



Anatomy of Performance Training

John Matthews

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We train because we are human and we become human because we train.

This is the surprising and original conclusion of *Anatomy of Performance Training*, in which John Matthews shows how training is a very human response to the problems of having a body and living in the world.

Using illustrative case-studies of professional practice, each chapter addresses a specific body part, offering a self-contained discussion of its symbolic and practical significance in the artistic, and commercial, activities of training. These anatomical case-studies are cross-referenced with other disciplines (such as sport, high diving, deep diving and artisan craft) to further expand our understanding of performance. Stand-alone chapters, ideal for reference, build towards an overall conclusion that the uniquely human practice of training is emerging as a new and pervasive ideology globally.

Ideal for readers seeking to understand the relationship the body has with the theatre and training, or for teachers looking for a new, innovative approach to performance, *Anatomy of Performance Training* is an accessible, original contribution to the philosophy of training for performance.

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