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Conveying Weight

LCC 2730 - Brian Schrank

Lecture Overview

- Weight Tracking
- Center of Gravity
- Clear Poses
- Vary Timing and Intensity of Poses

Lecture Overview

- **Weight Tracking**
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DO YOU
KNOW

10 PM

WHERE YOUR
CHILDREN ARE?

DO YOU
KNOW

10 PM

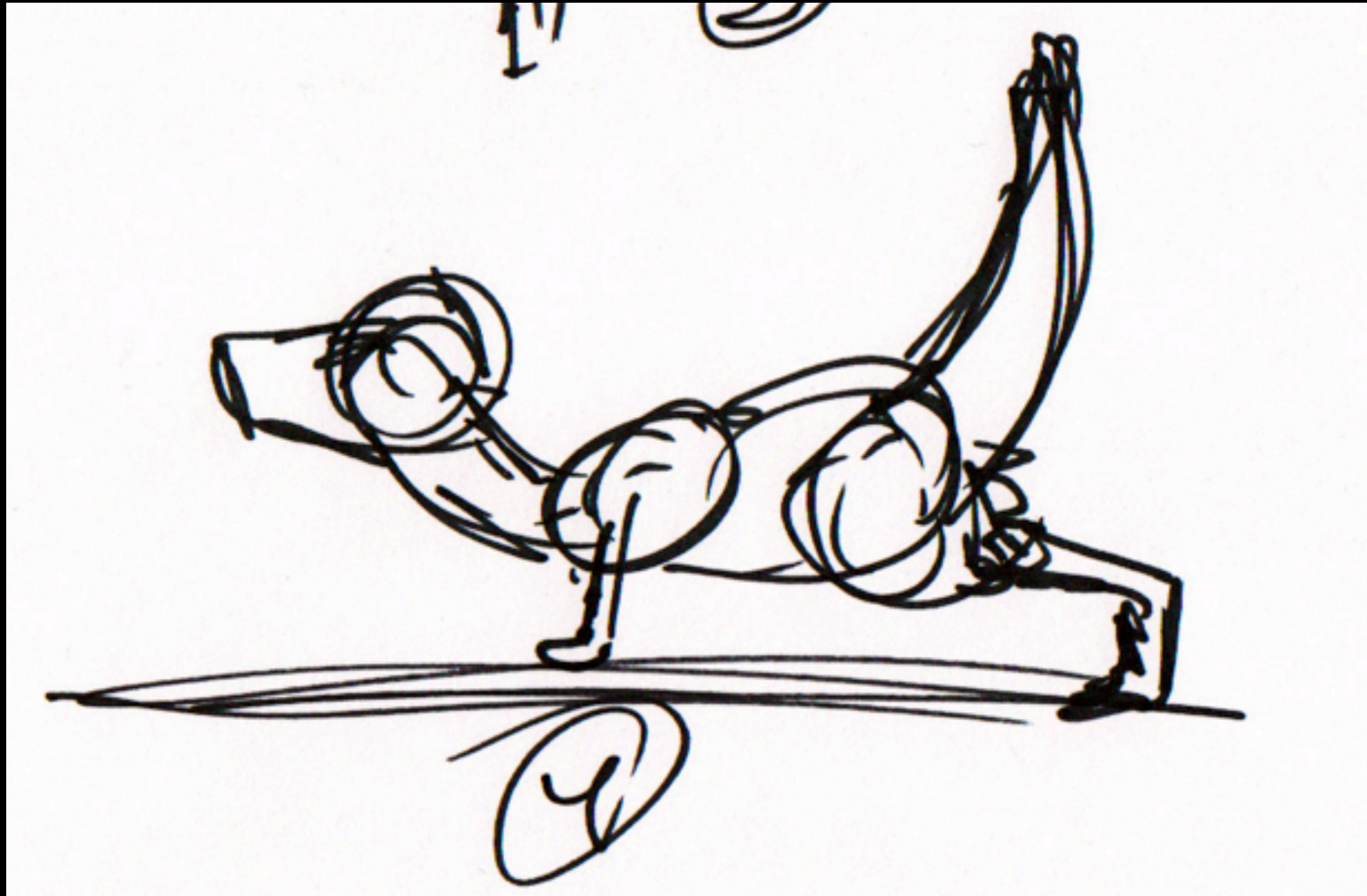
WHERE YOUR
CHILDREN ARE?

weight is?

