

What are Stunts?

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What Are Stunts?

“Scripted stunts” can mean many things—either an actual stunt has been performed in production, or the illusion of a stunt has been achieved via movie magic. Scripted stunts can be anything physically demanding, such as a simulated fight or slap, a slip or fall, the use of a simulated weapon, or breaking a prop such as a glass bottle or a piece of furniture. Essentially, any choreographed performance that could expose someone to exceptional physical risk or injury can be considered a stunt.

Keep in mind filmmaking is about creating illusions. The appearance of action or a stunt on the screen is usually not the result of actual stunts being done on set. Regardless, participating in practical stunts is physically and mentally taxing on performers. It can be hard on their bodies, especially if the same action must be repeated several times. It’s also mentally draining because they are in a vulnerable