

# Teatro dell'Albero



## **AN ATHLETE OF THE HEART** *The actor in equilibrium*



Demonstration-show with

### **Mario Barzagli**

This demonstration wants to put the spectator in contact with the work of the actor, to help him to get into that “machine”, that mechanism, that “organon” in action which is the actor.

To perceive the wealth and the depth that hide behind the appearance, the finished work.

What happens outside, the visible, is the fruit of a long work which sediments in the time.

There are the particular and there is the detail. The particular is more or less important.

“The detail is however essential” (Franco Ruffini).

The objective, then, is the discovering and give evidence to the essential: the way of an actor in equilibrium between the West (the demonstration-show is concluded with two fragments from Dante’s *Inferno*) and East (the art of the Indian danced theatre: the Kathakali), that he acts with lucidity, agility and grace.

Through his sincerity he shows his “determined body”, he places us in front of our eyes “the athletic image of a body engaged in fight” (Antonin Artaud) that pursues with conscience a scope “the job of an expert workman”.

“Such job remembers always the dance, it grazes and touches the borders of the art...”.

## **AN ATHLETE OF THE HEART**

**By and with Mario Barzaghi**

In Kathakali you can arrive to the maximum of the result when the actor-dancer “succeeds to express the poetry visible”.

The epic of history coincides with the epic character of the training to which the actor-dancer is subordinate.

Mario Barzaghi

Gazzetta di Parma, 22 maggio 1999

An Athlete of the heart is the title chosen by Mario Barzaghi for his fascinating demonstration-show. Resuming a phrase of Artaud, “the actor is an athlete of the heart”, Franco Ruffini emphasizes the analogy between the athlete master of muscles, the poet master of the words and the actor master of the heart, but Mario Barzaghi – in a meeting from Kathakali, through Michelangelo’s images, leading to Dante, seems to fuse potentially all these characters.

An actor in equilibrium, an able body of high expressivity, which segmenting arms, hands, legs and feet, searching strongly poetic synthesis, filing each passage, giving his effort with communicative lightness for the audience.

Valeria Ottolenghi

“...the nights of Kathakali made me to sense the frontiers to which the actor can get, but was the dawn to reveal the secret of those actors, at Kalamandalam of Cherutturuty, in Kerala.

Here, hardly adolescent young people, in an obstinate repetition of exercises, passes, songs, prayers, dances of the eyes, votive offers, crystallized their own ethos like artistic behavior and ethical attitude”.

Eugenio Barba

## **AN ATHLETE OF THE HEART**

### **TECHNICAL REQUIREMENTS**

- General place + 2 floodlights on floor on proscenium + 2 for the edges (floodlight must be supplied of deflecting wings)
- Audio system with CD reader, possibly (taking account of space available) two indicators
- Mirror for dressing (min. High m. 1,50)
- Dressing room or space adjacent the scene very illuminated
- In case of night show, the place must be available from the morning in order to setting lights, audio volumes and staging (back, drop, wings)
- In case of morning show, the place must be available the previous afternoon
- It is necessary a technician present during the various phases of the work, included the demonstration-show.
- The audience or interested people can assist to the make-up (4 hours prior to the demonstration-show).