



PHYSICAL THEATER AND THE FORMULA FOR INTERPRETING BODY LANGUAGE CULTURE

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Abstract. The narrative nature of the existence of dramorealism is gradually giving way to more relevant forms of physical theater, which relies on a complex but most understandable language - body language. The total nature of this turn is explained by the reactivity of bodily kinetics in the transmission of emotions, in conveying the meanings of any narrative and cultural subtleties. Body language is the most versatile way of communication that overcomes any language barriers. In physical theater, actors use their bodies as a powerful tool to convey meaning, relying on movement, gestures, and facial expressions to "tell" their stories. The return to linguistic archaism acquires a total character in modern productions. Thanks to the universal kinetics of body language, physical theater becomes understandable to people from different cultures and social strata and promotes deeper communication and mutual understanding between performers and viewers. Body language is a visual informant, inextricably linked to all spheres of human interaction and functioning, ensuring the minimization of information losses in conveying the most complex, and sometimes obscure meanings.

The analysis of cross-cultural studies devoted to the phenomenon of body language in physical theater allows us to reveal and evaluate the cultural nuances inherent in this expressive art form. After all, it is known that the same gesture in different cultures can have completely different meanings, so there is a need for a deeper study of the psychology and specifics of non-verbal communication to prevent undesirable critical circumstances for a person. A different order of communication of the physical theater acquires the features of a visual theater, in which the viewer is the main interpreter. An interpreter of a mobile, constantly changing world created within the boundaries of the viewer's vision. Just as it is impossible for any one universal concept or way of thinking to dominate in science, no art form can claim to have complete knowledge of its subject.

Hence the need to understand the basics of body language, to understand its role in the overall development of the human community, and theatrical art in particular. In particular, knowledge of such key universals of non-verbal communication as handshake, hand gestures, eye contact, physical contact, head movement, sitting position, etc. effective body language tools.

Keywords: physical theater, corporeality, physique, physical movements, innovative formulas of bodily kinetics, professional sign languages and dialects; sign pictorial subsystems of theater and cinema languages, psychophysiological movement, unconsciousness.

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Introduction

Physical theater is a captivating art form that transcends language barriers and relies on the expressive power of the body to convey narratives, emotions, and cultural subtleties. In this article, we will delve into the fascinating world of interpreting body language in physical theater, unveiling the formula that allows us to decipher and appreciate the cultural nuances embedded within this dynamic art form. This article is aimed at understanding the imagery of bodily language in physical theater. The methods of decoding and interpreting the main ideas of the performance in body language are considered.

Body language is a universal mode of communication, understood by people across different cultures. In physical theater, actors utilize their bodies as powerful tools to tell stories, employing movements, gestures, and facial expressions to convey meaning. However, while body language is universal, it is also influenced by cultural norms, traditions, and historical context. And, although body language is universal, it is influenced and, of course, reflected by norms and cultural traditions formed in a particular historical context. Understanding the cultural and historical context becomes important for the authentic portrayal of characters and narratives in physical theater. By studying cultural nuances and immersing themselves in them, artists can fill their

movements with unique gestures, poses, and expressions peculiar to a particular historical epoch, culture, or character. This deep understanding enriches the narrative and creates a cultural immersion for the audience. Deciphering the cultural subtleties inherent in body language requires knowledge of specific gestures, postures, and expressions associated with a particular culture.

Each culture has its own set of non-verbal signals and gestures that convey meaning, and by recognizing and deciphering these cultural nuances, you can gain a deeper understanding of representations. Furthermore, physical theater provides a platform for cross-cultural fusion, where performers blend various cultural body language elements to create a rich tapestry of expression. By embracing diverse cultural influences, physical theater transcends boundaries, creating performances that resonate with audiences from different backgrounds.

This fusion not only showcases the beauty of cultural diversity but also encourages dialogue and understanding between cultures. Interpreting body language in physical theater enhances the audience's perception and engagement with the performance. By recognizing and understanding cultural cues, audiences can connect with the characters and narratives on a deeper level, appreciating the complexities and layers of meaning conveyed through the body. This shared

understanding fosters empathy, cultural appreciation, and a sense of unity among diverse audiences. In the following sections of this article, we will delve deeper into the formula for interpreting body language culture in physical theater. We will explore the significance of cultural context, the decoding of cultural subtleties, and the impact on audience perception. By understanding and appreciating the cultural nuances embedded within body language, physical theater becomes a powerful medium for cross-cultural understanding, connection, and artistic expression. When it comes down to bodily movements displayed by humans, it is rather interesting to see how different people are using a variety of gestures and facial expressions to convey their messages either together with or completely without the words. This also makes us wonder what are the essentials of nonverbal communication and how one could interpret other people's body language better even if the latter did not say a single word (Lewis 466).

