

IMPROV AND STORYTELLING SYLLABUS

~12 Week Program~

Classes take place on Fridays from:
3:00 – 5:00 for Group A and 5:00 – 7:00 Group B

Location: The Box 5 Cabaret Theatre
212 E Broadway, Hopewell VA 23860

COMMANDMENTS OF IMPROV

1. Project your energy!
2. Get out of your head!
3. It's not about YOU!
4. "Yes, And..."
5. Building a Scene:
 - a. *The First 30: Establish Relationship and Scenario*
 - b. *Introduce Conflict*
 - c. *Raise the Stakes*
 - d. *Resolution*
6. Finding and Staying in Character
7. Embracing Mistakes!

1. Reacting, Not Acting 01/09/2026

- Overview of the tenants of improv
- Today's Tenants
 - Project your energy!
 - Get out of your head!
 - It's not about YOU!
- Games
 - Zip, Zap, Zop
 - The Alphabet Game
 - The Question Game
 - One Word Story

2. 3. "Yes, And..." 01/16/2026 01/23/2026

- Today's Tenants
- 1. "Yes, And..."
- 2. Building a Scene:
 - a. *The First 30: Establish Relationship and Scenario*
 - b. *Introduce Conflict*
 - c. *Raise the Stakes*
 - d. *Resolution*
- Games
 - Shoulda' Said
 - Blind Line
 - Freeze

4. 5. Character Work 01/30/2026 02/06/2026

- Today's Tenants
 - Finding a Character
 - Staying in Character
- Games
 - Character finding exercises
 - News Anchors
 - World's Worst
 - Dating Game
 - Party Guests

6. 7. 8. Putting it all Together 02/13/2026 02/20/2026 02/27/2026

- Today's Tenants
 - Embrace Mistakes!
- Games
 - DVD Menu
 - Interrogation

9. 10. 03/06/2026 03/13/2026

- Side Tenants
 - *Statements are stronger than questions*
 - *Be Bold!*
 - *Don't Block, Build!*
 - *Keep it Clean mostly (Don't use dirty humor as a cop out)*
- Games
 - Decide who's playing what and who is calling
 - Determine Troup name
 - Practice games

11. Dress Rehearsal 03/20/2026

12. Final Performance 03/27/2026

The final performance is free to attend. Please invite your friends and family! Clear your invitation list with Jesse Taylor by 03/20/2026