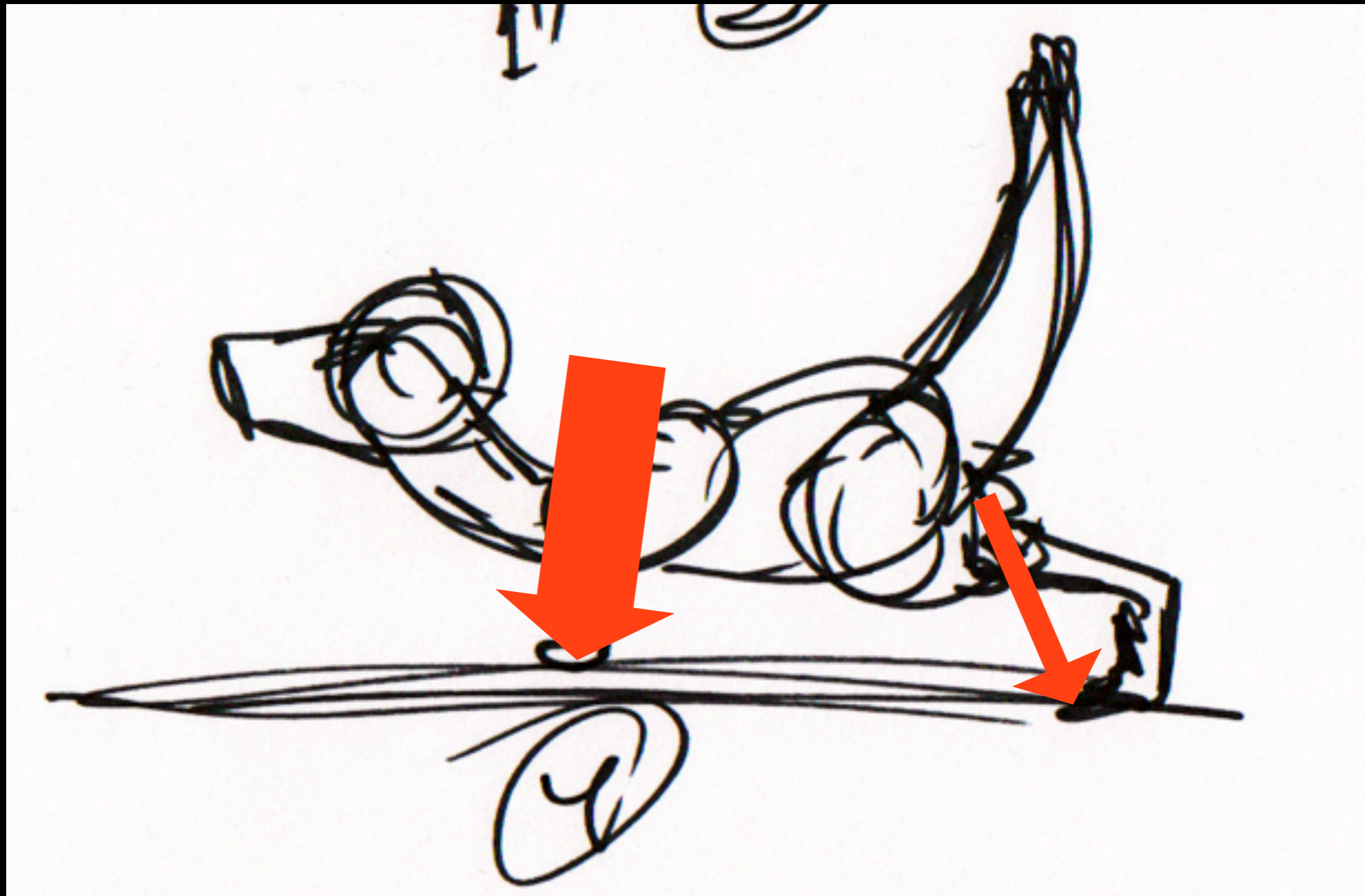
Keep Your Weight... on a Leash



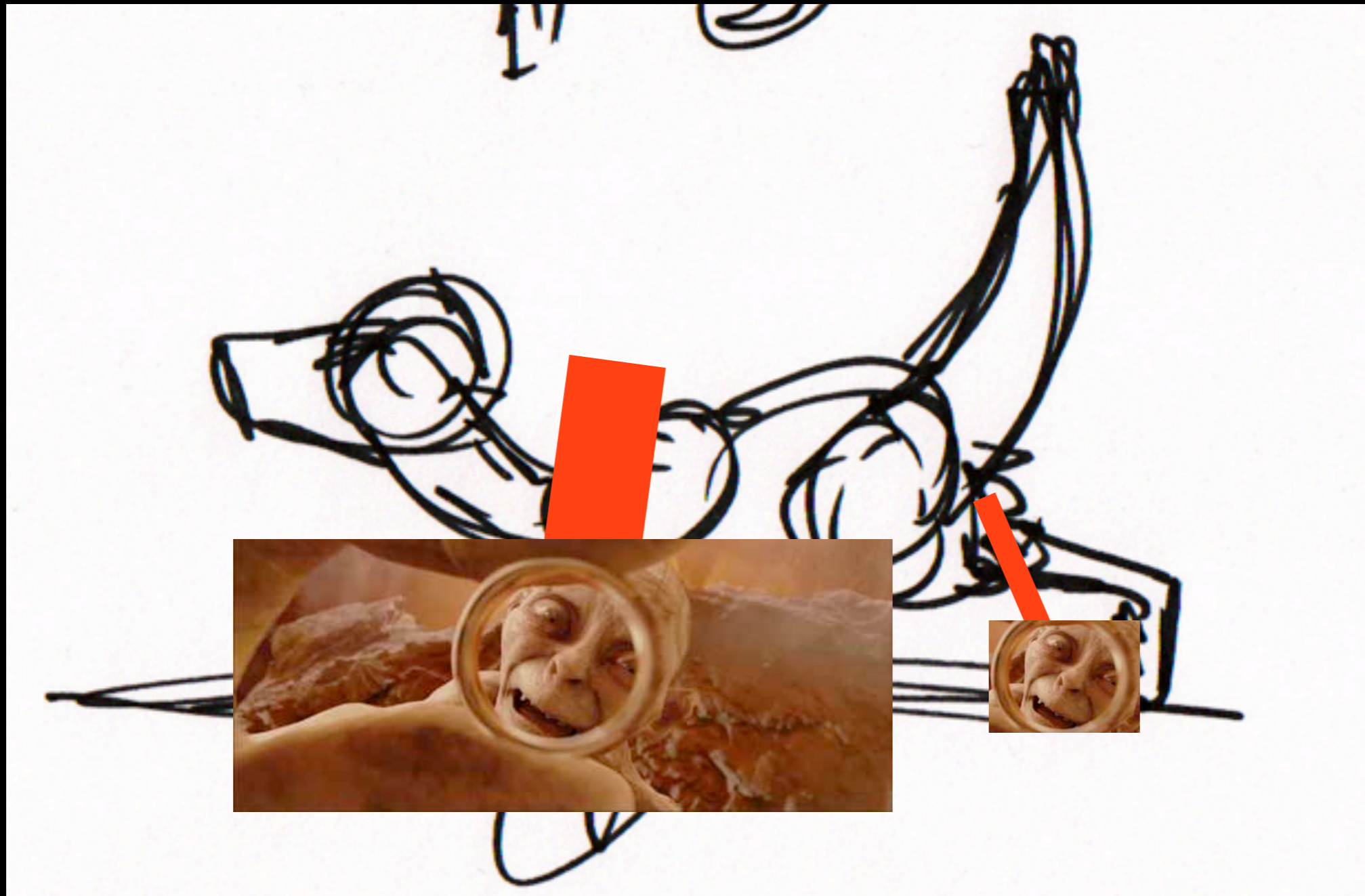
Consider Weight a Precious Object



Consider Weight a Precious Object



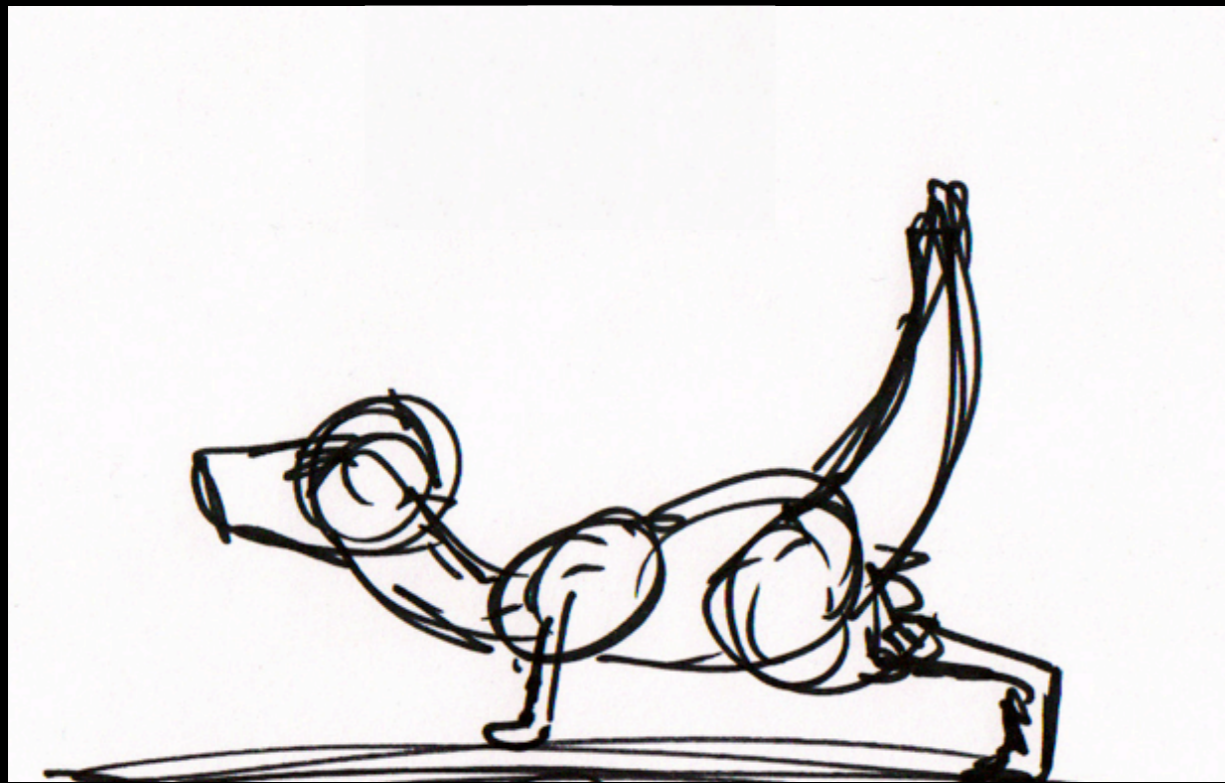
Consider Weight a Precious Object



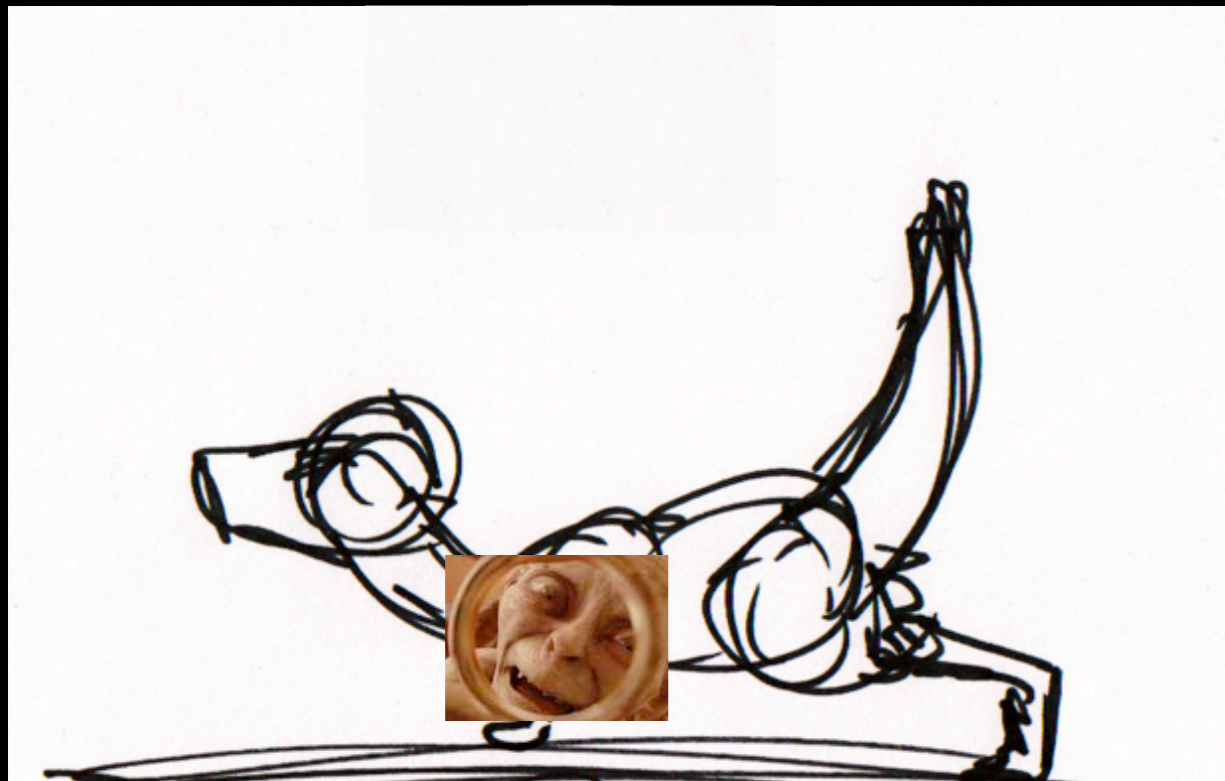
Consider Weight a Precious Object



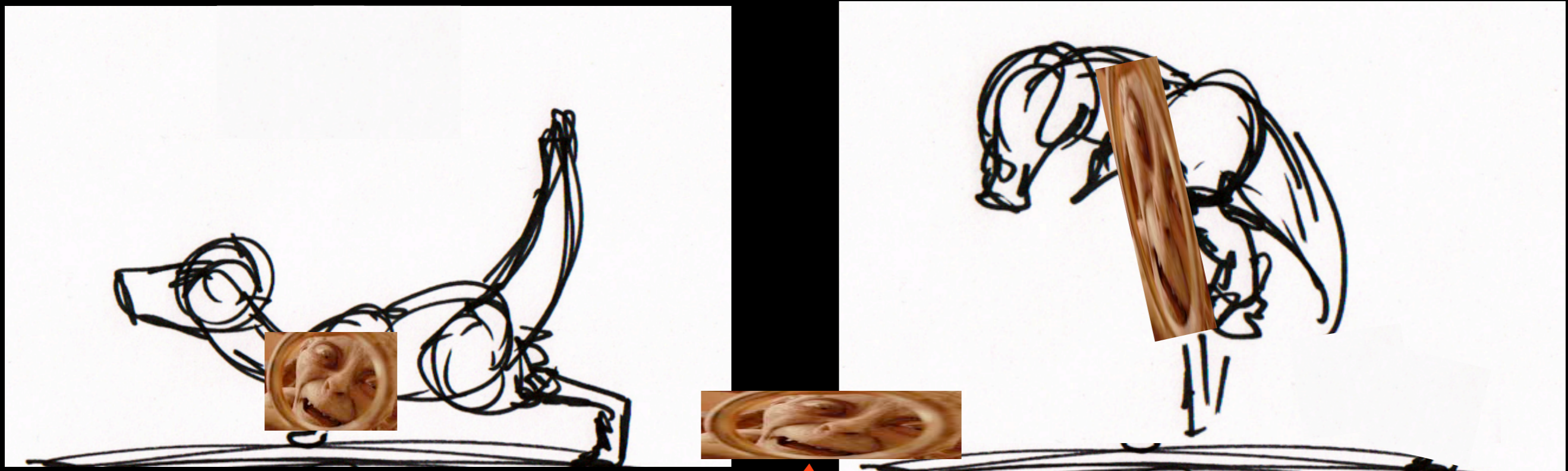
Consider Weight a Precious Object



Consider Weight a Precious Object



Consider Weight a Precious Object

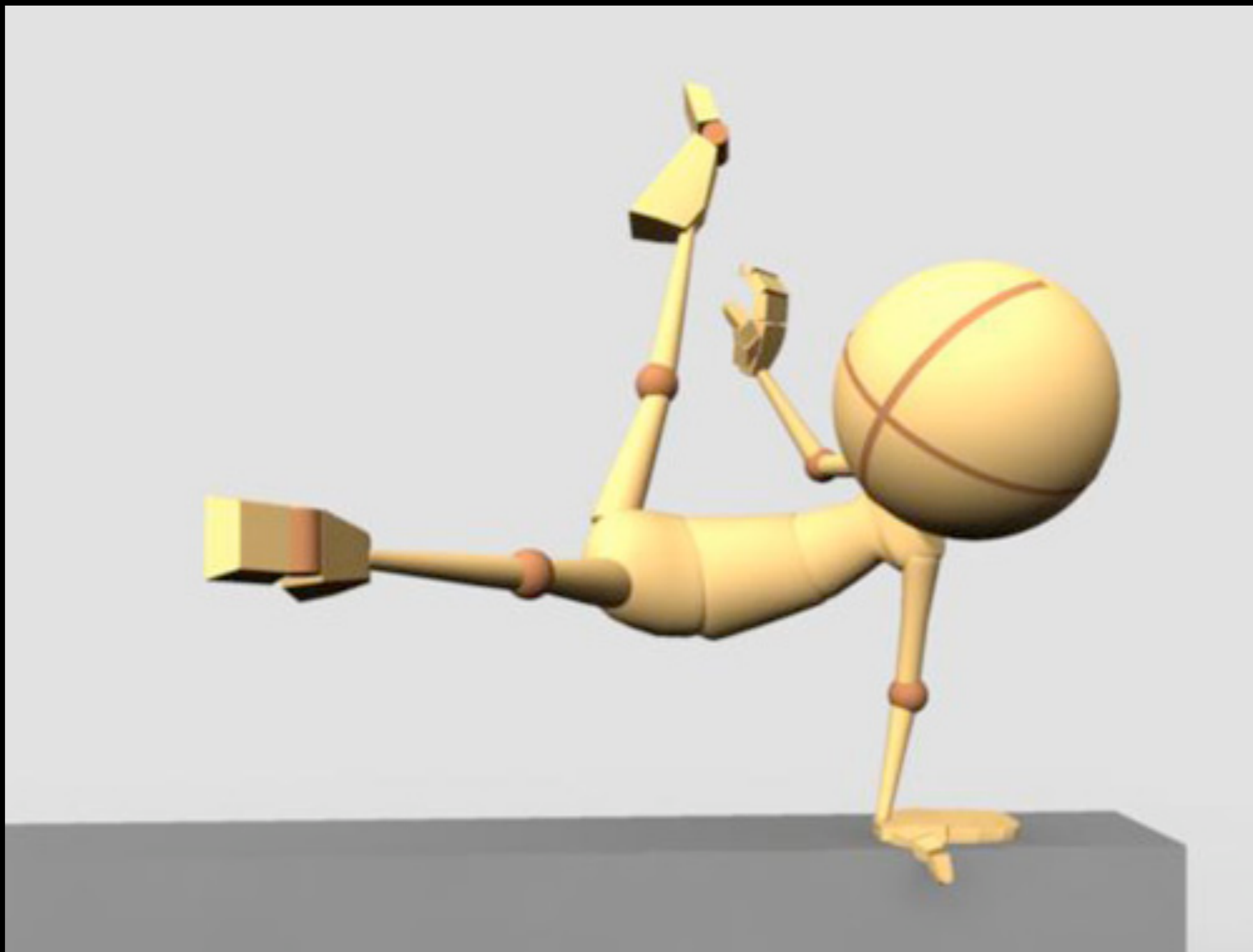


Without this squash it is not **WEIGHT** anymore merely a generic force.