The most exciting part about body language is that one can easily learn this talent and solve the majority of its riddles. Knowing how to read body language gives you an advantage because you start reading between the lines and can witness both the image you are projecting and how other people are trying to project themselves. In this case, one may easily detect a lie or display confidence by means of resorting to body language while also gaining more insight into people's emotional states based solely on their physicality (Birdwhistell 27). It is vital to learn more about body language and know how one's body is communicating when the person is not saying anything verbally. This does not necessarily mean that one, for example, would always use their body language knowledge to find out whether a person is stressed or lies to everyone to cover up something important.

Research in the area still proves that the majority of communication that

humans convey is based on body language. Imagine a person telling lies: more than half of their messages (approximately 57% and this value can slightly vary from one individual to another) are coming through their body and not words (Bonvillain 78). Another important instrument that liars tend to use is the tone of their voice – approximately 34% of the liar's messages are communicated with varied intonations to confuse the other person. Accordingly, there are only 9% left that are responsible for the actual words that the person is saying. This is why it is more than important to pay attention to inconsistencies between verbal and nonverbal communication and make sure that every postural component has been read correctly (Mehrabian 78). Even if the verbal messages are trying to convince you to believe that a person is not mad at you, their limited body language might expose their real attitude on the spot. Nonetheless, even more body language differences may be found in people coming from diverse cultures so there may be a big number of reasons for learning body language as the lack of such knowledge could lead to adverse consequences and additional issues that would have never arisen if the person knew the unspoken rules of body language.

Summing up, we emphasize once again that such detailed knowledge about the mysteries of bodily kinetics is primarily necessary for actors to improve their professional skills and the vital persuasiveness of the stage images they create.

As you can see, there is a need for deep knowledge and study of body language – especially for actors, since the lack of such knowledge can lead to adverse problems that would never have arisen if a person knew the unspoken rules of body language.

Methods

Interpreting body language culture in physical theater requires a combination of research, observation, and practice. In

this section, we will explore the methods and techniques that can be employed to effectively interpret and incorporate cultural body language into physical theater performances. In addition, we need to pay attention to the principles and movements of various physical culture, such as sitting, standing, greeting.

1. Cultural Research: performers must conduct thorough research on the culture they are representing on stage. This includes studying the cultural norms, traditions, historical context, and specific gestures, postures, and expressions associated with that culture. Resources such as books, documentaries, cultural experts, and online platforms can provide valuable insights into the cultural nuances of body language.

2. Observation: observation plays a significant role in understanding and interpreting body language culture. Performers can attend cultural events, festivals, or even observe people from the specific culture they are representing. By keenly observing the movements, gestures, and expressions of individuals from that culture, performers can gain a deeper understanding of the unique body language associated with it.

3. Cultural Immersion: to truly embody the cultural body language, performers can immerse themselves in the culture they are portraying. This can include learning the language, participating in cultural activities, and interacting with individuals from that culture. Immersion allows performers to internalize the cultural nuances and incorporate them into their physical theater performances authentically.

4. Collaboration and Feedback: collaborating with individuals from the culture being represented or seeking feedback from cultural experts can provide valuable insights and guidance. This collaborative approach ensures accuracy and authenticity in the portrayal of cultural body language. Feedback from individuals

who are familiar with the culture can help performers refine their movements, gestures, and expressions to accurately reflect the cultural subtleties.

5. Physical Training and Experimentation: physical theater requires performers to possess a strong command over their bodies. Training in various movement techniques, such as mime, dance, or physical theater exercises, can enhance performers' physicality and allow them to explore and experiment with different ways of expressing cultural body language. Furthermore, this training aids performers in cultivating heightened body awareness and control, thereby facilitating the effective conveyance of desired cultural nuances.

