



WHAT IS MU EXPLORATIONS?

Mu Explorations is a class/workshop for the young aspiring actor or new performer. Through physical games and exercises, students will learn a variety of performance strategies and essential stage skills, while exploring story and character - all through the lens of Asian America. We will focus on storytelling and physical/vocal expression while learning about theater arts foundations, Asian American identity and history, creation and performance. Together, we can expand what is possible!

With Mu Explorations, you can expect to say your name out loud, let down your guard, and feel a weight lift from your shoulders. Though you may be with people from many different cultures, you are connected by Asian American identity or an interest in it. You don't have to be labeled by others, explain who you are, or fit someone else's idea of what it means to be Asian American.

While a performance/showcase may most likely occur on the last day of Mu Explorations, this is not the main goal. The main goal is to focus on the process throughout, and give each student a better understanding/growth in the following:

Core Goals/Outcomes for the Class

I (the student) will increase, build, and strengthen my **knowledge**, **skills**, and **attitudes** about:

1. Theater arts foundations (basic elements, principles, and skills; building blocks)
2. Asian American history, theater history, and identity
3. Storytelling
4. How I think and feel about myself
5. How I work and create a community with others

In addition, I may have some experiences in:

- Theater arts creation
- Theater arts performance
- Theater response and connections

WHY MU?

A Mu classroom is led by talented Asian American theater artists and artist educators who have extensive formal theater arts training and a wide array of professional and personal experiences. As educators, they bring their whole selves to share their expertise in theater arts and storytelling, working with others, and Asian American identity.

A Mu classroom is a welcoming artistic home where people trust and take risks, play and explore, find comradery and create community, and, rather than compete against each other, learn and grow together.



GUIDELINES OF A MU CLASSROOM SETTING

These guidelines will be introduced on the first day at the top of the class and will help shape and guide the space, students, and teachers throughout all the sessions. Each guideline will be reviewed and defined as a group for collective understanding.

Safe Space
Respect
Collaboration
Generosity of Spirit
“I will try, no time to be shy”

THEATER MU MISSION AND VALUES

MISSION

Theater Mu produces great performances born of arts, equity, and justice from the heart of the Asian American experience.

VISION

Theater Mu celebrates and empowers Asian Americans through theater.

PRIMARY ARTISTIC VALUES

To give voice and cultural profile to the Asian American community.

To offer opportunities for mainstream audiences to gain insight into and empathy for Asian American culture and heritage.

To provide professional development opportunities for emerging Asian American artists.

To promote awareness of and progressive action on issues of social justice and gender equality in society.

To move, provoke, and challenge our audiences to understand, embrace, and celebrate diversity.

THE MEANING OF MU

Mu (pronounced MOO) is the Korean pronunciation of the Chinese character for the shaman/artist/warrior who connects the heavens and the earth through the tree of life.