

# Watch Me Fall a performance by Action Hero

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Action Hero is the collaboration of artists Gemma Paintin and James Stenhouse. They are a UK-based company working in Bristol, and have been working together since 2005.

Action Hero have developed a reputation as a company making work of exceptional quality that is challenging, invigorating and innovative but entirely accessible.

Watch Me Fall was the second full length performance by Action Hero, and was first shown as a 10 minute performance at Arnolfini in Bristol in 2008. The piece was subsequently commissioned by Arnolfini and premiered there in 2009. After touring nationally during 2009-10, and was selected for the British Council Edinburgh Showcase in 2011. The piece has subsequently toured throughout Europe as well as to North America, China and Australia.

Watch Me Fall is an Arnolfini We Live Here commission, supported by Arts Council England. Developed at The Showroom, University of Chichester, Forest Fringe, Residence and Shunt.

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Watch Me Fall is a performance about daredevils. We tell our audience that we're going over in a barrel, hitting the ramp at 90mph and clearing 10 double-decker buses, and we're not stopping until every last sonofabitch in the place is cheering us on.

Drawing on footage of Evel Knievel jumps, interviews with Niagara Falls daredevils, the speeches of American presidents and transcripts from Chuck Yeager's supersonic flights, Watch Me Fall questions our obsession with those who attempt the impossible, the futility of their attempts and their inevitable fall from grace.

The language of the performance is taken from Mexican wrestling matches, dragraces, 100,000 seater stadiums, human cannonballs and daredevil stunts. It is an intimate yet epic piece that explores the relationship between audience and event, the nature of risk and the complicity of the audience in increasingly violent and questionable acts in the name of entertainment.



**“An ecstatic atmosphere”**  
**Metro**

**“Action Hero’s superb, multi  
layered little show...very smart:  
brash, brutally absurd”**  
**★★★★ Guardian**

# Brief Technical Overview

**55 mins**

**2 on the road**

**No freight required if some items can be locally sourced or made\***

Watch Me Fall happens in traverse for a standing audience and needs a space that is a minimum of 17 metres long and 3 metres at its widest point. This usually means using the diagonal length of the space. We may be able to perform in a shorter space; contact us for more details.

The piece is usually performed in a theatre space, but can work in other self-contained spaces as long as they can be properly lit. We have performed the piece in many different contexts, including a railway arch, a gallery, a nightclub; we're always happy to discuss interesting ideas for alternative spaces.

\* Larger items can be easily sourced locally in the case of international touring. We can provide detailed examples of what needs to be sourced.

We use Le Maitre theatrical flame gel to create a small flame as part of the performance. Contact us for more information about its use and for a comprehensive risk assessment.

## Technical Rider

It is essential that we are able to set up a runway with a minimum length of 17 metres (wall to wall or corner to corner)

The performance area (runway) is marked out with white tape and it is 3 metres wide

The audience stand on either side of the runway

If an audience of more than 120 is expected then rostra will be needed for the audience to stand on.

The surface must be black or dark in colour (not white) – if the floor is particularly hard (i.e concrete) or difficult to light (i.e reflective) then vinyl flooring may be needed for the runway only.

The performance area (runway) is lit with approx 8 profiles hung in a line above the runway we may require additional profiles and/or spots depending on the space (lighting plan available)

The whole space requires a very low level wash (lighting plan available)

We require a CD player

We require a technician to operate the sound for the show

We require two microphones, one with a long lead

We require two microphone stands

We require one stage weight

We require a mop and bucket

We require access to a shower

## Set up/down time

Set up time is half a day or 5 hours

Set down time is 30 - 40 minutes

## Special requirements

We will be using flame gel. Please contact us if you foresee any problems with this or need a detailed risk assessment

During the performance there is some coca cola spilled

## Contact Us

For national & international touring, and to see footage of the show, contact Gemma on

t: **+44 7717 096 813** or

e: **gemma@actionhero.org.uk**

or contact our producer, Mel on

e: **mel@theatrebristol.net**