6. Rehearsal and Reflection: rehearsing and reflecting on the incorporation of cultural body language is crucial for performers. Through rehearsal, performers can refine their movements and gestures, ensuring they align with the cultural context. Reflection enables performers to evaluate their rendition of cultural body language and implement necessary adjustments. This iterative process helps performers deepen their understanding and embodiment of the cultural nuances. By employing these methods, performers can effectively interpret and incorporate cultural body language into physical theater performances. These techniques not only augment the veracity and precision of representation but also contribute to fostering an immersive and culturally enriched experience for the audience. Interpreting body language culture in physical theater becomes a collaborative and transformative process that brings cultural stories and expressions to life on stage.

Discussion

Interpreting body language culture in physical theater is a complex and nuanced process that requires a deep understanding

and appreciation of the cultural context. It goes beyond simply mimicking gestures and movements; it involves embodying the essence of a culture and conveying it authentically to the audience. By incorporating cultural body language, physical theater becomes a powerful tool for cross-cultural understanding, connection, and artistic expression. One of the key aspects of interpreting body language culture is the significance of cultural context. Cultural norms, traditions, and historical context shape the way performers portray characters and narratives on stage. By studying and understanding this context, performers can infuse their movements with the unique gestures, postures, and expressions that reflect a specific culture. This not only adds authenticity to the performance but also allows the audience to immerse themselves in a culturally immersive experience. Decoding cultural subtleties is another essential element in interpreting body language culture. Different cultures have distinct non-verbal cues and gestures that convey specific meanings. Through the recognition and interpretation of these cultural nuances, performers can aptly depict characters and narratives, thereby upholding authenticity and mitigating the risk of misrepresentation. Thorough research, observation, and collaboration with cultural experts can provide valuable insights into these subtleties, enabling performers to effectively incorporate them into their performances. The impact of interpreting body language culture on audience perception is significant.

When audiences recognize and understand cultural cues, they can connect with the characters and narratives on a deeper level. Appreciating the complexities and layers of meaning conveyed through body language fosters empathy, cultural appreciation, and a sense of unity among diverse audiences. Physical theater becomes a platform for cross-cultural understanding and dialogue, breaking

down barriers and promoting cultural exchange. It is important to note that interpreting body language culture is a continuous process of learning and growth. Cultural expressions and norms evolve over time, and performers must stay informed and adapt their interpretations accordingly. Regular reflection and feedback from individuals familiar with the culture being portrayed can help performers refine their portrayal and ensure cultural authenticity. Interpreting body language culture is an ongoing journey that requires performers to stay informed and adapt their interpretations as cultural expressions and norms evolve. It is essential to recognize that cultures are not static and that they constantly change and develop over time.

Performers must engage in continuous learning and growth to keep up with these changes and ensure that their portrayals remain authentic and respectful. Regular reflection and seeking feedback from individuals who are familiar with the culture being portrayed are invaluable in refining the portrayal of cultural body language. Feedback from cultural experts, community members, or individuals from the specific culture can provide valuable insights and guidance, helping performers align their interpretations with the nuances and changes in cultural expressions.

This collaborative approach ensures that the performances accurately reflect the cultural context and avoids misrepresentation or stereotypes. By embracing a continuous learning mindset and actively seeking feedback, performers can adapt their interpretations and ensure that their portrayals of cultural body language remain authentic and respectful. This commitment to staying informed and evolving with cultural expressions allows physical theater to be a dynamic and culturally relevant art form that fosters cross-cultural understanding and appreciation. Embracing a continuous learning mindset and actively seeking feedback are crucial for performers to adapt

their interpretations and ensure cultural authenticity and respect in their portrayals of body language culture.

This commitment to staying informed and evolving with cultural expressions allows physical theater to remain dynamic and relevant in an ever-changing world. By continuously learning and growing, performers can stay updated on cultural shifts, new gestures, and evolving norms. This enables them to adjust their interpretations accordingly and avoid perpetuating outdated or inaccurate representations. Seeking feedback from individuals who are familiar with the culture being portrayed helps performers gain valuable insights and perspectives that can enhance their portrayals and ensure that they are respectful and sensitive to cultural nuances. This commitment to ongoing learning and feedback not only ensures the accuracy and authenticity of the performances but also fosters cross-cultural understanding and appreciation. It allows physical theater to become a platform for meaningful dialogue and connection between different cultures. By accurately interpreting and portraying cultural body language, performers can bridge cultural gaps, challenge stereotypes, and promote a deeper understanding and appreciation of diverse cultures. In conclusion, interpreting body language culture in physical theater requires a combination of research, observation, and practice. By understanding and appreciating the cultural nuances embedded within body language, performers can authentically portray characters and narratives, creating a powerful medium for cross-cultural understanding, connection, and artistic expression. Through the formula of cultural research, observation, collaboration, physical training, and reflection, physical theater becomes a transformative experience that bridges cultural gaps and fosters cultural appreciation in the world of performing arts.