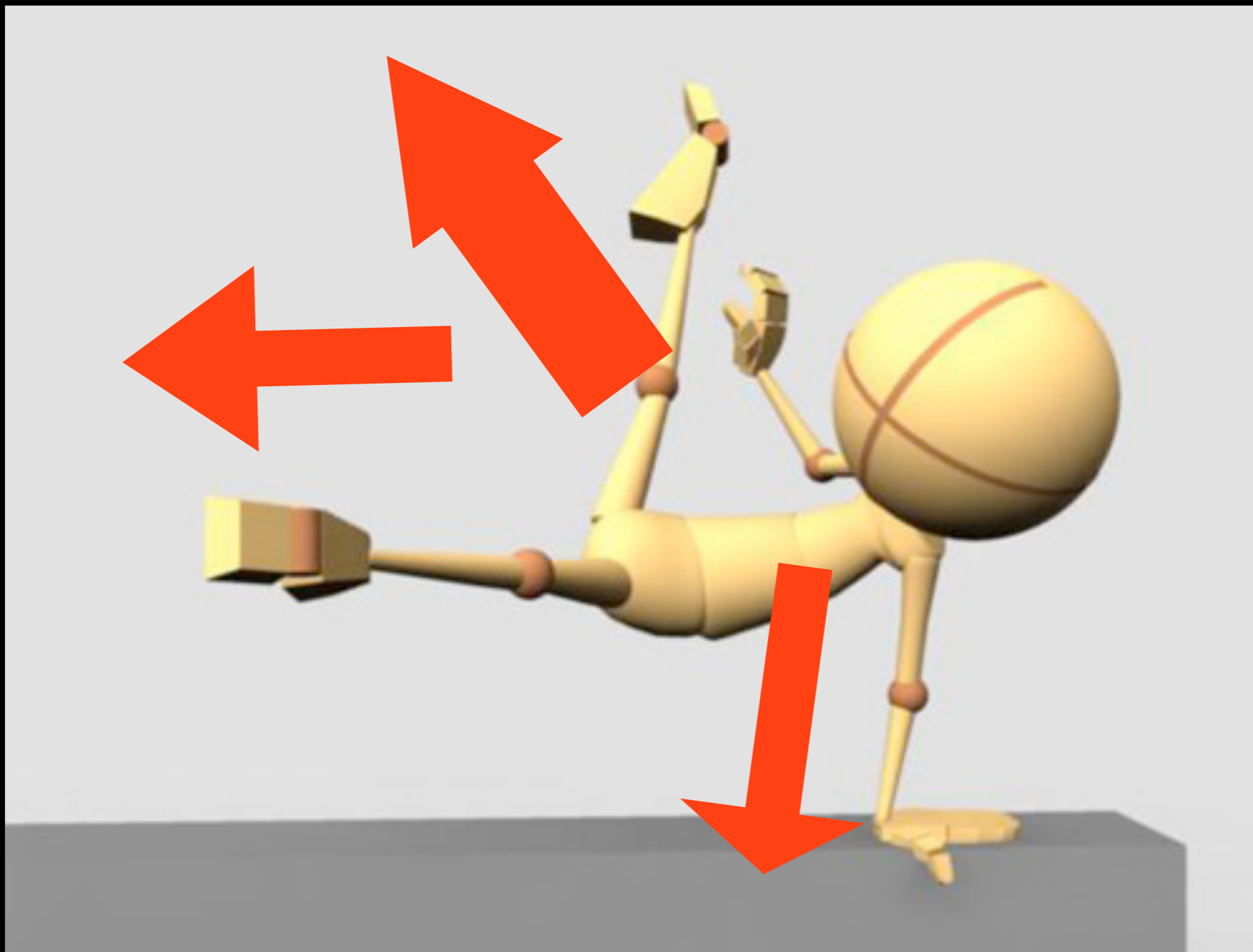
Don't Lose the Precious...



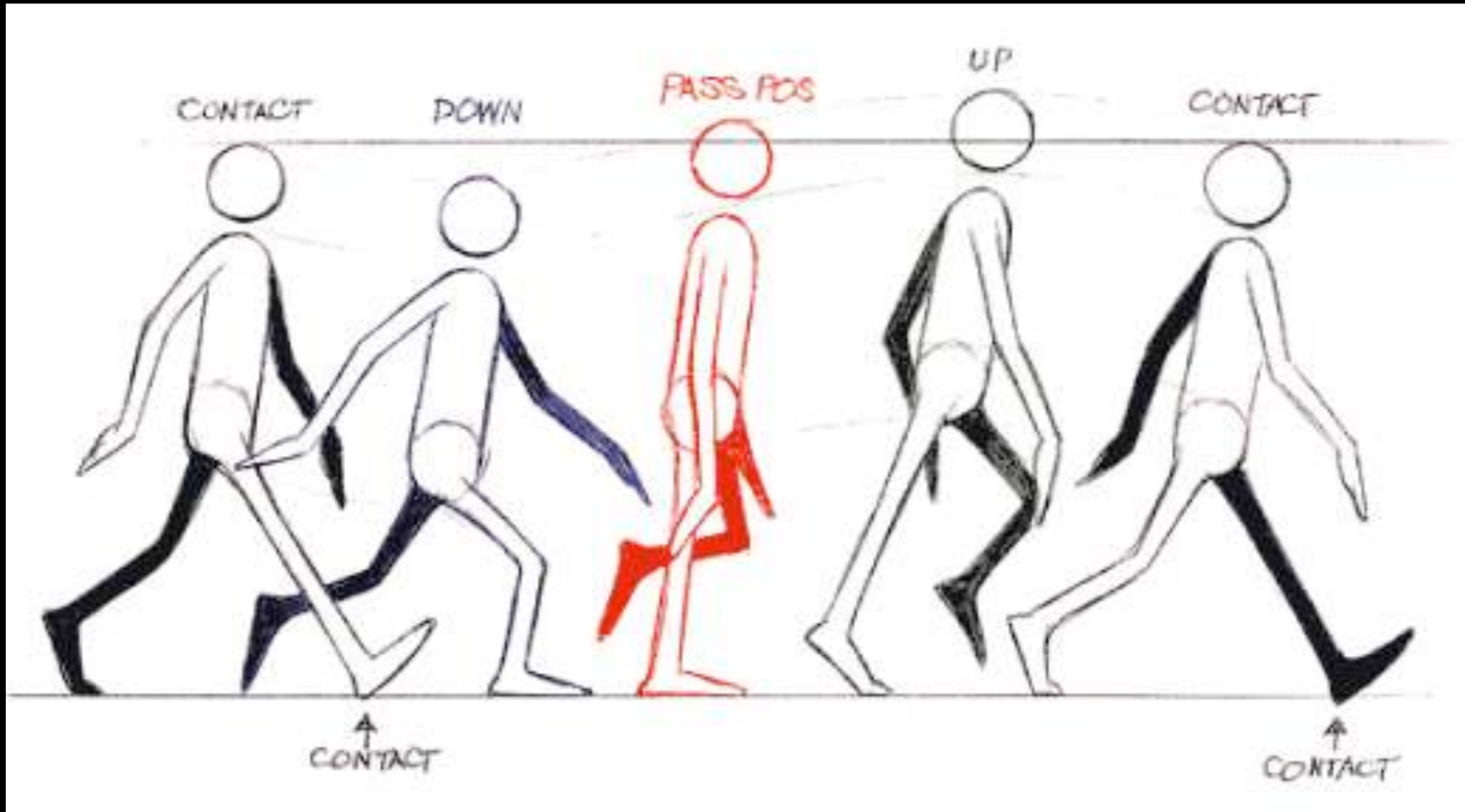
Know where the weight is
on every frame



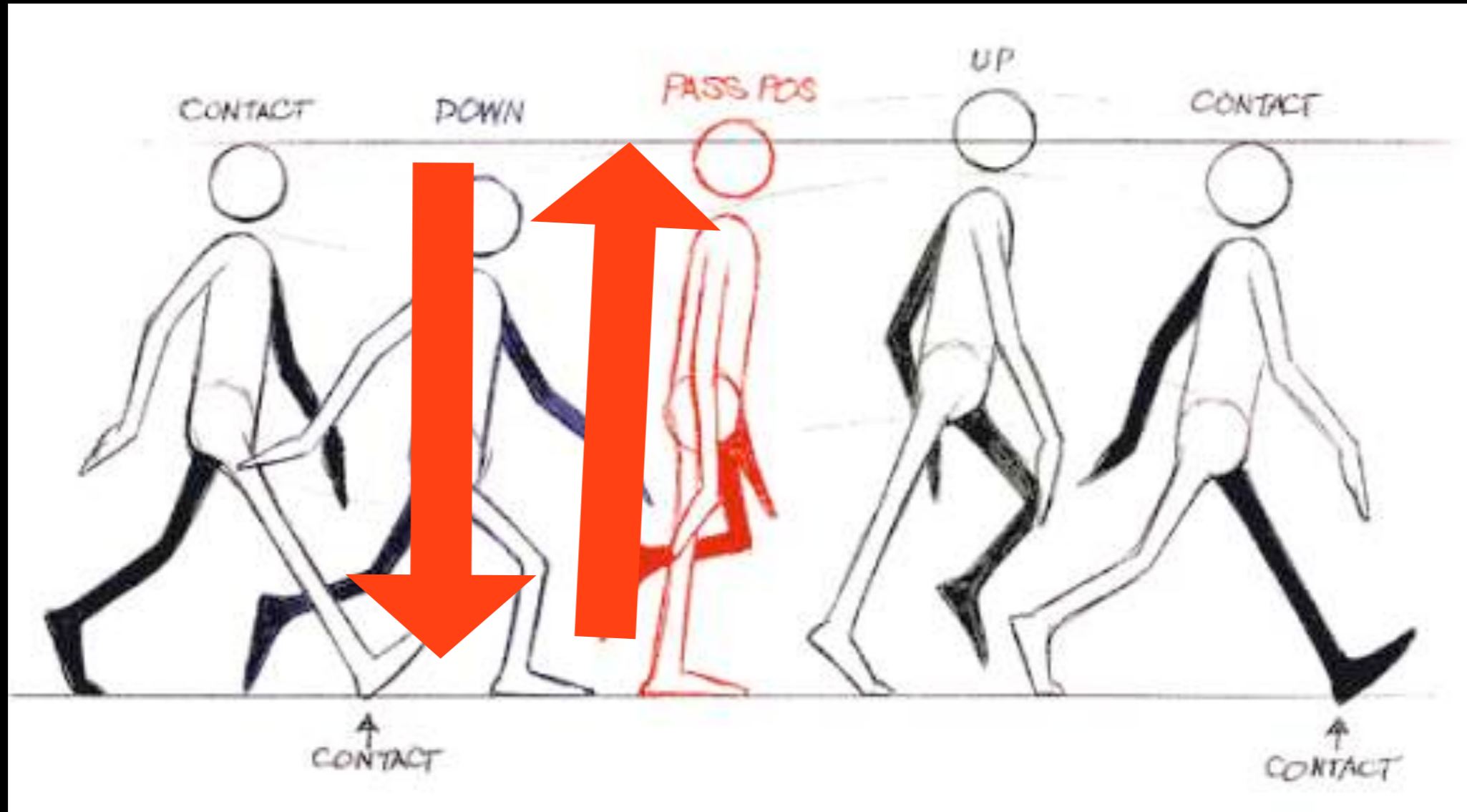
Know where the **FORCE**
is on every frame



