenders bold and informed characterisation.



## IMPROVISATION & CLOWNING

Freedom to fail is a huge part of ICATs training ethos. Through improvisation and clowning, our students learn to recognise and dissolve their blocks, step boldly into relationship with others and 'find the game'. These sessions are hugely popular and often release people from held tension for the very first time.

## VOICE

Under hugely experienced voice coaches, students will be given a detailed, practical understanding of the voice and the vocal system. Through the first year, with hands on weekly classes, they will build a personal connection to their own instrument and build towards an approach to performance which will release them to play with freedom and support. They will enter the second year with a personal warm up which will be taken into show rehearsal and underpinned by weekly group warm ups with the first years and 'touch point' teaching from the voice staff as they create roles for performance. An open and free voice is at the core of the actors craft and is the key to gut level connection and emotional response.

## ACTION

*“The actors art is the art of action!”*

– Mike Alfreds- Director, founder of Shared Experience and ICAT course advisor.

Mike Alfreds bestselling book, *Different Every Night*, forms the basis of our training. Principal, Simon Trinder, has worked extensively with Mike and the toolkit Mike has developed provides a rock solid, simple, freedom enhancing basis for all dramatic relationship.

Students will learn:

**Actioning:** playing specifically, tactically and truthfully, creating genuine change in the other person.

**Objectives:** working purposefully to achieve a specific outcome from a scene partner.

**Points Of Concentration:** allowing the given circumstances of the play to create organic and often surprising responses in the student and allowing the 'actor to think like the character'. This principle is the key to true freedom and makes a play 'Different Every Night'.

**Impulse:** Simon Trinders own impulse exercises explore and reveal the true source of the characters response and release the actor into genuine and 'natural' relationship.

## SHAKESPEARE

With an impressive background of work at the Royal Shakespeare Company, Globe and National Theatre's, ICAT tutors will introduce the students to playing Shakespeare using professional working practice. An introduction to verse and its uses supports scene rehearsal that will be shown in house to staff and 2nd years. No prior experience of Shakespeare is necessary!

## NATURALISM

Students use their growing understanding of Mike Alfreds toolkit to explore scenes from a turn of the century play (most often a Chekhov or Ibsen). Laban for characterisation will also become part of this project as we begin to make bolder character choices.

## ACTING FOR CAMERA

An essential technical approach to this medium is offered as the students learn about the rigorous demands of acting for the screen. Adapting your performance to suit the shot whilst rooting it in truth is key and just one of many aspects of screen work that the student will walk away with.

## LIVE PROJECTS

A live project is any project or production that is led by a working industry employer (director, film or theatre maker). As well as the regular introduction of industry members into the room through masterclasses or project tuition we like to have second years work with at least two industry employers in their graduating year. This allows people to road test their toolkit and forge links with people who could potentially offer them work.

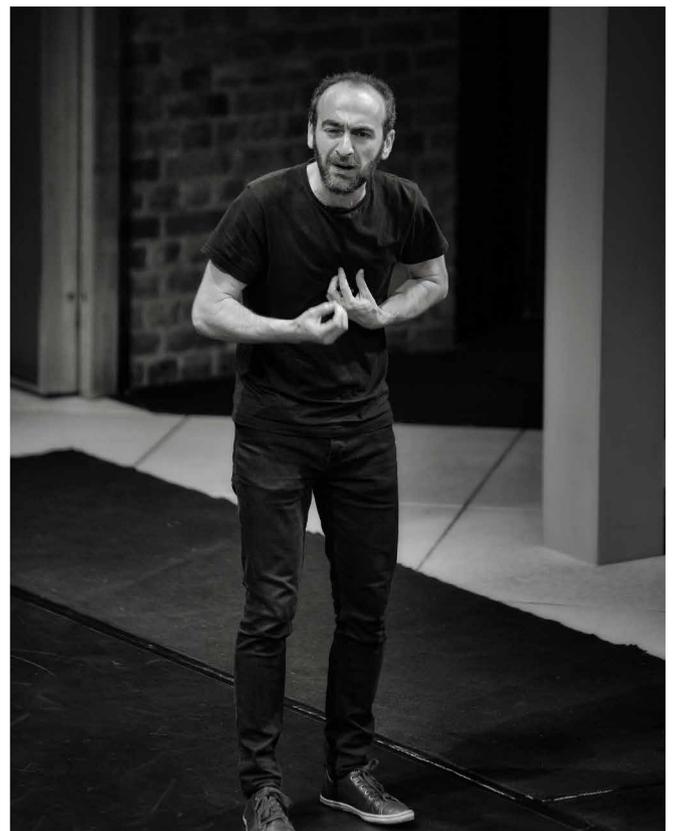
## PRODUCTIONS & SHOWCASE

ICAT offers two public productions per year as well as a public and industry showcase in both London and Manchester.

**Production 1:** is a first foray into working in front of an audience. This production takes place at Christmas in an intimate or fringe theatre venue. Known as a 'Black Box, Ensemble, Multi-Role Production', the students will use Mike Alfreds approach to tell a story, making bold character choices and playing multiple roles using nothing but a selection of basic props.

**Production 2:** is a larger scale production in a working theatre with set, lighting and costume.

**Showcases:** take place in both Manchester and London. Students from both schools join together to perform a two or three hander scene each in front of an impressive group of industry guests including agents, directors and casting professionals. We have some extraordinary regular guests and graduates have met and are being represented by some very well respected agents.



## TIMETABLE

Mondays: Voice 7.15pm – 9.15pm

Wednesdays: Movement 7.15pm – 9.15pm

Saturdays: Projects and production rehearsals 9am – 5pm

Please note: ICAT students are not eligible for government funding and it is expected that applicants will pay their fees by working during the day around their course.

## FEES

Pay up front: £9,500 with non refundable 20% deposit of £1,900

Pay termly: £10,500 with non refundable 20% deposit of £2000 followed by 6 termly payments of £1,416

Pay over 24 months: £11,500 with non refundable 20% deposit £2,300 followed by 24 monthly payments of £383

## QUALIFICATIONS

At ICAT, we offer preparation for a number of internationally recognised Trinity College diplomas from Level 4- 7. Some qualifications are attached to courses and some can be taken individually with the support of an ICAT supervisor.