Results

The results of effectively interpreting body language culture in physical theater are multifaceted and impactful. Here are some key outcomes and benefits that can be achieved through the application of the formula for interpreting body language culture:

- 1. Authentic and Respectful Portrayals:** by conducting cultural research, observing, immersing in the culture, and seeking feedback, performers can ensure that their portrayals of body language culture are authentic and respectful. This leads to accurate representations that honor the nuances and intricacies of the culture being portrayed.
- 2. Cultural Understanding and Connection:** interpreting body language culture in physical theater promotes cross-cultural understanding and connection. By accurately embodying the gestures, postures, and expressions associated with a specific culture, performers can create a bridge between different cultures, fostering empathy, appreciation, and dialogue among diverse audiences.
- 3. Immersive and Engaging Performances:** incorporating cultural body language into physical theater performances enhances the immersive experience for the audience. When the audience recognizes and understands the cultural cues and nuances, they can connect more deeply with the characters and narratives on stage. This leads to a more engaging and impactful theatrical experience.
- 4. Cultural Exchange and Dialogue:** physical theater becomes a platform for cultural exchange and dialogue when performers effectively interpret body language culture. Through their portrayals, they can challenge stereotypes, break down barriers, and promote a deeper appreciation and understanding of diverse cultures. This fosters a sense of unity and shared humanity among audiences from different backgrounds.

5. Evolving and Relevant Art Form: by embracing a continuous learning mindset and adapting interpretations, physical theater remains a dynamic and culturally relevant art form. Performers who stay informed and evolve with cultural expressions can keep their performances fresh, accurate, and sensitive to the ever-changing cultural landscape.

Overall, the results of effectively interpreting body language culture in physical theater are transformative. It allows for authentic and respectful portrayals, fosters cultural understanding and connection, creates immersive performances, promotes cultural exchange and dialogue, and ensures the art form remains relevant and evolving. Through this formula, physical theater becomes a powerful tool for cross-cultural appreciation, empathy, and artistic expression. In addition to creating the meaning of body language and the fundamental purpose of physical theater.

The importance of studying body language?

The overall importance of learning body language consists in the fact that it may give individuals even more advantages than a mere ability to spot liars. From the perspective of interpersonal relationships, body language could be one of the most effective instruments allowing you to 'stimulate' someone's interest in you: based on whether the person is crossing their arms in front of you or has dilated pupils and a spark in their eyes, you will be able to find out what a person truly thinks about you rather quickly (Kuhnke 98). On a daily basis, a strong knowledge of body language will help you to communicate better and become more honest with your close ones. Telling when someone is angry, confused, or happy to see you is important but the significance of body language extends even further as a lot of individuals are using it to push their business careers forward. When going through a generic business scenario such as sales or even

a job interview, a person could display their most confident body language in order to persuade others (Lewis 120). Coherent body language brings not only persuasion but also trustworthiness, which is just as much important as knowing how to use body language. When a person is calm and confident, we see them as authoritative because they are practically presenting the best version of themselves. Most importantly, choosing the right posture could also help a person boost their confidence even if they are diffident (Matsumoto & Hwang 93). Therefore, body language is a vital instrument that we tend to use daily but seem not to realise the true power of this skill and how it could help us change our lives for the better.

Body Language in Different Cultures

From the very childhood, human instincts are helping people to send messages to other people around them. Nonetheless, not at all times people from different areas or cultures can understand each other's gestures. For example, in one culture a gesture meaning "yes" can be perceived as a "no" in another one or a simple "come here" gesture could be translated as "goodbye" (Surkamp 13). These insights into body language are essential because the majority of differences stem from the cultural background and it may be interesting to see how the significance of body language contributes to the ability of people from all over the world to understand each other. Below, there will be several particular body language essentials reviewed in order to show how it contributes to diversity and, sometimes, potential misunderstanding among people.

