

First step towards the clown

« *The clown constantly seeks to apply the values that are instilled in him without ever succeeding. Its failure is a blessing for humanity.* » **Michel Dallaire**

I want to propose first step in the work of clown, some exercises very simple but essential to learn the burlesque art. Clown is art of fragility, emotions, stupidity and all the things that can't taking place in a liberal system. The clown's practice is the exact opposite of what the society try to make of us : determinate, volunteer, unemotional, profitable person.

The clown is a way of being in the world, at the ready of its emotions, in direct contact with the moment and the unforeseen, strong of a great desire to "play".

The clown make people laughing at first but also moves and questions above all. The laughter it provides is a true act of liberation for the public and for the clown himself.

The practice of the clown brings us closer to what makes us human touch, a sensitivity that weakens us but which in accepting it gives beauty to our lives.

5 minutes doing nothing, parody / fragility.

« *The clown's fragility is fueled by the courage it takes to assume it.* » Michel Dallaire

This work shop can be done by everyone, regardless of age, sexe, language, social class, etc. Actor, dancer, clown, etc or no professional. The participant have just to be interesting and ready to play !

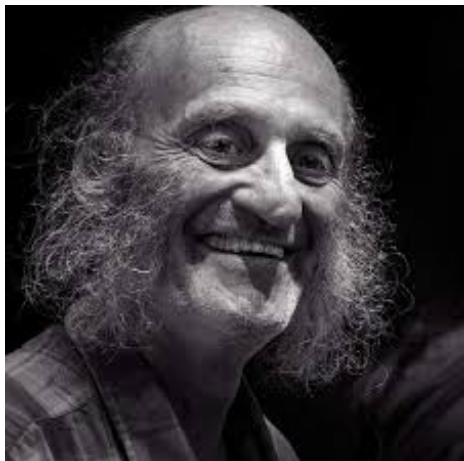
Before the exercise, i want to make everybody comfortable and benevolent with a little game in circle. After, the participant have just to make noting during five minutes, front of the other participant, just breathing and leaving the emotions out, with eyes contact between the player and the audience. The audience is ready to be very benevolent with the solist and have to observ all the corporal details of this five minutes trip.

For the rest, there are two possibilities. It depend of the time i have to make my workshop. If i have just 1h45, it just will be to speak 3 or 4 minutes after each trip to. The goal of the discussion is to offer to each person, an emotional and corporal analyses without judgement.

If i have more time, like 3 hours, we can push the game until the parody : for volunteers, after their passage, without discussing, the audience will turn their backs to prepare a short corporal sentence of what they feel about the emotional logique of the solist. Then, they show their sentence to the solist, all at the same time. The solist observ and chooses the person who makes him laugh the most. After well observing the sentence, the solist has to reproduce the proposition, etc.

My method and my references

During my year of theater license in 2008, I discovered the art of clown through amateur workshops, bringing together students from very diverse backgrounds. After my theater license, I decided to follow a professional training at the Hangar des Mines between 2013 and 2016. I met Michel Dallaire and his partner, Christine Rossignol as teachers. My life changes, thanks to them, towards the clown profession that I currently exercise on stage and as a pedagogue.



Michel Dallaire is a famous clown of Quebec origin. He is at the start of the **Cirque du Soleil** where his company "La Ratatouille" is a hit. We find him later as director in the first circus show **Archaos** "Le chapiteau des cordes". We find his trace at the origin of the Berlin cabaret "**Pomp, Duck and Circumstance**" which will then become an international success. "**The men in black**", with his cie **Contre Pour** will tour for 5 years in Europe and it is not uncommon to hear yet spoken of this creation which has upset the codes of street performance by a totally innovative writing. He also signs numerous staging of circus, street theater, music, etc. Teacher for a long time, he created a school in the Cévennes: the Hangar des Mines. He set up a pedagogy there based on his experience as a clown which he did not cease peeling until his last breath in 2019. This school has an international reputation and many clowns, companies and pedagogues have passed there. seek precise and rigorous teaching.

Le Clown, l'Art, la Vie – Michel Dallaire – 2015 – 192p – Auto edition

La balade des êtres libres – documentary of Nicolas Gayraud – film KAFARD - 2014