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Test 3. Actors' training

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Test

10 points possible (graded, results hidden)

What other word can be used to define the concept of "actor's imagination"?

☐ mythical☐ meditative☒ physical

What makes it possible to understand where the feelings, emotions, desires come from, how they work and how to manage them?

☐ robotics☐ video technology☒ psychotechnics

According to Yu.M. Lotman, what is the state called "inspiration" related to?

☒ targeted destabilization of hemispheric activity

☐ mental disorders

☐ immersion into the proposed circumstances

How many topics (conditionally) can psychophysical training exercises be divided into?

☐ eight

☒ four

☐ it is better not to divide them

Who is the author of the term "character armor"?

☒ Lowen

☐ Stanislavsky

☐ Gracheva

Who discovered the mechanism of "rhythmic stimulation" of brain activity through breathing?

☐ M.A. Chekhov

☒ A.A. Ukhtomsky

☐ E. Grotovsky

Who's the founder of yoga?

☒ Patanjali

☐ Gandhi

☐ Confucius

Who is the author of the statement: "Every new era brings new ideas and acquires new eyes"?

☐ Ukhtomsky

☒ Heine

☐ Louk

What does the term "triad" include?

☐ Attention, patience, imagination

☐ Perception, mind, imagination

☒ Physical life, imagination, mind

Choose the correct sequence of actions when working on your attention according to M.A. Chekhov

☒ Holding the object, pulling it towards you, reaching out for it, permeating it

☐ Pulling the object towards you, permeating it, reaching out for it, holding it

☐ Reaching out for the object, pulling it towards you, holding it, permeating it

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