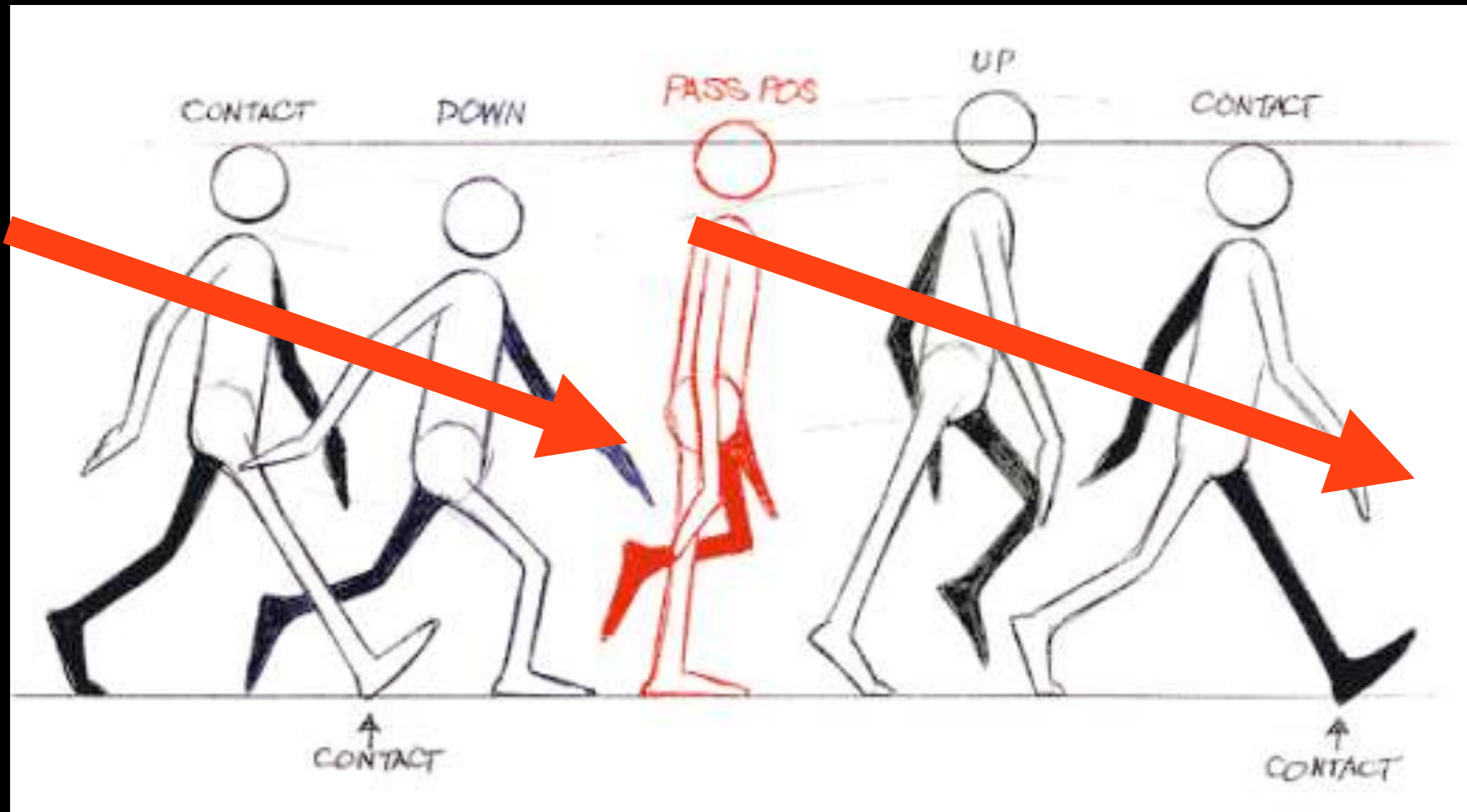
Where is the Force?



Where is the Force?



Walking is a... “Controlled Fall”



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Center of Gravity, “COG”



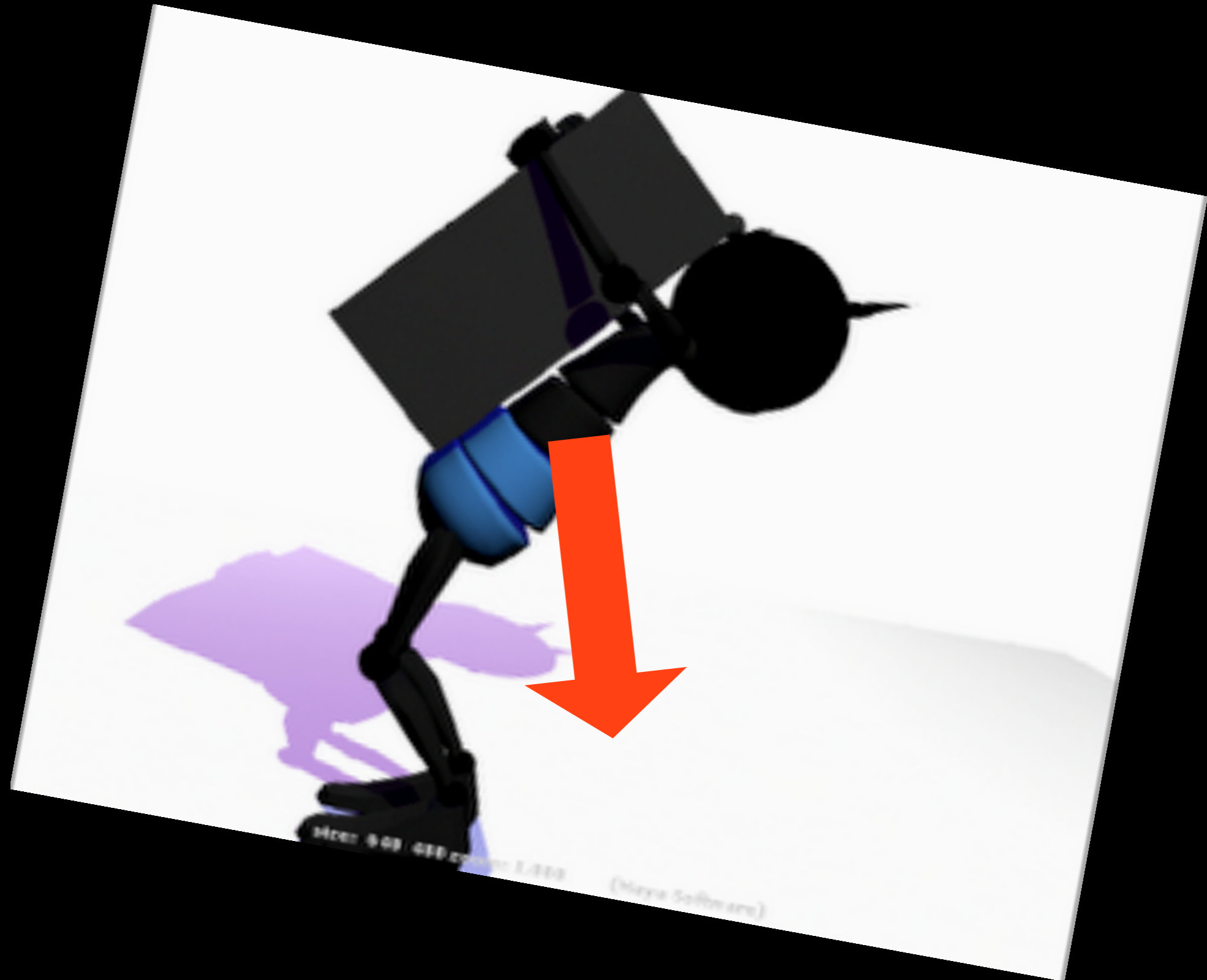
What will happen next?



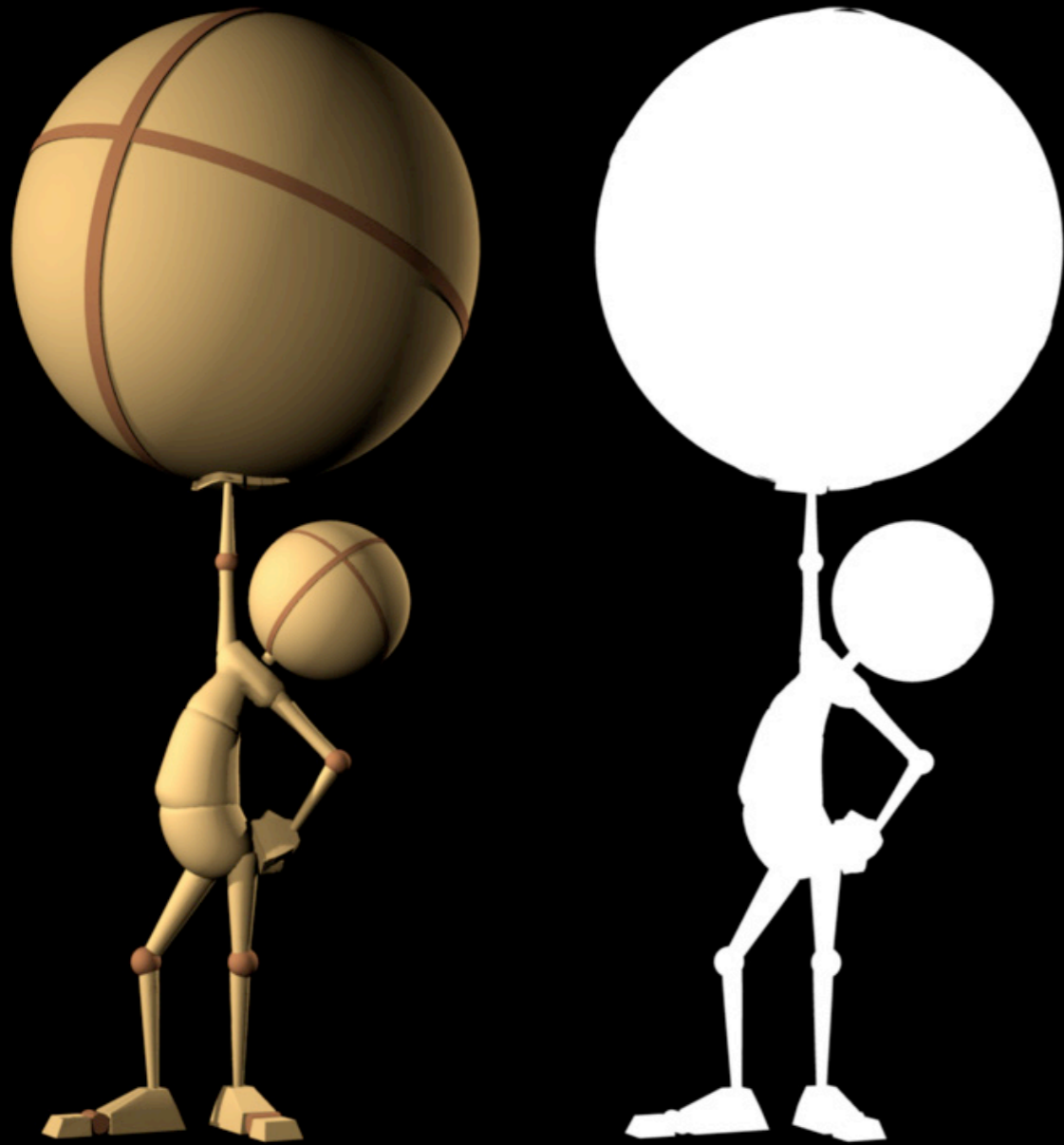
Center of Gravity is off



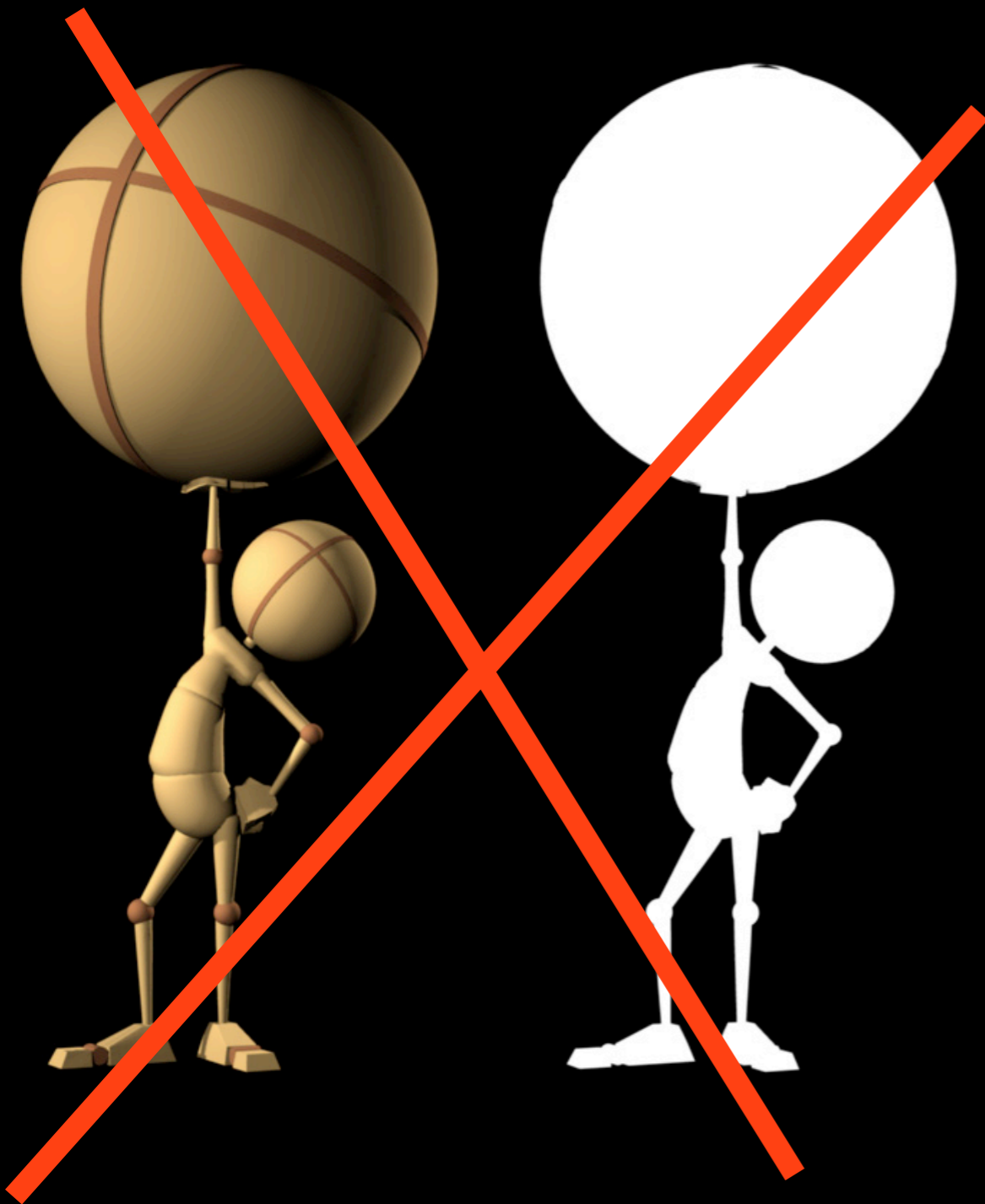
He Falls Backwards...



