

Year 8
Mask - Working with Trestle Mask

History of the Trestle Mask

The Trestle Company is the creator and designer of the trestle mask and a world known qualified physical theatre company. They create their own masks, workshops, trainings and performances. Three former students, Sally Cook, Alan Riley and Toby Wilsher, which were all from Middlesex University, founded the company. The company is based in St Albans and currently the Trestle Company is one of the Britain's leading touring theatre companies.



Attend all pre-arranged rehearsals!

Rules while wearing the mask

- 1) Do NOT touch the surface of mask
- 2) Always face the audience (front)
- 3) No talking when the mask is on
- 4) Always wear the mask before you go on stage
- 5) Move and act like the expression on your mask
- 6) Face away when the mask is on and off

To physically tell the story!

Skills

- Following Mask rules
- 7 Stages of Tension
- Inner Monologue
- R.D.A (Realisation/Decision/Action)
- Mime/ gesture
- Physicality
- Group formation
- Entrances & exits
- Counter-mask
- Major & minor focus

Mastery Success Criteria

- Facing the audience
- Movement - appropriate to role
- Precision of movement (inner monologue)
- Clocking
- Realisation, Decision, Action
- Countermask
- Entrances and exits
- Gesture lines
- Timing
- Interaction with others
- Clear story structure
- Evidence of rehearsal
- Equal participation
- Props/costume
- Sound/music