Meaning of a handshake

The first important element of human body language are handshakes – it is safe to say that even the simplest variations of it can be perceived differently across the world. Even though a handshake is a social norm, the firmness of a handshake has to be regulated based on the geographic location of where you are shaking hands

with other people (Thomas & McDonagh 46). In Western culture, a strong handshake is synonymous with confidence and an ability to convince while the majority of Far Eastern people tend to see a firm handshake as an iteration of aggression. This is why the people from Far East bow to each other and do not shake hands. All across Europe, a handshake is also a norm but handshakes are different in a variety of regions: Northern Europe handshakes are quick and steady while Southern Europe handshakes are much longer and warmer, with both individuals having their left hand touching the other person's elbow or clasped hands. The same is also true for South and Central America but one should beware of the fact that in Turkey, a firm handshake is a direct sign of aggressiveness (Dingemans & Floyd 451). This is why in Turkey and a lot of African countries a handshake should be as limp as possible. When speaking of the majority of Islamic countries, men never shake hands with those women who do not come from their family.

The concept of hand gestures

Another important part of body language agenda is how people are using their hand gestures all over the world in order to illustrate their words and put emphasis on certain elements of their communication. It may be truly surprising how the 'OK' sign that is freely used across the United States, for example, is taken for 'a**hole' in such countries as Brazil, Spain, and Greece (Ruthrof 39). If we move even further, Turkish people may use the 'OK' sign to insult homosexual people. Another perfect example of how hand gestures can significantly contribute to misunderstanding among people is the use of the 'thumbs up' sign which generally means "great job" in the United States and the majority of European cultures but in the Middle East and Greece, people see it as the 'up yours' sign (Martin & Nakayama 97). One more controversial gesture is the 'come here' – where you have the palm

facing up and curl your index finger: in parts of Europe and across the United States, people use this gesture to signal someone to come closer but for Chinese, Malaysian, Singaporean, and Philippine people this is an outright rude gesture that should never be used with people – this is why in the majority of East Asian countries (and Asian countries in general), this gesture is used to beckon dogs (Knapp, Hall, & Horgan 53). Once you use this gesture in the Philippines, you may get arrested. There was also a case in 2005 when George W. Bush (during the Inauguration Day) raised his fist with the little and index fingers being extended up (Argyle 105). While this was a clear reference to the logo of the Texas Longhorn, a football team, mass media from all over the world immediately reacted to the gesture because numerous Latin and Mediterranean countries (Cuba, Italy, Argentina, Spain, Portugal, Colombia, and Brazil) got used to the fact that such gesture means that someone's spouse is cheating on them.

Purpose of eye contact

For the Western cultures, it is rather typical to believe that the presence of eye contact between people means concentration and self-assurance. Therefore, Western people often assume that when a person is looking away during a discussion it means that they are not interested in either what is being discussed or the person that they are talking to (Berger 13). When it comes to the Middle Eastern region countries, eye contact is much more sustained and forceful compared to the Western countries, especially when it comes to same-gender contacts. More to say, some of the countries in the Middle East believe that an eye contact between sexes that goes beyond a quick peek is an inappropriate gesture that may even be punished. Many African and Asian cultures see an unbreakable eye contact as a confrontational gesture that manifests aggressiveness and unfriendliness

(Seegerstrale & Molnar, 15). These cultures are overly concerned with the concept of hierarchy and respect – when a person is trying to avoid eye contact with those who are higher on the hierarchy ladder, it basically means that they have respect for their elders or bosses. Therefore, it is quite normal for African or Asian children or employees not to look at their parents or bosses respectively when the latter are talking to them. If we outline the differences among the cultures in terms of the intensity of eye contact, there will be the following results: • Middle Eastern, European, Mediterranean, and Latin American regions are using eye contact a lot; • Across the Northern Europe and North American regions, eye contact is used not as much; • People have to use eye contact carefully when they are in Africa or countries such as Thailand and Korea; • Most careful use of eye contact should be exerted in the Far Eastern regions.