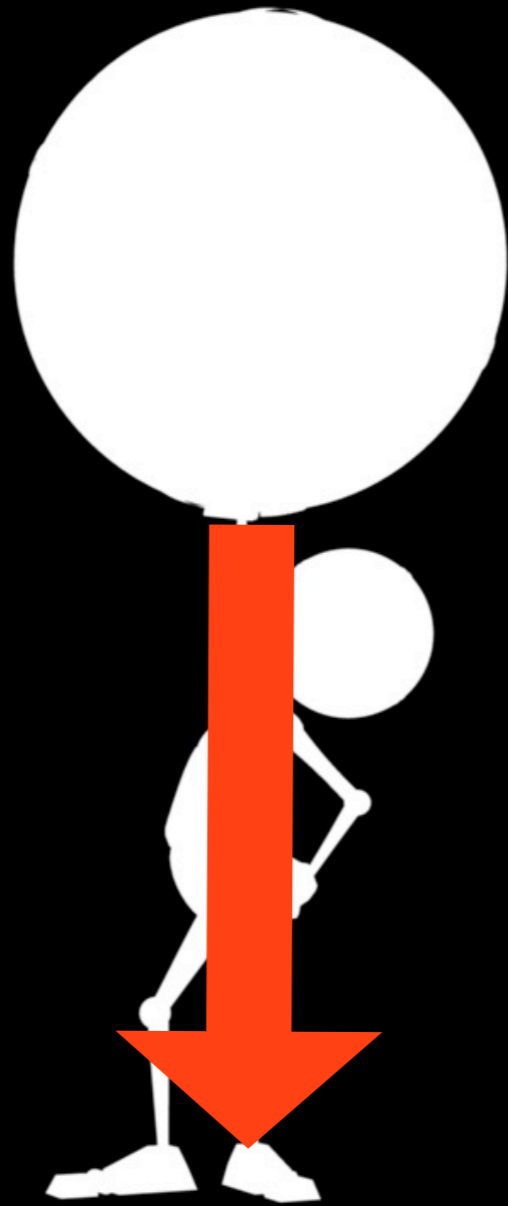
We Trend toward Stability...



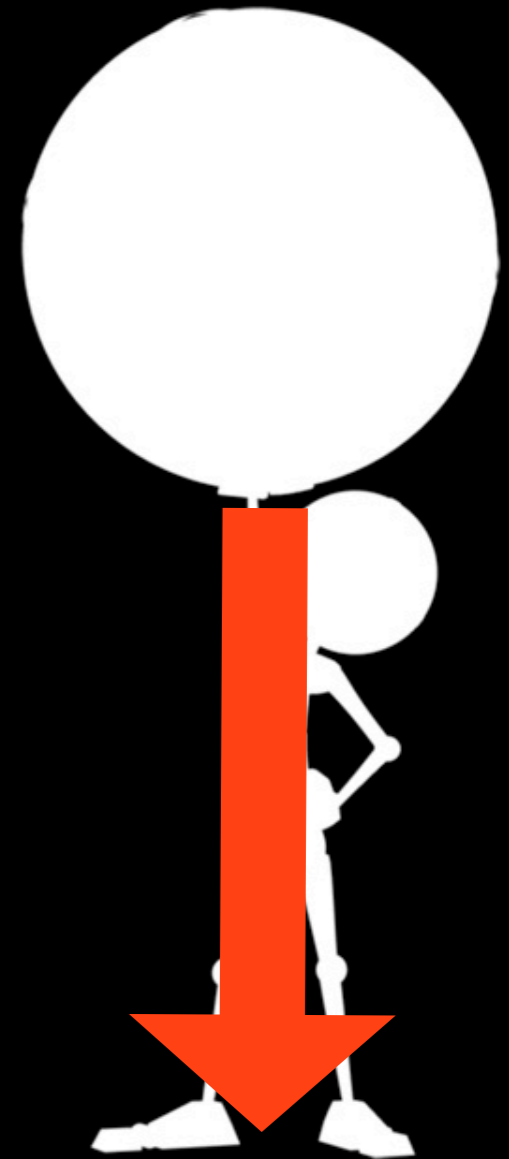
We Trend toward Stability...



We Trend toward Stability...



too close to
edge of support



in center of support

COG as Expression

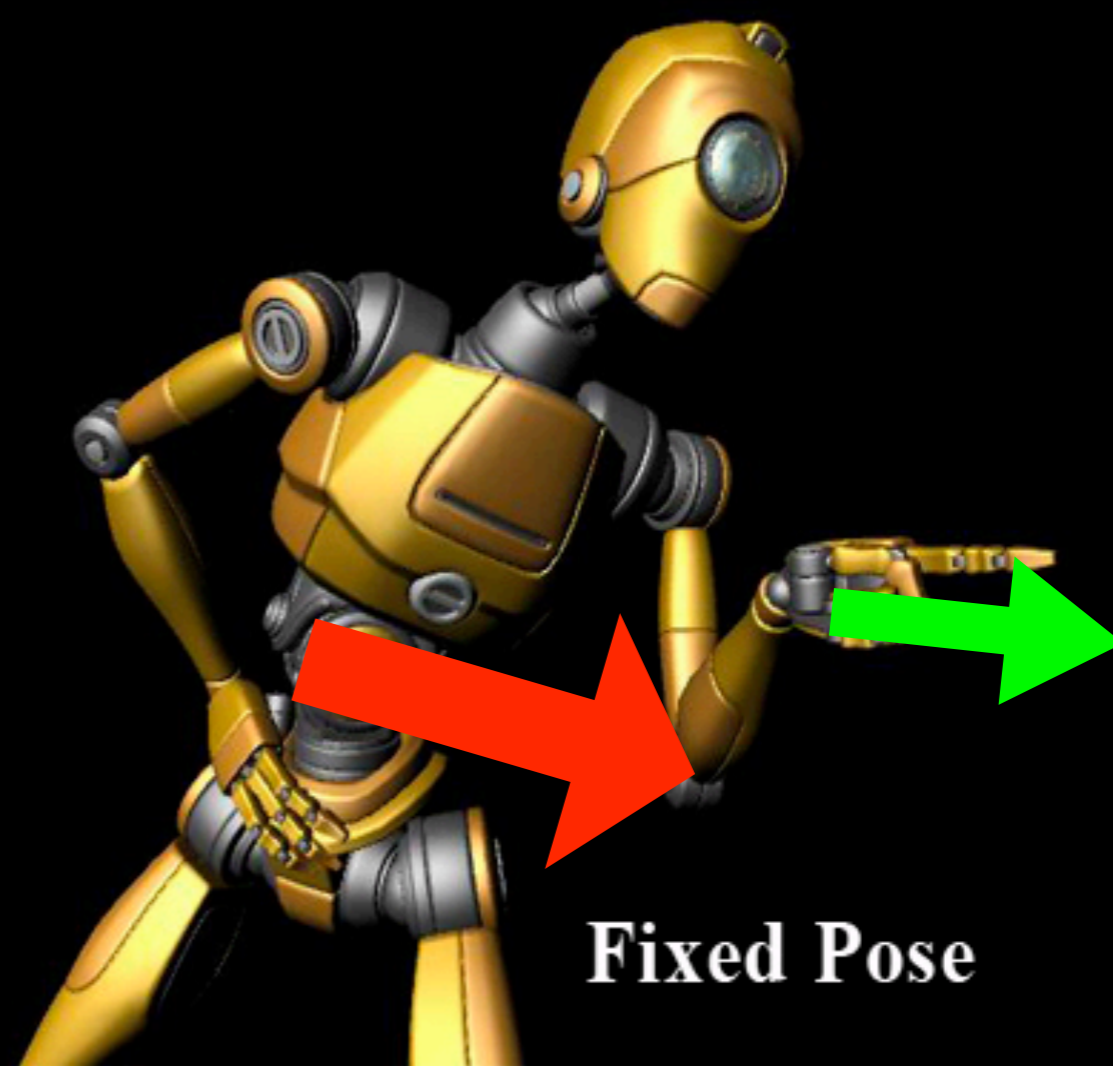
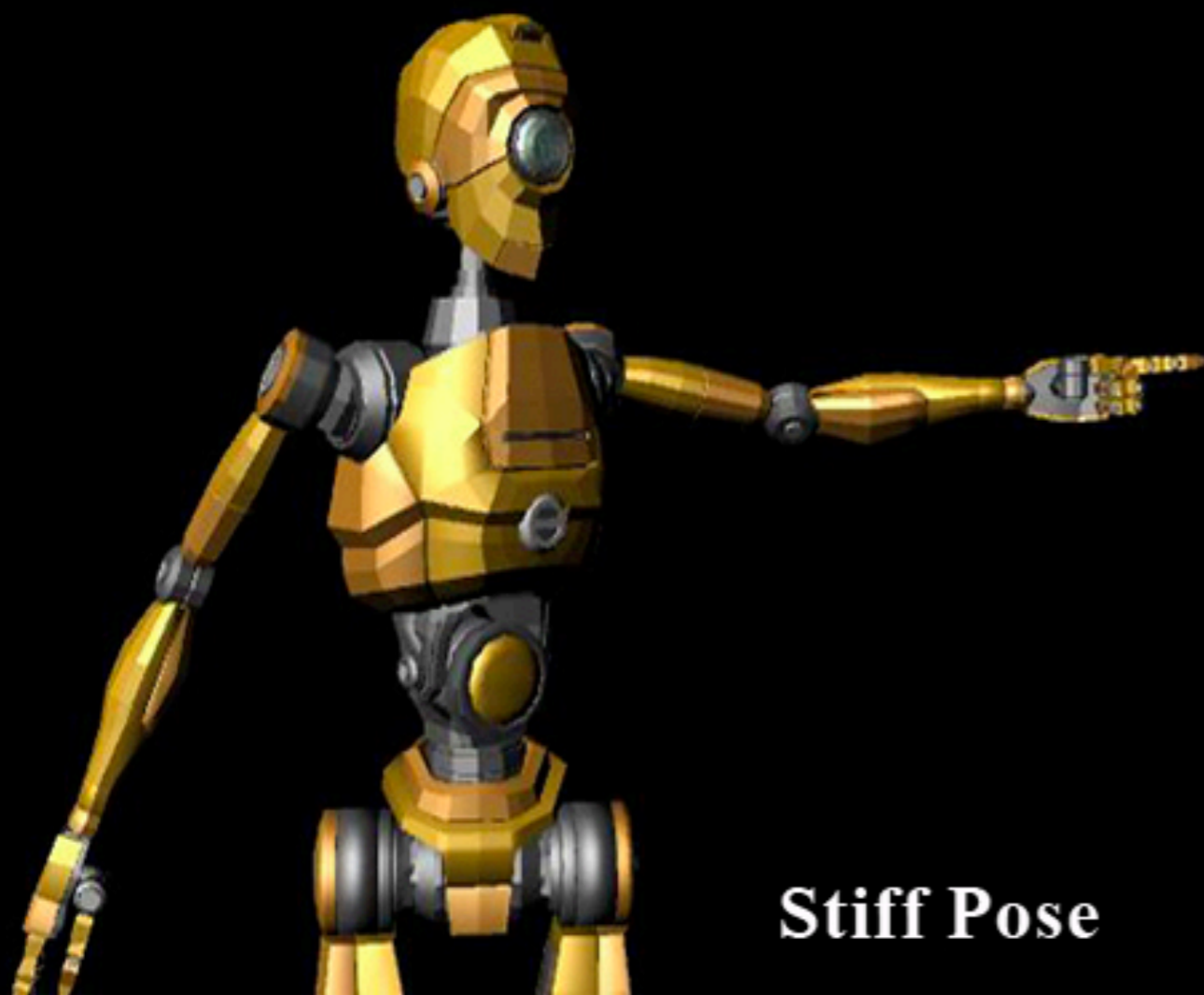


