



# inside theatre



with Mikhail Usov

## How to Develop Your Powers of Charisma

from the Acting & Performance Skills Series

by Mikhail Usov

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As seen on the Tonight Show with Jay Leno

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**T**he ten lessons in the complete Series are designed to change your understanding of your relationship with an audience and guide you through a series of exercises proven to reduce performance fears and restore and increase your powers of charisma.

We all understand that the quality of charisma is essential for modern leaders, educators, and presenters to break through to top levels of success.

Over 30 years, I've used the exercises in these lessons to create a charismatic persona that holds the attention and wins the hearts of audiences throughout the world.

When I realized that many of the techniques used to create and hold a charismatic magnetism *are unfamiliar to non-performers*, I decided to create this Series.

After testing this Series, I discovered it is possible to build a charisma that can hold and control the attention of audiences from hundreds to many thousands, once these techniques are mastered.

You have shared contact information with me, and I promise to follow the GDPR (General Data Protection Regulation) directives and respect the privacy of this information.

There are ten lessons in the complete series. If you decide to continue with more lessons, you can choose to download any of the Lessons that interest you as separate PDFs. I'm always available to answer your questions at [clownusov@gmail.com](mailto:clownusov@gmail.com).

Let's Begin...

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# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know.*

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

Let's Practice...

Congratulations! You've accomplished a lot of work. In the previous lessons, you set yourself free from patterns of world perceptions and advanced four steps towards your charisma, *which lies beyond cliché.*

**You trained your *timing*, your *psychological skeleton*.**

Now comes the time for your muscles. Let's become aware of ourselves, let's work on our CHARACTER. In order to be more relaxed, to feel more comfortable, free, *passionate*, and to get to know yourself, let's play for a bit. *Let's become children.*

I don't mean to *play* being a child— but to *become* a child.

I call it a warm-up. To do this we will need to:

1. Change our shape and texture, to become **round**,  
**triangular**,  
and then  
**square.**
2. At the same time you have to become either **soft**  
or **hard** depending on your figure.
3. And your voice needs to be **bass**, **falsetto**, or **soprano.**

Are you ready?



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Warm-up

*For this warm-up, you will need*

- a video camera or a smartphone

Set up the video camera or smart phone so that it will capture a general view of your room.

Turn on the camera and walk around the room for two minutes trying to walk with a bit of a **square quality**, then two minutes with a **triangular quality** and then another two minutes with a **round quality**. Feel what is better for you.

When you walk with the quality of each *figure*, produce some sounds, for example: “Mee-Mah-Moh” in the beginning, in a **bass**, then in **falsetto** and finally in **soprano**. Nobody sees you, so don't be shy and fool around to the fullest!

This warm-up will help you in many areas of your life, depending on the situation. For example, with your employees, you can decide to stay a bit **square** or **triangular** in your moves/gestures and in making decisions. However, in your free time with colleagues, you can try out being a bit more **round** and *casual*.

Now the time has come for the real exercise. This exercise will help you to:

1. stay true to yourself
2. be precise and convincing during negotiations, photo, and video sessions
3. be precise and convincing when you stand on stage in front of an audience.

There are four CENTERS OF GRAVITY

Intellect    Emotion    Movement    Instinct

Each of these centers lives in different parts of our body.

For example, our Intellect lives in the *head*, and in this case, even your walk will take impulses from the head.

Emotions dwell at the level of *solar plexus*.

The center of gravity dedicated to Movement will take impulse from *legs*.

And Instinct comes from the *tailbone area* or *coccyx*.

In this next exercise for Lesson Five, you will practice feeling and expressing through these different centers of gravity.



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Practice

*For this exercise, you will need*

- a video camera or a smartphone
- your text that you have already used in previous lessons (approximately 40-second piece of text, printed out, that you have memorized)

As your smartphone was already set up during the warm-up, we can begin right away.

You will need to recite your text eight (8) times. Four (4) times standing still and another four (4) times in movement. You will be recording yourself reciting in each of the Centers of Gravity.

Turn on the video camera and place yourself approximately 7-8 feet away. For the first four recordings, you will recite your text *standing in one spot* facing the camera.

While you are reciting your text, try to look directly into the camera from time to time. The camera is your **audience**.

1. Recording #1: Standing still, begin with the level of INSTINCT. Let your voice come from the tailbone area. Talk with your tailbone. Don't look at your audience with your eyes, but *with your eyes—through your INSTINCT*.
2. Recording #2: Standing still, your voice will come from the MOVING center. You will keep the center of gravity in the legs. Talk from your legs. To be even more precise - from your calves. Don't look at your audience with your eyes, but *with your eyes through MOVEMENT*.
3. Recording #3: Standing still, your voice will come from the level of EMOTIONS. Your voice will come from the solar plexus. Don't look at your audience with your eyes, but *with your eyes through your EMOTION*.
4. Recording #4: Standing still, your voice will come from your head - or more precisely, from the back of your head. This is from the level of INTELLECT. Don't look at your audience with your eyes, but *with your eyes through INTELLECT*.



