



# Stunt Masterclass

Lectures & Interactive Workshops



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# STUNT MASTERCLASS

## LECTURES & INTERACTIVE WORKSHOPS

### COMBINATION LECTURE / WORKSHOP

This is a 2 hr session, which is the full lecture, discussing Abbi's ever expanding career, including her on set experiences with many A list actors and what can sometimes go wrong! This is followed by a condensed version of the workshop using a small hand picked number of students from the audience. Therefore total numbers are not restricted and we can accommodate large groups.

Abbi will demonstrate a short fight routine using 2 volunteers and discuss camera angles to get the best possible shot from the viewer's point of view.

This will be followed by a demonstration of a front and back fall onto the airbag. Abbi will ask for 4 volunteers and proceed to teach them how to fall and land initially using a crash mat, before they progress to the platform / tower and fall safely from various heights onto the airbag.

To wind up the session it is always a great 'hit' to smash the head of a nominated person over the head with a sugar glass wine bottle by one of the students! It truly is safe and painless but a great treat and brilliant photo opportunity for the other students!

**£450** + VAT  
plus travel expenses

### REQUIREMENTS

- ★ DVD player, speakers and screen or laptop and Smartboard.
- ★ A platform or tower to fall at varying heights.
- ★ A large workable area, which can also accommodate the audience.
- ★ A theatre with a raised stage is ideal providing we have the height for the falls, however if height is restricted the falls will be just as challenging from the maximum we can achieve.



## SELF DISCOVERY WORKSHOP

### Stage fighting & falls

These confidence giving workshops are designed as a fun experience or as an introduction to stage fighting / falls, for the more serious drama student. They will learn how to 'play' to the audience making the action much more dramatic and how to prepare and work out a fight routine involving fellow 'actors' and practice the technique required to fall safely onto an airbag.

As with all our programs safety is of the utmost importance and all advice and instruction given must be adhered to without exception. All participants must be reasonably fit with no medical conditions that may be aggravated by physical exertion.

This 2hr workshop is designed for a maximum of 20 people (adults and/or children 10yrs plus)

### Stage Fighting

**The emphasis** is self control, mutual trust, learning to work with a partner, becoming a team player and helping each other to achieve an aim or goal. Building confidence, self esteem, and having fun! This session is particularly helpful for overcoming self consciousness in a controlled and safe environment.

**The aim** is to perform a set fight routine without injury, which will excite an audience and overcome any embarrassment and fears the participant may have. It allows the more dynamic student to express themselves creatively and develop their own style, safely and under the constant guidance of Abbi and her team.

We will use crash mats and body pads when necessary. The final fully rehearsed fight sequence of each pair will be demonstrated to the other students, with the addition of sound effects from a willing volunteer!

The session will begin with a viewing of Abbi's show reel, which contains a montage of stunts and fight action, performed by stunt professionals and actors, followed by a talk on safety and the equipment to be used.

All the students will warm up with stretching and trust exercises.

The tutor will demonstrate a fight routine, explaining how the various moves are achieved, safely and convincingly.

Each group will be guided through the fight routine and continue to work together to perfect the sequence until they are happy with the result. Finally all the students will perform their fight sequence to the rest of the group.



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## FALLS

A platform or tower will be constructed prior to commencement of the workshop at a maximum height of no more than 5 - 6 meters, which can be accessed at varying levels if possible.

The **emphasis** is still very much one of self discovery, self motivation, positivity, overcoming fears, confidence building, trust in one's abilities and in the tutor.

The **aim** is to focus and listen to one's inner self and discover how to literally become a higher achiever! Mentally challenging but great fun!!

This session will continue immediately after the fights. Abbi will begin by talking about safety, discipline and how the airbag works. They will be enlightened on the different types of landing 'beds' used in various films and TV shows, depending on the type and height of the fall. Abbi will demonstrate the correct way to fall onto the airbag.

Each person will start by falling backwards onto a crash mat on the ground, progressing to the platform at the lowest level and work up to a height they feel comfortable with, which suits their ability, under Abbi's strict guidance and supervision. The session will end with a de-briefing and assessment.

**£500 + VAT**  
**plus travel expenses**

## REQUIREMENTS

- ★ DVD player, speakers & screen or laptop and smart board.
- ★ The platform / tower and a large workable area.



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## PARKOUR / FREERUNNING

A Parkour / Freerunning session with an experienced specialist can be added to the workshop at an additional cost. These are extremely popular and usually oversubscribed!

This is a fast evolving sport, can be enjoyed at many levels and only requires a good pair of trainers, a commitment to learn and a sensible attitude.

The specialist will perform a demonstration of his dynamic skills outdoors, weather permitting, using natural obstacles and will impress upon the students how important it is to be respectful of the environment when performing and under no circumstances cause a nuisance or damage to property.

They will begin the session over a set obstacle course indoors, using one section at a time, under the strict guidance of the tutor, until they can master the full course. The session will conclude with a timed lap by each individual, until we have a winner!

To accommodate more people these sessions can be split into 2 groups.

**£250 + VAT**

**In addition to the workshop fee.**



# STUNT MASTERCLASS

## LECTURES & INTERACTIVE WORKSHOPS

### TALKING MOVIE MAGIC

Lecture /Talk – approx. 1hr

This talk is designed to give an insight into the world of action movies, the stars Abbi has worked with, her most dangerous stunts and the most frequently asked question ...'Have you ever been hurt', the answer to that is YES! and on more than one occasion! She has performed most stunts from horse falls, high falls, car crashes, car knockdowns, body burns, to falling down stairs. She has been shot, stabbed, decapitated and died on numerous occasions as a Zombie in the ever popular movie Shaun of the Dead.

She now works predominantly as a stunt co-ordinator and fight arranger. Her full list of credits can be found on IMDB and her website is a feast of action packed show reels, photo galleries and a downloadable CV.

We begin with a short introduction whereupon the audience will view Abbi's show reels, which contains an explosive compilation of stunts and fight action from numerous TV shows and feature films.

At this point Abbi will discuss the requirements and qualifications necessary to gain entry onto the elite team of professional JISC Registered Stunt Performers, should we have any budding stunt men or women in the audience! She will also bring a selection of her equipment to discuss how & when it is used.

The audience will be quizzed on their knowledge of various action films and how they think certain death defying stunts are achieved. Discussion will take place covering preparation and safety of all stunts and will touch on working with other departments such as, motion capture, special effects and CGI – Computer Generated Images which is used to achieve breath-taking 'reality'. She will also give the audience an insight into behind the scenes action and the truth behind the claim, actors perform ALL their own stunts!!

Question & answer time will follow and at the end of the talk Abbi will happily spend time signing autographs if requested.

**£350 + VAT**  
plus travel expenses

### REQUIREMENTS

- ★ DVD player or Laptop and smart board, projector, speakers and screen, with hands free PA if necessary.



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## STUNT MASTERCLASS LECTURES & WORKSHOPS

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