Head movement and purpose

When it comes to the head movements, it is interesting how in several regions of India, locals are merely tilting their head in order to either display their active participation in communication or confirm something that is being discussed. This gesture originated owing to the British occupation that had Indian people tilting their heads from side to side when British soldiers were talking to the locals and the latter were too afraid to display a gesture that could be perceived by the occupants as a ‘no’ (Ting-Toomey & Dorjee 58). Today, Indian head movements from side to side are generally perceived as a direct sign of the fact that the person tilting their head understands what they hear but there may be even more meanings assigned to the given gesture

Physical contact and goals

The ‘touch – do not touch’ part of the body language agenda also requires specific attention because there are critical differences between cultures across the world that have to be taken

into consideration if the person wants to evade any issues with the locals. For example, the Far East and Northern Europe countries are known as the cultures where the presence of contact should be minimized to an extent where people would not touch each other in general (Huff, Song, & Gresch 38). In other words, if you do not know the person you are talking to well enough, you are not touching them. If you are walking down the street and accidentally touch someone, you will have to apologize for the inconvenience. One of the most famous stories involving the cultural differences in terms of physical touch emerged in 2009, when the royal protocol has been broken and Michelle Obama hugged the Queen (Bond 122). This story practically became viral overnight because of the cultural clash and an ability to see how an innocent hug could lead to a controversy (even if there were no repercussions for both the Queen and Michelle Obama). On the other hand, there are cultures where people are socializing through physical contact and are freely touching each other to communicate messages and build an emotional connection. Some of these cultures can be found in the southern parts of Europe and all across Latin America and Middle East (Ambady & Weisbuch 12). Throughout the majority of Arab cultures, men are kissing each other and holding hands when they greet each other, but they are not allowed to do the same with a female. On the other hand, there are much stricter physical contact “laws” in countries such as Laos and Thailand, where you are never allowed to touch anyone’s head. In South Korea, when elderly people are getting through the crowd, they are allowed to use their force but younger people are never allowed to do that (Fiske 64). Again, when it comes to physical contact, the rules are overly sophisticated and the majority of those rules depend on the status, gender, profession, and ethnicity of the individual. Below, there is a concise generalization of

the types of contact and what cultures tend to use each of them: high concentration of physical contact: Latin America, Middle Eastern countries, Southern Europe. People in these countries tend to stand closer to each other when communicating and make physical contact habitually; medium concentration of physical contact: North America, Northern Europe. These people only touch each other on certain occasions and tend to stand close to each other when communicating; low concentration of physical contact: far East. Physical contact is being avoided by any means and the distance between people during communication is much greater than in the first two cases.

Sitting position and duties

Another part of body language that has to be carefully addressed by people from all over the world is their sitting position because the latter can seriously affect one's well-being. For example, in Japan, if you are sitting cross-legged, you will be instantly labelled as disrespectful, especially when an older or more respected person is present near you (Ang, Van Dyne & Rockstuhl 252). In the Middle East and India, it is not recommended to show the soles of your feet or shoes because it is outright disrespectful and offends people. When visiting Iraq in 2008, George W. Bush found out that when a shoe is being thrown at someone it means a form of a direct protest intended to insult the person at whom the shoe is thrown (Gordon & Trainor 78). From one country to another, cultural differences are huge so it is critical to learn more about sitting positions as well if one does want to get themselves into an unapproachable situation.

The best ways and actualities to learn body language

One of the best ways to find out more about the value of body language and its correct use may be to observe how individuals behave during TV shows and other on-screen activities. While the essential value of watching a movie in a

different language consists in picking up the vocabulary and correct pronunciation, it may be easy to learn the body language as well and see how one culture differs from another (Burgoon, Guerrero, & Floyd 100). For example, one may compare a Russian movie to an American movie and see that body movements, hand gestures and facial expressions are essentially different. There are similar behaviours and gestures, of course, but the differences will be evident at the first sight. Nonetheless, a real-life interaction with a representative of a different culture will be much more useful because of the authentic experience of talking to a person who comes from a different background (Penbek, Sahin, & Cerit 232). Native speakers may be a valuable source of information regarding body language and reactions to different gestures and words. Learning what and how to say is important because it gives people an opportunity to put emphasis on certain emotions and set up generic "scenarios" in order to help the interlocutor understand the real meaning behind what is being said (Schenker 458). Such knowledge could significantly benefit a person that is going to a different country and save them from embarrassment and misunderstanding: imagine a tourist showing the 'OK' sign to a Greek male or a male tourist trying to hug an Arab woman. This is why it is critical to pay attention to cultural differences and never miss out on what other cultures have to say to us if we want to remain respectful and full of appreciation.