Stiff Pose



Fixed Pose

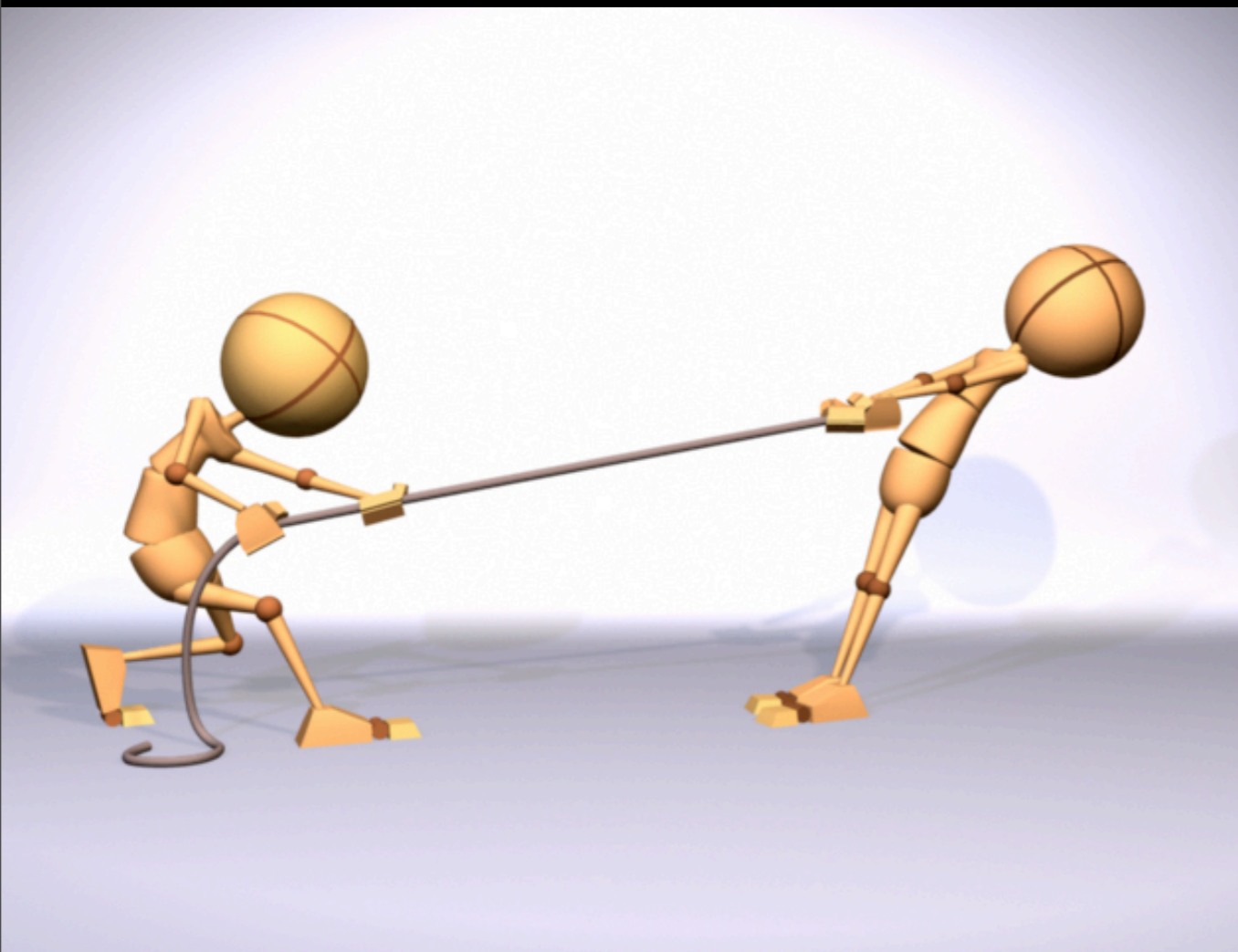
COG mimics / backs up finger



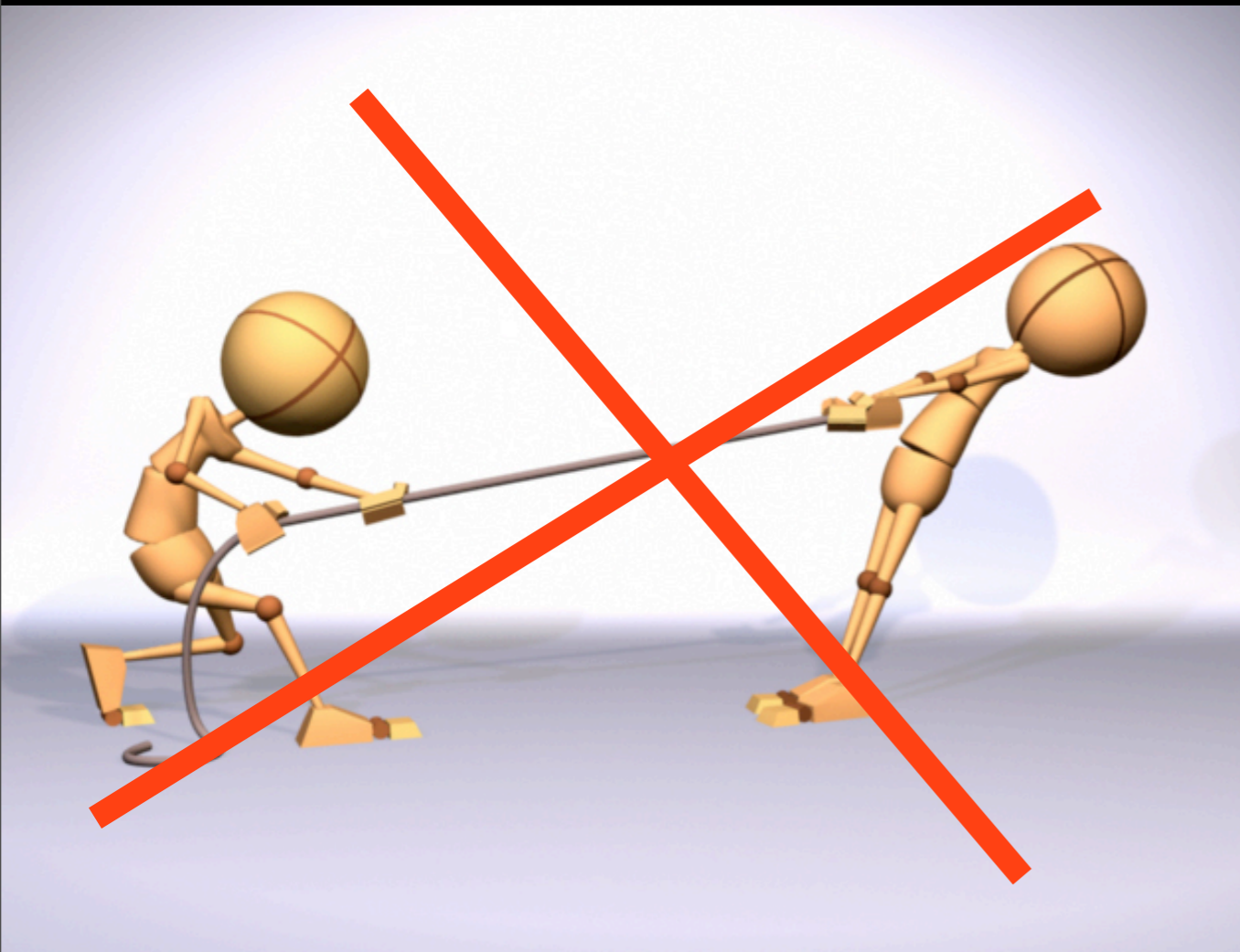
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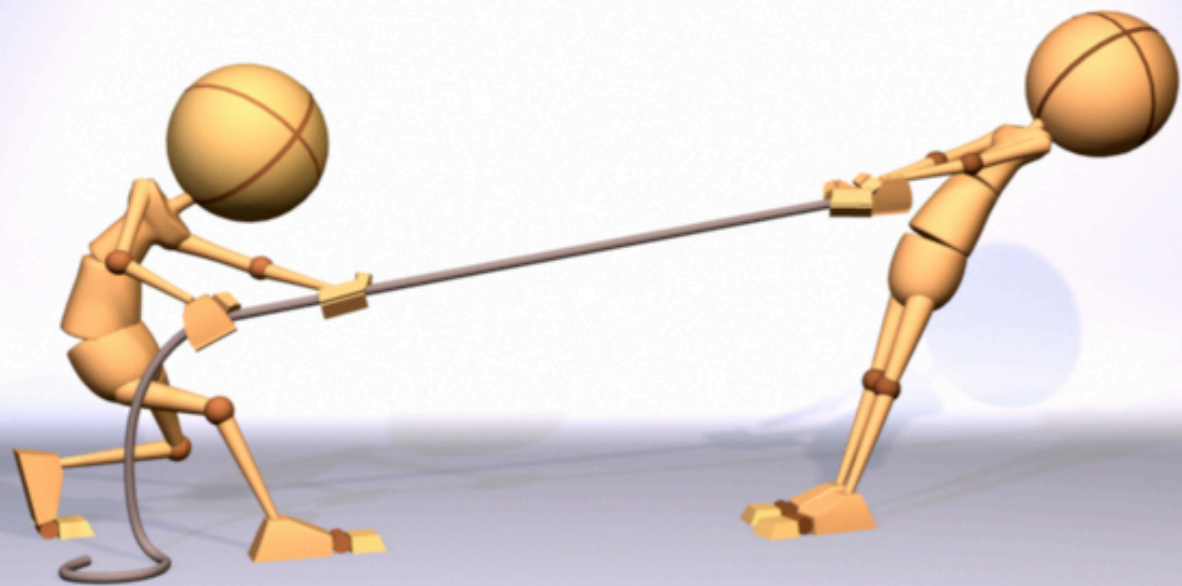
Pretty Strong Pose?



Pretty Strong Pose?