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Practice

Listen to your voice and keep the objective of talking and looking from each part of your body. Remember to look at your audience *with your eyes through your INSTINCT, MOVING, EMOTION, INTELLECT.*

Remember to bring in your skills from previous exercises: separate yourself from your name—mentally send your name into the audience.

5. Recording #5: Move! Jump, walk, do anything dynamic while you recite your text — with the level of INSTINCT.
6. Recording #6: Move! Jump, walk, do anything dynamic while you recite your text — from the MOVING center.
7. Recording #7: Move! Jump, walk, do anything dynamic while you recite your text — from the solar plexus—with the level of EMOTION.
8. Recording #8: Move! Jump, walk, do anything dynamic while you recite your text — with the level of INSTINCT.

Watch your warm-up and watch your exercise recordings.

Make notes about the differences in your presentations.

What do you notice about performing as *round, triangular, and square*?

Note what is different in your performances between INTELLECT and INSTINCT, between EMOTION and INSTINCT, and between the other centers of gravity.



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Reflect, Share, and Get Feedback

I invite you to share your progress on my Inside Theatre Facebook Page  
<https://www.facebook.com/usovclown>

If you want my personal comments, upload your videos to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

Subject line: VIDEO COMMENT REQUEST

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. My personal comments on your videos are always free of charge. If I invite you to a one-on-one consultation, they are \$99 for 30 minutes.

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*Thank you for participating in Lesson Five!*

### LESSON SIX PREVIEW

**O**n the following pages, in LESSON SIX, we will work on your WARDROBE. Therefore, please prepare as many clothes as you can for Lesson Six. **Your clothes should be of completely different styles - from casual to street.**



# YOUR STYLE AND MANNER OF DELIVERY

## Preparation

### Let's Prepare...

In the previous Lesson Five, we found out about Character and about the four Centers of Gravity. In Lesson Six, we'll experiment with the effects of wardrobe, and we'll investigate different STYLES.

We now understand about patterns and the patterns that we get stuck in. If you think about it, all the styles and fashion trends are also repetitive and clichés. But, we still need to follow fashion. So, the method is to add highly personal elements to a standard fashion trend or style.

To build confidence and in order for your audiences to perceive your performance and your persona as serious, let's talk about wardrobe.

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You will put together outfits reflective of six elemental STYLES:

Classic  
Sportive  
Romantic  
Ethnic  
Retro  
Casual

You will accent your STYLES with a small, and at first sight, *unnoticeable detail*, a personal, emotional faint note from one of the four *emotional relationships* (connected to the four seasons):

Winter  
Spring  
Summer  
Autumn

For each event, occasion, or act... you will choose the most suitable STYLE.

To the STYLE you choose, you will add a small, and at first sight, *unnoticeable detail*, a personal, emotional faint note that corresponds to one of the emotional relationships (a season of the year).



# YOUR STYLE AND MANNER OF DELIVERY

## Practice

**The exercise, which you will be doing today, is called  
“RECITING IN DIFFERENT MANNERS”**

*For this exercise, you will need*

- a video camera or a smartphone
- your text that you have already used in previous lessons (approximately 40-second piece of text, printed out, that you have memorized)
- your outfits, with a selection according to the six STYLES from page 2, which you have prepared for this lesson
- a playback with the composition “Four Seasons” by Vivaldi

You will change clothes in turns, rotating through each of the six STYLES listed on page 2.

I recommend that you start off with the **Classic** style.

Add a small, hardly noticeable detail to your costume according to the season of the year. Possibilities are a brooch, pin, handkerchief, etc.

But take time to find your own detail, *don't trust the first idea that comes to your head.*

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### Let's begin...

Set up your camera, opposite where you will stand, so that your whole body will show up in the recording.

For the atmosphere, turn on the playback with the composition “Four Seasons” by Vivaldi. Play the “season” that matches the detail you chose for your costume.

*Ready?*

Turn on your video camera or smartphone.

Stand in front of the camera a few steps away, so that your whole body will be visible in the shot.





# YOUR STYLE AND MANNER OF DELIVERY

## Reflect, Share, and Get Feedback

When you are ready, begin to recite your text **from a definite season of the year.**

If you choose *Winter*, imagine yourself in the *atmosphere*. Imagine snow, blizzard conditions around you. If it's Spring - birds chirping, freshness. If it's Autumn - rain around you. If it's Summer - burning sun, scorching heat. Recite using this atmosphere.

Try to gesture with your hands. Add the gesticulation of hands only for the emphasis of your text.

Do this exercise with ***all the four seasons*** and possibly with ***all the six STYLES***.

Watch your video recording. **Analyze which STYLE suits you best of all.**

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*Thank you for participating in Lesson Six!*

## LESSON SEVEN PREVIEW

In LESSON SEVEN, it's time to take a stroll. We will walk out into the streets of our neighborhoods, towns, or cities. (The other Lessons in this Series are available for download on my Invisible Clown Institute website: [Inside-Theatre.com](http://Inside-Theatre.com))

***But better yet, request access to my private Facebook Group by emailing me at [ClownUsov@gmail.com](mailto:ClownUsov@gmail.com). Use subject line: Facebook Group. I'd love to see you there!***