Main provisions

In the history of theater, physical mechanisms have been created anew in each era and revised against moral laws and social views. In the case of physical performance, it has become more interesting to observe the psychological life of the body, because acting work is delicate and complex. Droznin Andrey Borisovich

calls actors” professional intelligence officers” because they have the power to lie with their bodies, but the body never lies. The main task of the psychophysiological body of a human being is constantly under severe stress. And in this context, only professional intelligence officers lie with their bodies. it takes a lot of time to learn and you need to improve. You can still impress with a naked body, but you can’t always win with aesthetic nudity.

Body technique - ballet, pantomime. Physical theater has physical methods of preparing actors’ bodies, such as Meyerhold’s biomechanics and EzhiGratowski’s physical training. Any body technique is to create a new body language. But to do it, you need to know the laws of the parent language well. (To break the laws, one must know them well, especially the laws of nature). If you don’t know how the body moves, how the muscles work, how expressiveness occurs, you can’t do extra, and there are many techniques - Butoh, Kabuki theater, Noh theater - they created their own language, commedia dell’arte. In this case, body language It is formulated to be used according to the modern trends and national consciousness customs and ideas.

Conclusion

In conclusion, interpreting body language culture in physical theater is a complex and nuanced process that requires a deep understanding and appreciation of the cultural context. By incorporating cultural body language, physical theater becomes a powerful tool for cross-cultural understanding, connection, and artistic expression. The formula for interpreting body language culture involves several key elements. It begins with thorough research and observation of the culture being portrayed. This includes studying cultural norms, traditions, and historical context to understand the essence of the

culture. Collaboration with cultural experts and seeking feedback from individuals familiar with the culture is crucial to ensure authenticity and avoid misrepresentation. Adapting interpretations and continuously learning and growing are essential components of the formula. Cultural expressions and norms evolve over time, and performers must stay informed and adapt their portrayals accordingly. Regular reflection and feedback help refine the portrayal and ensure cultural authenticity. The results of effectively interpreting body language culture in physical theater are significant. It leads to authentic and respectful portrayals that honor the nuances and intricacies of the culture being portrayed. It promotes cross-cultural understanding and connection, creating a platform for cultural exchange and dialogue. Immersive and engaging performances enhance the audience’s experience, fostering empathy and appreciation. The art form remains relevant and evolving, keeping up with cultural shifts and changes. By embracing the formula for interpreting body language culture, physical theater becomes a transformative experience that bridges cultural gaps, challenges stereotypes, and fosters cross-cultural understanding and appreciation. It is a dynamic and culturally relevant art form that promotes unity and shared humanity among diverse audiences.

If we continue such reflections in the categories of media culture further, then it can be argued that the conceptuality of the physical theater model is based on the convergence of physical physicality, real feelings and consciousness of the actor. In this case, the actor of the physical theater, in fact, becomes a producer of visual products, creating a constantly changing new reality inside and out of himself.

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ФИЗИКАЛЫҚ ТЕАТР ЖӘНЕ ДЕНЕ ТІЛІ МӘДЕНИЕТІН ИНТЕРПРЕТАЦИЯЛАУ ФОРМУЛАСЫ

Аңдатпа. Физикалық театр – баяндаулар, эмоциялар мен мәдени нәзіктіктерді жеткізу үшін күрделі дене тіліне сүйенетін қызықты өнер түрі. Бұл мақалада физикалық театрдағы дене тілін интерпретациялаудың қызықты тұстарын зерттеп, осы мәнерлі өнер түріне енгізілген мәдени нюанстарды ашуға және бағалауға мүмкіндік беретін формуланы ашамыз.

Дене тілі – тілдік кедергілерді жеңетін әмбебап қарым-қатынас тәсілі. Физикалық театрда актерлар оқиғаны айтып беруде қимылға, ым-ишараға және мимикаға сүйене отырып өз денелерін мағынаны жеткізудің күшті құралы ретінде пайдаланады. Дене тілінің әмбебаптылығы орындаушылар мен көрермендер арасындағы тереңірек байланыс пен түсіністікке ықпал ете отырып, физикалық театрды әр түрлі мәдени ортадан шыққан адамдарға қолжетімді етеді, ал дене тілі адамның өзара әрекеттестігі мен қызметінің барлық салаларымен тығыз байланысты өміріміздің элементі болып табылады.

