

## Life is a scene and we are the actors.

*Every single human is an experienced improvisere.*

To survive in life (and in business) it is necessary that all our senses are focused on the world around us, focused on "the other". We need input, information. It is only in this way that we can participate, find our place and function or play a role in life (or company). It's the only way to get a view of the story in which we find ourselves. If you look at it in this way there is no difference between the way we deal with "improv" in normal daylife and "improv" on stage. We must be open and receptive and cannot be too much self-focused. It is therefore that I

believe everyone is able to improvise on stage. Because even the most scared person already has great experience in improvising. We only need to learn how to use the abilities we already gained in our normal life, onstage. I'm not afraid of saying this because I know I find myself in good company. To show you I'll finish with a quote of one of the most important people in the history of theatre.

"Life is a scene and we are the actors."  
(Shakespeare, 1564-1616)

R.Vinke



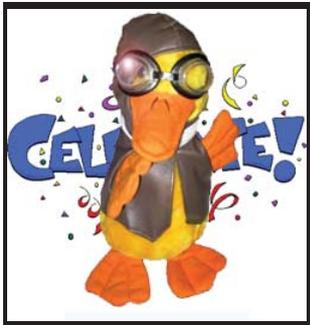
### The "Handsones" go Dutch!!

*Reaching for the Cup!*

The "Handsones", our theater sports team of Arnhem Business School will join this year the Dutch national Students championship in Tilburg. This big event that every year is organized by the winner of the last year will be organized on 9, 10 and 11 November by the famous "Tilburg Tijgers" ( www.tilburgtijgers.nl ), the Dutch champion in their hometown Tilburg. Sixteen teams will be competing to win the prestigious and famous "DUC"

The "Handsones" will bring in their best team to present their own unique (international) style and will every match try to be the best or second best!!

J.Vinke



The "DUC" the goal for all Theatresports lovers in the Netherlands

### Tell us.....

*your story, your view, your experience or just what is going on in your mind!!! We love to publish your story! Just send an email to:  
christian.bonus@gmx.de*

## Cause and Effect. A Mexican study!

4 guys, a car, one hill and pure human stupidity.

Once upon a time, on a hot summer day in the northern part of Mexico, four friends had nothing to do. It was a weekend; no school, no homework, nothing to worry about and unfortunately no good ideas about what they could do at 12:00 pm, that time of the day when it's so freaking hot that you can cook eggs on the roof of a car. We are talking about 45 degrees Celsius man; so hot that the sweat drops slide down your back, get in between your butt cheeks until it reaches your ass. In their desperation, the four friends got in the car and drove to the top of a hill from which the entire city could be seen, looking for inspiration.



Somewhere in Mexico

As they closed the doors, they realized that they had a stupid mistake again as the car didn't have air conditioning. After this set of events, they went mad, so they pulled up the windows of the cars, locked the doors and sat on black leather seats, they started to fart!!

They locked themselves in on a cloud of farts inside the car.

The nightmare ended when they came off the car puking. A natural outcome when you spend 30 minutes breathing your friends' farts.

Conclusion: There is none, this is pure human stupidity.

A.Guizar

## Head of the week



**\*Name?**

Frenchie

**\*Where are you from ?**

Guadeloupe.

**\*Birthday?**

This year, it will be on a Tuesday

**\*The loneliest place on earth?**

My toilet

**\*What is your first memory?**

My mother saying I love you my son.

**\*Your favorite food at our cantina?**

Appelflap

**\*Just as a preparation!!!**

**Where do you see yourself in five years?**

At home with my kids and partner.

**\*When did you cry the last time, because you are not Brad Pitt?**

Actually it was not a long time ago. I can cry very deeply without a tear. The last time I cried with a tear was when I watched the movie Hotel in Rwanda.

**\*Why do the ugliest guy's get the best girls?**

The most ugly guy's get the best girls when they forget they are ugly and start being interesting. I guess the best girls are the one who are interested in them.

**\*When was the last time you were Hungover?**

Yesterday night, I did not have dinner and I drunk 2 beers.

**\*When did you play cards with the Devil the last time?**

Yesterday night, after the 2 beers, I biked to my house around 22:00 without any lights.

### Editors Imprint

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# Control your emotions! Or better not?!

*The games of Theatresports*

"Three in a pan". Mostly, this game is played by three people. From the audience a place, relationship or an unusual hobby between the players is asked. It can be everything. For example, if the place was "The Pacific Ocean", from their scene it has to be clear that they are in the Pacific Ocean. The players have one minute of time. In this one minute they show a neutral scene (they can do whatever they want to), using the conditions from the audience. After the scene is played, the players ask the audience for an emotion. It can be any! For example, a suggestion from the audience is an emotion of fear. The players need to play exactly the same scene they played the first time by using the mentioned emotion.