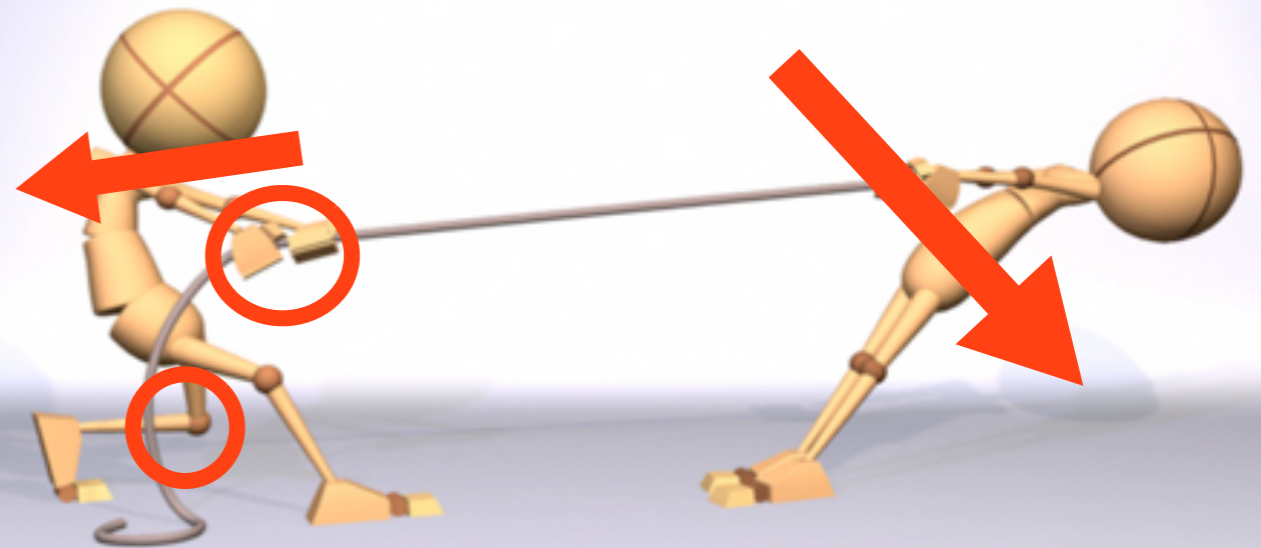
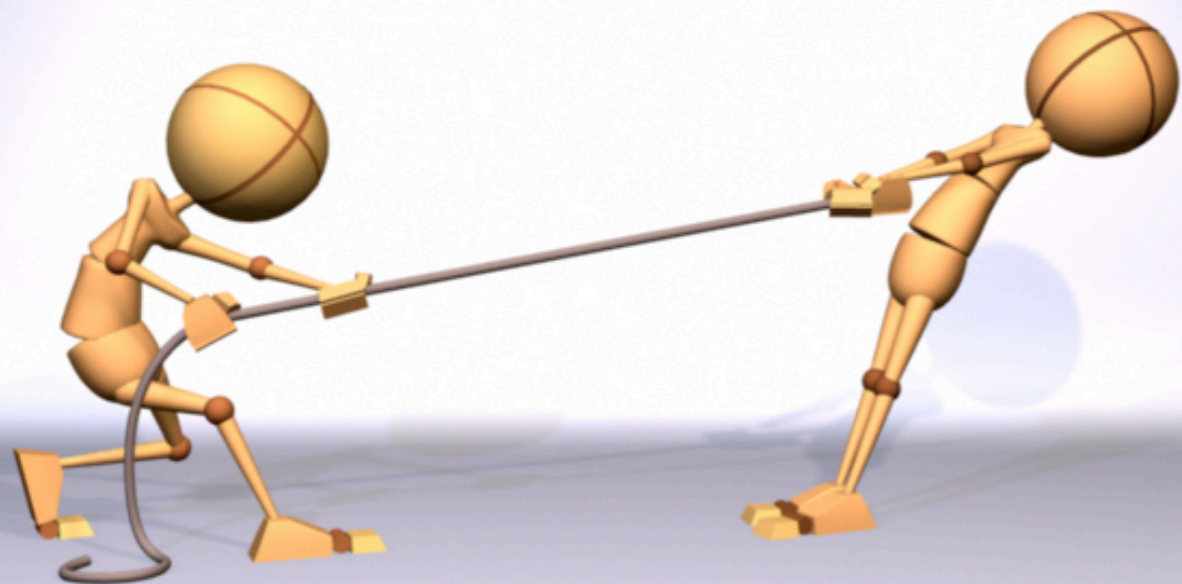


Could be Stronger!!!



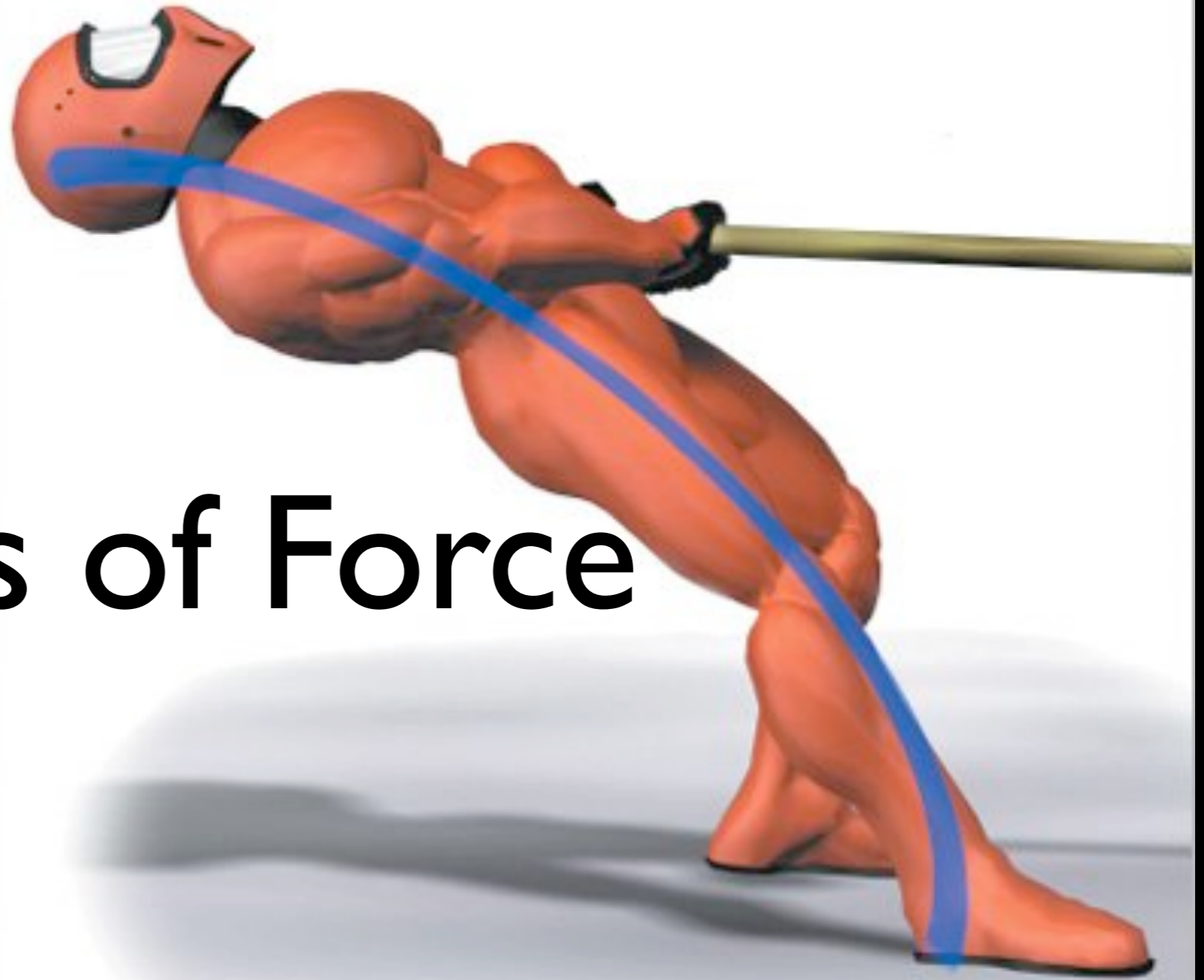
After

Could be Stronger!!!

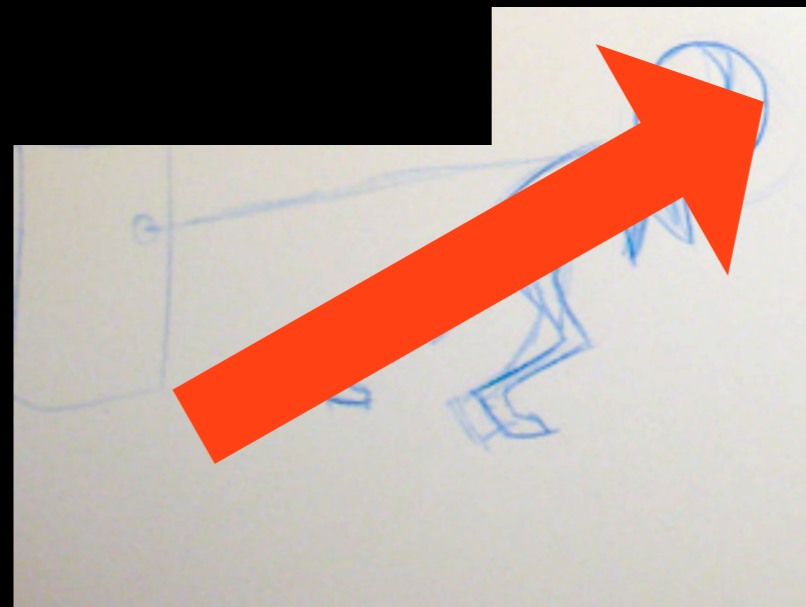
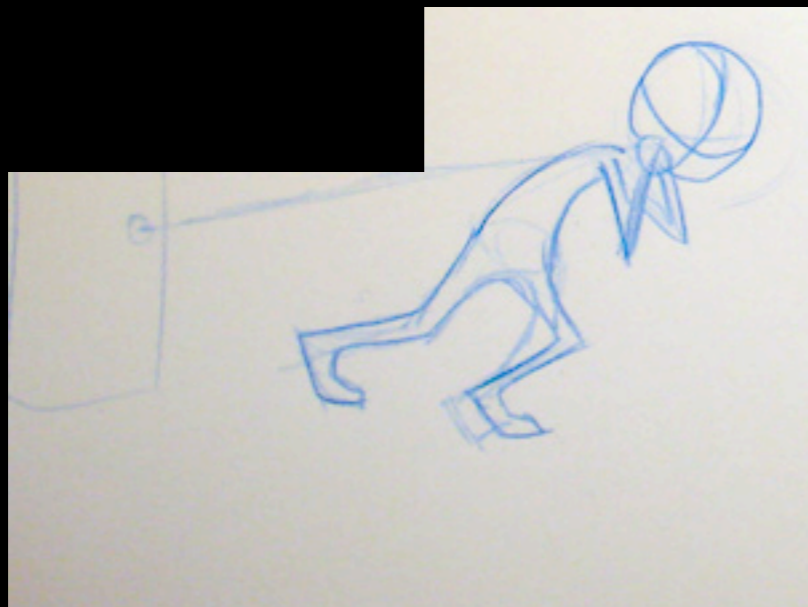
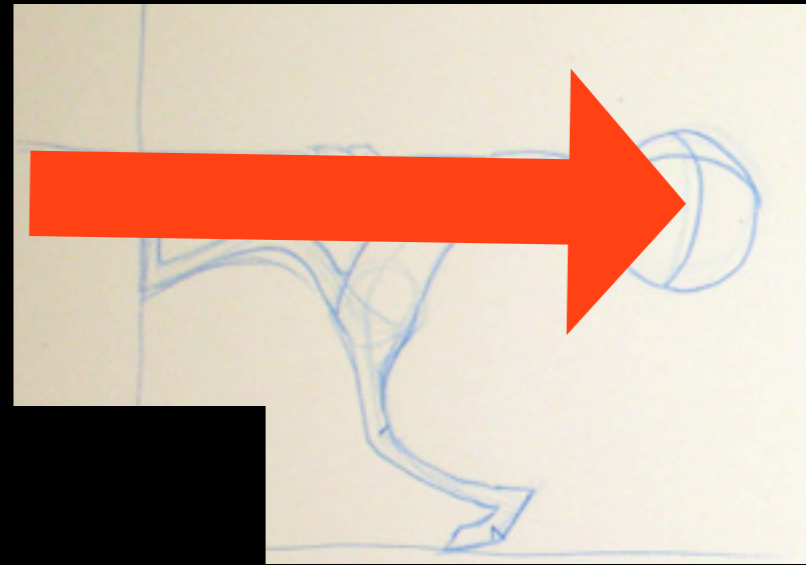
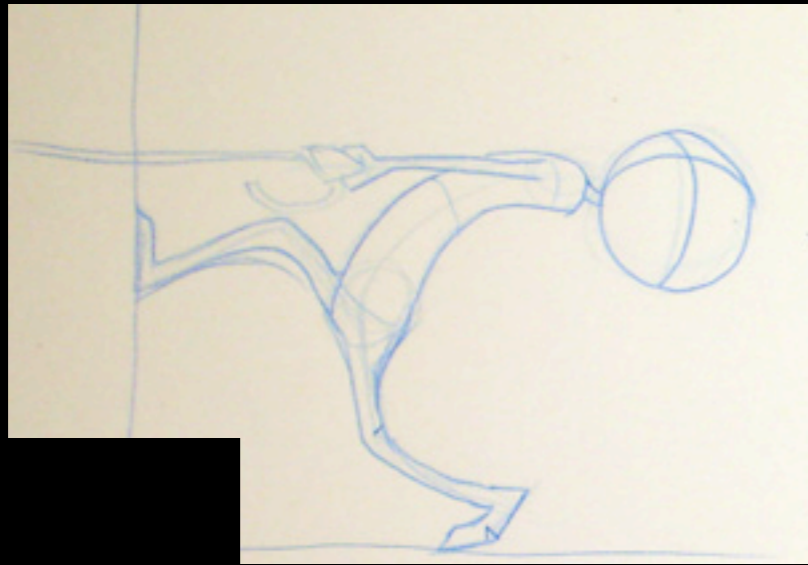


After

Clear Lines of Force



Clear Lines of Force



Reverse and Reverse and Reverse Curve of Spine

MAYBE WE DON'T HAVE THE SCREEN TIME TO HAVE HIM WALK AROUND, BUT ONE WAY OR ANOTHER, HE'S GOING TO ANTICIPATE THE WEIGHT.



