A photograph of a woman with blonde hair, wearing a brown and green vertically striped sweater. She is captured in a dramatic, contemplative pose, looking upwards and to the right with her right hand resting against her chin. The lighting is warm and focused on her face and upper body, creating a strong contrast with the dark background.

CORE

THEATRE ARTS
TRAINING

PROSPECTUS

Physical Theatre
Stage Combat

Acting
Mime
Voice

CORE

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Student in Film 'Seeing Grace'
Touchpoint Productions 2017

“They are committed to excellence and integrity and I recommend them without reservation”

(Richard Hasnip MA. St Andrew's University. Head of Performing Arts, Regents College Malvern)

“Excellent focus enjoyment, engagement and response.”

(Grade 1 Inspection report, Ofsted)

For more inspection reports and student feedback, please see the website www.core-arts.uk

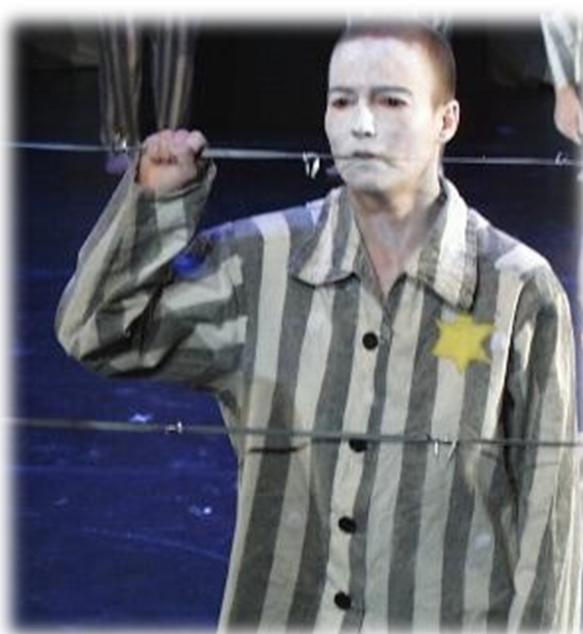
Welcome to CORE Theatre Arts Training

CORE

Providing a dynamic, focussed and creatively explosive theatre arts training, CORE offers unique professional training and development. Admission is by **audition and interview only** where three key essentials required for the industry are assessed: **Potential, Passion and Perseverance** (minimum age 17).

The CORE Training Model

The CORE programmes are designed to provide a unique tuition model based on the classic theatre arts *apprenticeship*, developing trainees to reach their full potential through professional level training and personal study, and receiving opportunities to gain highly valuable, relevant experience in professional contexts. Classes are kept small to enable individual development.



Apprentice in 'Something to Remember me By'
Edinburgh Fringe 1997

A Unique Professional Training Experience

The trainees will be inspired, challenged and nurtured by the tutors. They will be encouraged to seek out opportunities, and press-in with full commitment at all times. The trainee will need to be self-disciplined, focused, flexible, able to work alone, as well as with a team and be fully dedicated to the professional learning process. Quality tuition and one-one mentoring serves to make the trainee fully aware of what is required for working as a professional within the performing arts industry.

Teacher Training

We not only provide for those wishing to become performers, but also for future teachers. During their Intermediate (2nd) year, students gain experience in observing and assisting the first years in class and production; practicing teaching skills and receiving tutoring. During the Advanced (3rd) year, those who opt for it lead classes themselves (under supervision) as they prepare for the Licentiate Trinity College Level 6 teaching diploma.

Foundations in Professional Practice

CORE

YEAR ONE

CORE's foundations programme focuses on the personal development of the individual, taking the trainee from their present stage of potential and onto the next stage of verifiable development. Trainees are taught on an individual and small group basis to enable this.

In addition to classroom training in their chosen modules (theatre, physical theatre or performance skills) and practical work experience, the trainee will also receive specialist vocational coaching and mentoring to help them make the right decisions regarding their future direction. All are prepared for interview and auditions to gain work in the industry or progression to the next level of study.

Hours: 14 (classroom) plus individual study/rehearsal and tutorials

Qualification gained: Trinity College NVQ Level 3

"The whole experience with CORE is impacting; to see the growth of a person and artist all at once is truly inspiring."



Student/associate in Film 'Seeing Grace'
Touchpoint Productions 2017

Intermediate Professional Practice

(Apprenticeship training)

CORE

YEAR Two

CORE offers this training for those who have completed the *Foundations In Professional Practice* or for those who audition and show a level of ability at minimum level 3 standard.