All players will show their perception of fear. After the second scene the audience is asked about the second emotion. It has to be different from the first one. If the second emotion is, for example, happiness, the players will show the first scene by introducing the emotion of happiness. And the last emotion is asked. The scene should be played in the third emotion. In total three emotions. It is very interesting to observe how in one minute or even less the players have to switch from fear to love, or from aggression to happiness. And the more they practice, the more confident and unchained they become. During the game the players allow themselves to do everything they want to and

pretend to be whoever they would like to be. This time they forget about everything and create non-existent things; the audience follows them and plunges into the scene. It helps to develop the imagination and adapt to different situations; it helps to become unchained and learn to listen and speak with other people without using any word, except of the language of movements.

Theatre sports is for everybody - none of special requirements exist. It doesn't accept "I'm not good at it" before you've tried it. It brings you a lot of challenges and even more fun! It's a great opportunity to discover yourself and during that to have a huge amount of laughter.

L. Bosenko

## The Weblink of the month

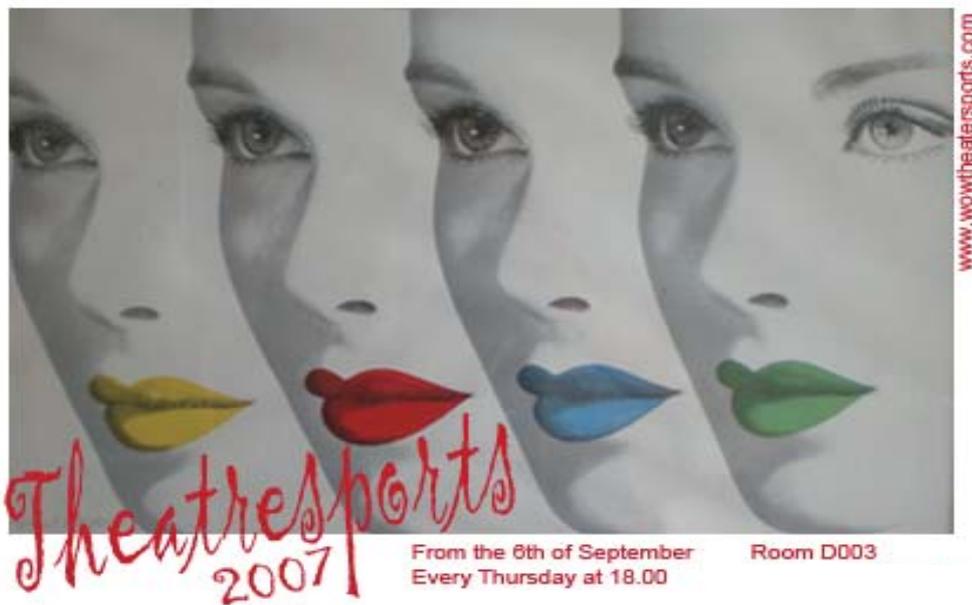
The fascinating story of Robin Sloan and Matt Thompson is telling the downfall of the print media and the triumphal procession of the web 2.0 generation. See the link below for the future of 2015.

<http://blogscoped.com/videos/epic-2015.html>



## 10 Things you need to know!

1. The word "queue" is the only word in the English language that is still pronounced the same way when the last four letters are removed.
2. Months that begin on a Sunday will always have a "Friday the 13th."
3. Earth is the only planet not named after a god.
4. The average person laughs 10 times a day!
5. Like fingerprints, everyone's tongue print is different!
6. The elephant is the only mammal that can't jump!
7. In 1386, a pig in France was executed by public hanging for the murder of a child.
8. A cockroach can live several weeks with its head cut off!
9. You can't kill yourself by holding your breath.
10. Women blink nearly twice as much as men.



## Cool emotion!

*Get rid of the boundaries.*

"We're gonna be cool," is what Jules asks of Yolanda in the movie "Pulp Fiction"; the "coolest" movie of the 90s. Jules and Lance, the two main characters manage any situation with "cool" quotes and a pseudo-predominance, free of emotions. Just like Lance and Jules, the cool guys of today are all the more cool if they pretend to be free of opinion and/or ideology. The lifestyle of indifference towards our environment serves as self-protection.

Showing emotions is considered to be negative; want to be professional? - Switch to being cool.

I ask you to be professional *and* show your emotions. Break the distance. Take a stand. Choose to be controversial, or choose to be opportune - whatever you do, make yourself recognizable as an individual. Take that risk!

B. Brandt/ C. Bonus



## Upcoming EVENTS Experience Theatresports LIVE

22.10. 19.00 Arnhem  
Lookaal 99 Entrance FREE

27.11. Zwolle  
Free workshop  
09-10.11 Tilburg  
Nat. Student Championship