LOOK WHAT THE SPINE IS DOING...



HE'D CERTAINLY SPREAD HIS FEET FIRST AND BEND HIS KNEES -

AND GET AS CLOSE TO THE WEIGHT AS POSSIBLE.



HE ADJUSTS HIMSELF SO AS TO NOT DAMAGE HIMSELF, HE DOESN'T WANT A HERNIA.



BODY GOES BACK AS HE LIFTS



TRIES TO GET UNDERNEATH THE WEIGHT - MIGHT ADJUST FEET IN LITTLE BITS - ERRATICALLY



ARCH REVERSES
HEAD STRAIGHTENS

BACK ARCH REVERSES AS HE TRIES TO GET A PURCHASE -



BIG LIFT

ARCH TIGHTENS



ARCH STRAIGHTENS

STRAIGHTENS - KNEES SHAKE

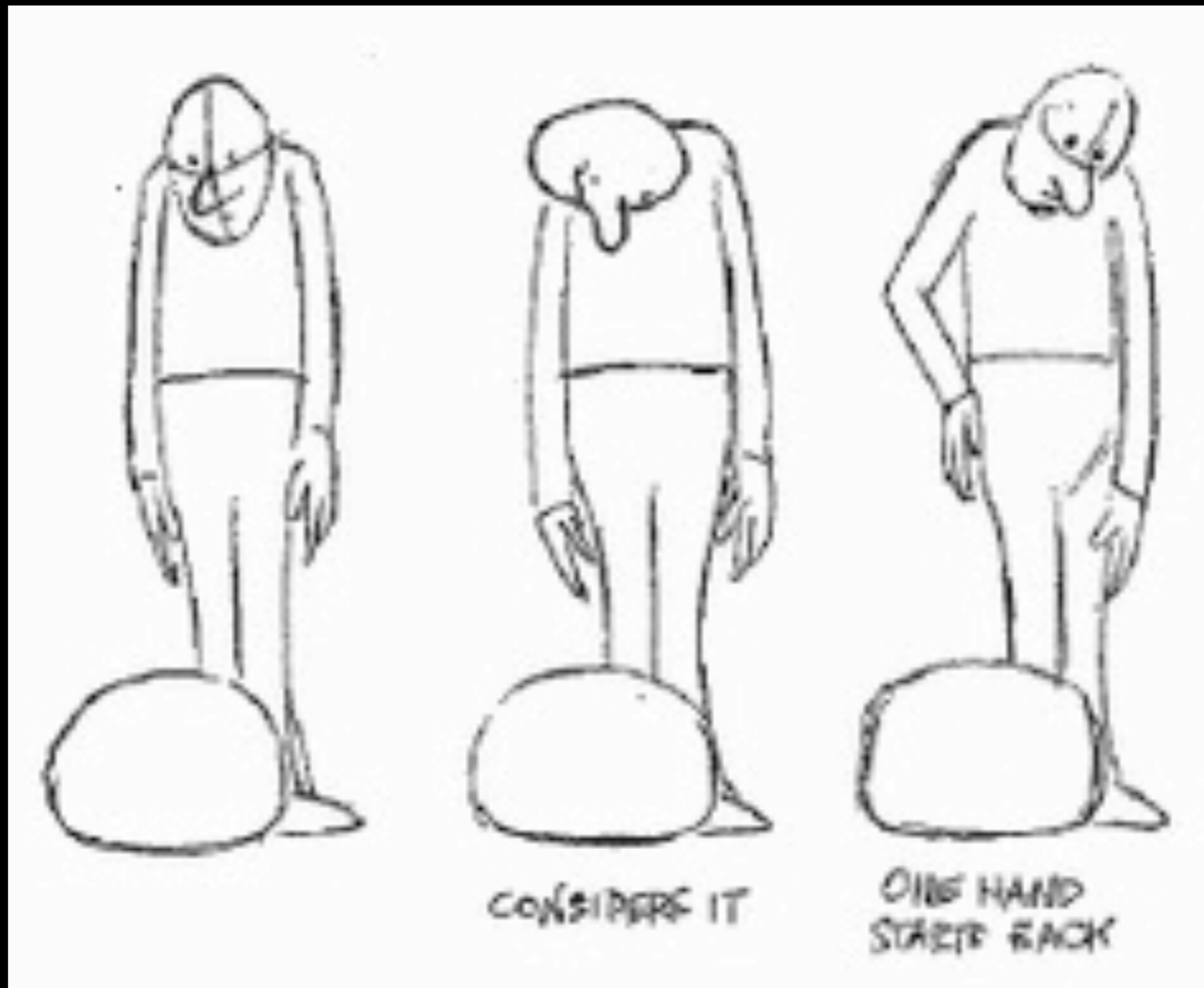


FALLS BACK OR WHATEVER,

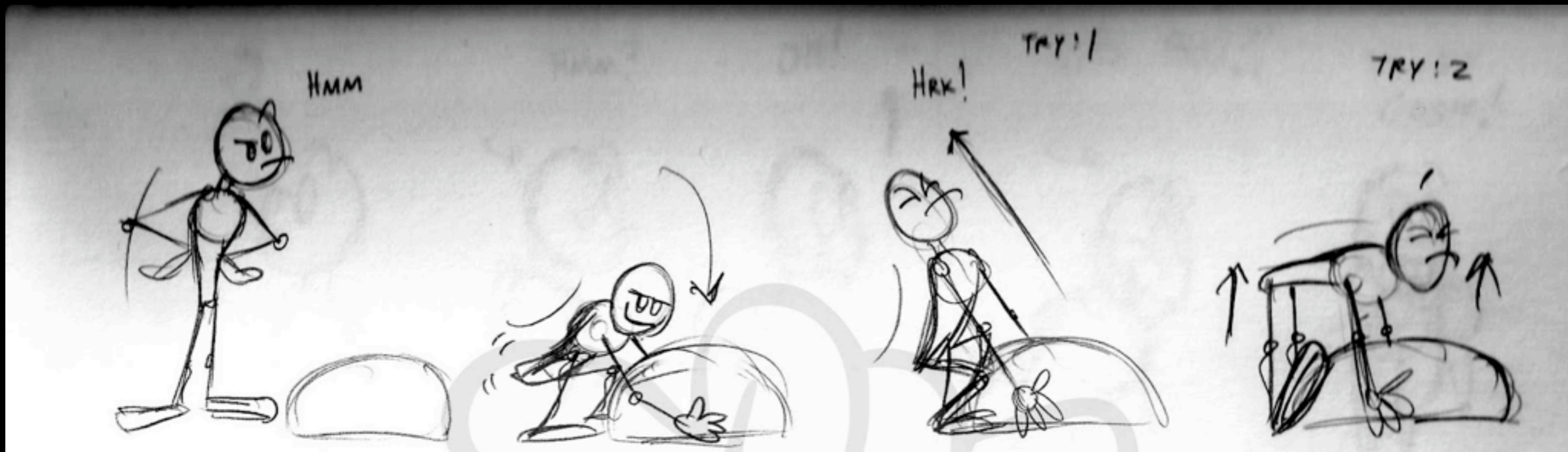
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Subtle, loose “sizing up” before a tense lift

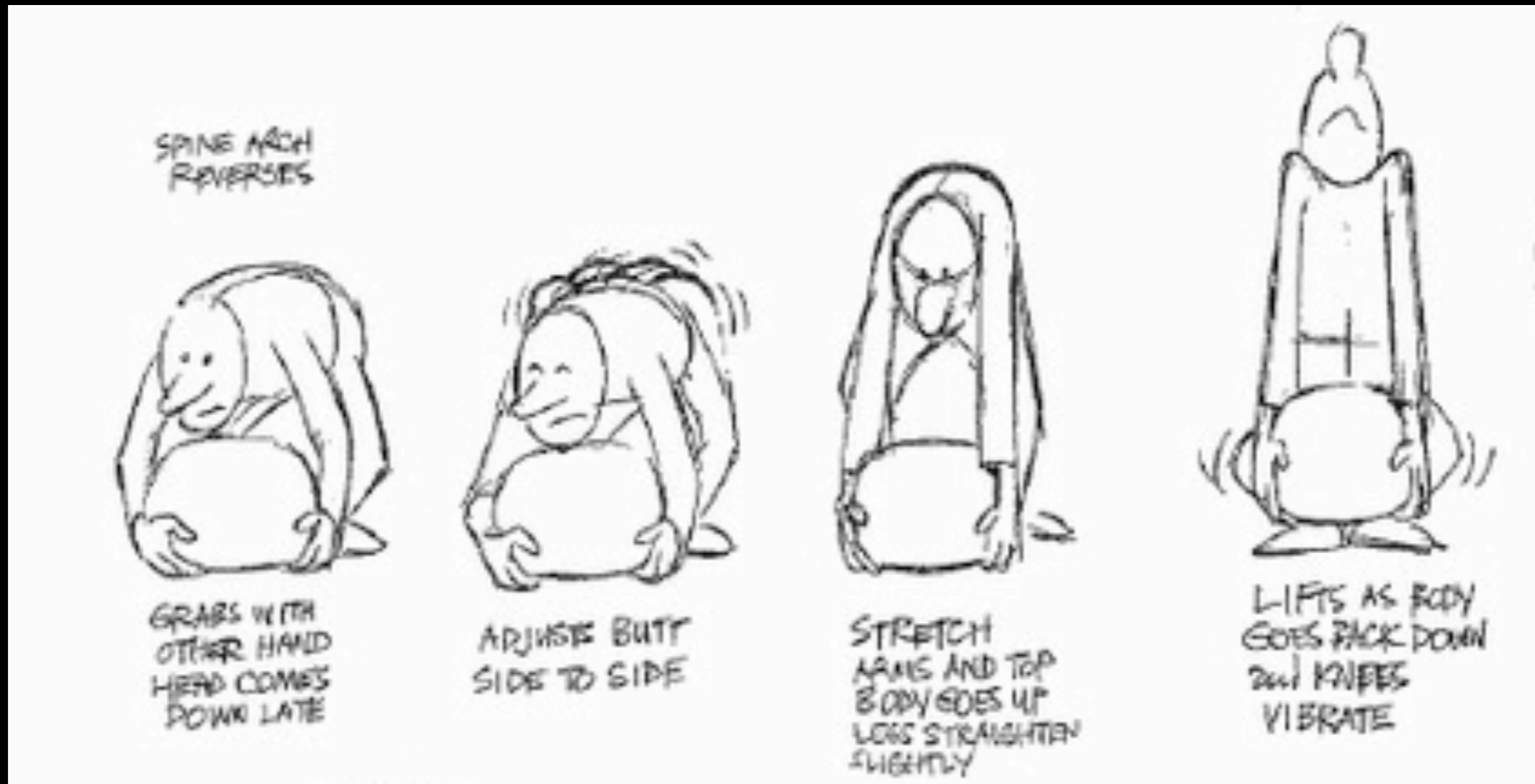


Subtle, loose “sizing up” before a tense lift



Adding a little butt wiggle here adds contrasting suppleness to intense subsequent lift motion.

...soft...tense...soft...tense



- Like Musical Rhythm:|||.....|||.....|||