The course focuses on preparation for a full Apprenticeship into a performing company. However, as a full Apprenticeship is very rigorous, this Apprenticeship Training prepares for this and takes the trainee significantly up a level, in order to bridge the gap between the more ‘nurturing’ focus of the Foundations course and the self-motivated learning process of an Apprenticeship.

Hours: 21 (classroom) plus individual study/rehearsal and tutorials

Qualification gained: Trinity College Associate Diploma (NVQ Level 4).

“I have grown to
the point that
I’ve actually
surprised myself
of what I’m
capable of doing”



Student and Associate in ‘Faces’ Vienna 2007 (Photo Astrid Knie)

Advanced Professional Practice (Apprenticeship)

CORE

YEAR THREE

Hours: 35 including tutorials, rehearsal, teaching and work experience

Qualifications Gained: Trinity College LTCL (NVQ Level 6) Diploma in Teaching, Acting or Performing

CORE trainees will receive tutoring, be leading training sessions for the *Foundations* trainees (under supervision), be involved in professional company performance work and be given experience in areas such as backstage, technical production, marketing and front of house experience. Trainees will also be encouraged to take extra masterclasses and workshops in their chosen fields, and will be given work experience with our Partners. This level requires a full commitment and time flexibility by trainees.

WHAT IS AN APPRENTICESHIP?

In the old days, the ‘apprentice’ learned alongside the ‘master’, not just being taught the skills of the trade, but being mentored, receiving increasing responsibility according to their development and hands-on experiential training in their craft. The apprenticeship was considered a tough, but effective learning experience. From the Latin meaning to *seize, grasp or cling to* – the apprenticeship is a very proactive, vibrant and focussed programme. The apprenticeship model has been proven as one of the best and most effective ways of learning.



Former Students and Associates improvise for ‘Goshen’ film project
US/Israel/UK/Austria 2022

“I have noticed that not only has my confidence and trust in myself have grown but my ability as an actor has grown too.”

Physical Theatre (including Mime and Stage Combat)

Grotowski, Darius, Diakonos, Derevo, Complicite, Decroux, Boal

Physical theatre has been described as “movement-theatre-of-the-senses” - motivational and emotional states expressed through the body, of imagery, poetry and metaphor.

Trainees will gain a deeper philosophical as well as strong practical application and understanding of physical theatre, collaboration, improvisation and established and new contemporary performance practice. It uncovers a performer’s physical personality and presence on stage, to prepare work from a solid physical and instinctual base.



A former Student has set up her own physical theatre company in New Zealand

The training takes the actor beyond into a heightened state of physical awareness, expression and performance-skills development.

It particularly suits individuals who enjoy a dynamic next-level challenge and passionately want to explore the possibilities of peak performance, through a unique physical language, expression and performance.

“I knew from the first introduction that here I'd found the sort of teacher I've been after ... It was electrifying.”

Acting, Theatre and Voice

Hagen, Spolin, Shurtleff, Boal, Stanislavski

Skills Training

Based on the pedagogy of **Viola Spolin**, this skill-oriented form of improvisation is a process-based approach, looking at developing concentration skills and intuitive action in a safe, non-judgmental environment. Trainees are encouraged in a focussed environment where mistakes are seen as stepping stones within the learning process, and where freedom of intuitive action and thought are encouraged. Trainees actively observe and learn to critique themselves and others, learning to widen their perspective on life and understanding of human nature, motivation and behaviour.



Student gains distinction (Level 3) in 2019

Character Work

Emphasis is given to building and “layering” a character, Trainees are guided through the process of developing a character: exploring physicality, voice, pre-scenario, sensory work and sub-text, with an emphasis on the ‘second skin’ of identification with the character, whilst maintaining a sense of the trainee’s own identity and exploring the differentiation between the two.

Monologues and Scene Study

Tuition includes; preparation for exams and auditions, as well as how to approach a ‘cold’ reading. Scene study will encompass classical/ modern, comedy/ tragedy. In addition, Improvisation is used to broaden the trainees’ approach to the scene, the character and the various theatrical conventions.

“The class was amazing. The teacher is a great person and teacher, who taught us important things that we need to know on the stage and in our lives too”

Lecturing, Coaching, Personal & Professional Development

CORE

Lectures and workshops

Subjects covered include: What is a Professional? Identity, Vision and Calling, Masks (identity) workshop, Practitioners and Systems of Rehearsal, as well as practical advice on setting up your own Company, Showreels, finding an agent and other industry-related topics.