Бір қимыл әртүрлі мәдениетте мүлдем басқаша мағына беруі мүмкін, сондықтан әлемнің түкпір-түкпіріндегі зерттеушілер адамды ыңғайсыз жағдайда қалдыратын кейбір маңызды сыни элементтерді жіберіп алмау үшін вербалды емес коммуникация тұжырымдамасын мүмкіндігінше тереңірек қарастыруды ұсынады. Мақалада авторлар дене тілінің негіздерін үйренудің маңыздылығына егжей-тегжейлі тоқталады, одан өзге, сондай-ақ, қол алысу, қол қимылдары, көзбен байланыс, бас қимылдары, физикалық байланыс және отыру позициясы сияқты вербалды емес қарым-қатынастың негізгі элементтерін қарастырады.

Дене тілінің негізгі элементтеріне толық шолу жасағаннан кейін авторлар дене тілін үйренудің ең қызықты тәсілдерін талқылайды. Мақала вербалды емес қарым-қатынастың маңыздылығын және оның адам қоғамының дамуындағы рөлін растайтын нақты қорытындымен аяқталады.

Түйін сөздер: физикалық театр, денелілік, дене бітімі, физикалық қозғалыстар, дене қозғалысының инновациялық формулалары, кәсіби ымдау тілдері мен диалектілері, психофизиологиялық қозғалыс, бейсаналылық.

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Алғыс: Авторлар Central Asian Journal of Art Studies журналының редакциясына, сондай-ақ, анонимді рецензенттерге зерттеуге назар аударып, қызығушылық танытқаны үшін, сондай-ақ, мақаланы баспаға дайындауға көмектескені үшін алғысын білдіреді.

Авторлар қолжазбаның соңғы нұсқасын оқып, мақұлдады және мүдделер қайшылығы жоқ екендігін мәлімдейді.

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ФИЗИЧЕСКИЙ ТЕАТР И ФОРМУЛА ИНТЕРПРЕТАЦИИ КУЛЬТУРЫ ЯЗЫКА ТЕЛА

Аннотация. Нарративный характер бытия драмреализма постепенно уступает место более релевантным формам физического театра, который опирается на сложный, но самый понятный язык – язык тела. Тотальный характер такого поворота объясняется реактивностью телесной кинетики в транслировании эмоций, в донесении смыслов любого повествования и культурных тонкостей.

Язык тела – самый универсальный способ общения, который преодолевает любые языковые барьеры. В физическом театре актеры используют свое тело как мощный инструмент для передачи смысла, полагаясь на движение, жестикуляцию и мимику, чтобы «рассказывать» свои истории. Возвращение к языковой архаике приобретает в современных постановках тотальный характер. Благодаря универсальной кинетичности языка тела физический театр становится понятным для людей из разных культур и социальных слоев, способствует более глубокой связи и взаимопониманию между исполнителями и зрителями. Язык тела – визуальный информатор, неразрывно связанный со всеми сферами человеческого взаимодействия и функционирования, обеспечивающий минимализацию информационных потерь в донесении самых сложных, а порою и малоочевидных смыслов.

Анализ кросс-культурных исследований, посвященных феномену языка тела в физическом театре, позволяет раскрыть и оценить культурные нюансы, заложенные в этом выразительном виде искусства. Ведь известно, что один и тот же жест в разных культурах может иметь совершенно разное значение, поэтому существует необходимость в более глубоком изучении психологии и специфики невербальной коммуникации, чтобы не допустить нежелательных для человека критических обстоятельств. Иной порядок коммуникаций физического театра обретает черты визуального театра, в котором зритель – главный интерпретар. Интерпретатор подвижного, постоянно меняющегося мира, созданного в границах зрительского видения.

Так же как в науке невозможно доминирование какой-либо одной универсальной концепции или образа мышления, так и ни один вид искусства не может претендовать на завершенность знания своего предмета. Отсюда и необходимость в осмыслении основ языка тела, понимании его роли в общем развитии человеческого сообщества, и, театрального искусства, в частности. В особенности знание конкретно таких ключевых универсалий невербальной коммуникации как рукопожатие, жесты рук, зрительный контакт, физический контакт, движение головы, положение сидя и др. эффективные инструменты языка тела.

Ключевые слова: физический театр, телесность, телосложение, физические движения, инновационные формулы телесной кинетики, профессиональные жестовые языки и диалекты, психофизиологическое движение, бессознательность.

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