Personal Development and Vocational Coaching

With an emphasis on three-dimensional training (mind, body, spirit and emotions), CORE seeks to develop the whole person, focussing as much on character and personal development as on artistic and skill development. Personal one-one mentoring and coaching is included in our programmes, and the nature and structure of this is agreed with the trainee at the outset. Trainees are given in depth advice and support on progression and personal development.



Student in professional production 'Recycle' 2013

Examinations & Qualifications

Securing work in the performing arts industry does not require formal qualifications, but rather an ability to show skill and perseverance. So, at CORE entrance into Exams is **optional** for those CORE trainees who would like a formal qualification in performance or teaching. We prepare and enter students for NVQ levels 3 - 6 (to degree equivalent) with Trinity College London.

Trinity College offers **Reasonable Adjustments** for students who have **special educational needs**. All of the exams are vocational with the exception of the Level 4 and 6 Diploma in **teaching** which require essay writing.

Physical Theatre, Stage Combat, Mime

Danny Scott was expelled from school at 16 with no qualifications and barely able to read and write. However, his passion to tell story through mime won him the opportunity to study at the London Mime Centre under Adam Darius by way of a double scholarship, and he gained distinction enabling him to launch his career as a mime/physical theatre artist. He now has a BA in Theatre Arts and an MA in Liberal Arts (physical theatre, devising and directing) and has been performing internationally since the mid-1980s. He devised and performed his debut show on the London West End in 1989 and has been working as a professional practitioner, director, trainer, lecturer as well as working within the corporate consultancy industry.

Danny has given workshops and masterclasses in R.A.D.A, the Academy Drama School, Mountview Academy of Theatre Arts, alongside many other recognised performing arts training establishments, both in the UK and internationally. He was Vice-Principal for the Advanced Practitioner Programme at The Academy of Performing Arts, Ontario. He founded Diakonos Physical theatre 1993-2000, and PointZero Physical Theatre 2006.



Acting and Voice



Mary Scott started ballet at age 4 and was aiming for performing arts school to study dance and classical voice. After a back injury stopped her chances of a dance career – she changed tack and got a degree in German and a diploma as a bilingual secretary, then worked for a number of years as an administrator/secretary in the ‘market place’. Never feeling fulfilled with this path, she returned to the performing arts and re-trained as a mature student in acting at the Academy of Performing Arts, Ontario followed by a year's Apprenticeship with a professional theatre company. From 1995 she was acting professionally and teaching acting and drama skills, mainly in youth and student theatre contexts: Stagecoach, The XL Project, The Pauline Quirk Academy and Oxford Royale

Academy amongst others, including training students for LAMDA/Trinity exams. Since 2007, Mary has been writing, producing and directing her own plays and she set up TouchPoint Productions in 2010. In 2017 she made an award-winning short film “Seeing Grace”. Mary is also a qualified personal development and career coach and has consistently been awarded outstanding (Grade One) for teaching skills.

CORE Training Academy is under the governance of **Phoenix Performing Arts Trust**, a registered charity www.patrust.uk

CORE's policy is of **full inclusivity**, including applications from those who are disadvantaged educationally or financially, including ex-offenders, or those without GCSE qualifications who are over the age of 16.

Phoenix Performing Arts Trust raises **bursaries** for those unable to meet the costs of CORE courses and can award full or part scholarships to those who through audition show potential and full commitment to the learning process. Please contact this address for more information: phoenix@core-arts.uk.

Progression

The courses are all aimed at helping trainees to find direct entry into the industry.

Foundation & Intermediate Trainees

immediately qualify for **Equity** Student Membership as they are training upwards of NVQ level 3 as specified by The Equity Actors' Union.

Advanced Trainees qualify for student membership of **Spotlight** upon Graduation

CORE endeavours to assist and advise trainees, including working with their Partners to provide work experience and possible employment after graduating.

Exceptional Trainees may be offered work with CORE's performing companies:

TouchPoint Productions and *Threshold Physical Theatre Ensemble*



Student Associate in PointZero physical theatre community performance 2013. Isha photography

Open days and auditions will be posted on the website



Former apprentices and associates with PointZero physical theatre—'Masquerade' 2017 (photo: Oliver Tellechea)

CONTACT AND APPLY

office@core-arts.uk

07719 760924

[Link to online application form](#)

More information and apply via the QR code or the website:

www.core-arts.uk

Situated in Coventry, West Midlands.



CORE
THEATRE ARTS TRAINING

Under the Governance of:
Phoenix Performing Arts Trust reg. Charity 803728
www.patrust.uk