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Adapted from Blake Snyder's book, Save the Cat! The Save the Cat!® principles today represent the standards by which many major Hollywood studio executives and entertainment professionals measure the screenplays they consider. Here is his 15 sequence method.

15 Beat Method	
1. OPENING IMAGE: This is fairly self-explanatory; it's the scene in the movie that sets up the tone, type and salvo of the film.	<p>We see a snowy tundra and a working science facility that tests on animals.</p> <p>A ship crashes into the snow. Mysterious fluid leaks from it.</p>
2. THEME STATED: Usually spoken to the main character, often without his knowing what is said will be vital to his surviving this tale. It's what the movie is "about."	<p>Symbiosis - must work together to escape the facility.</p>
3. SET-UP: The first 2 pages of a 10-minute script must not only grab our interest, and studio reader's attention--but introduce or hint at introducing every character in the A story.	<p>Elliott Sherman, 30's, wakes up in a med bay in his security uniform. He doesn't remember what happened, and he is disoriented.</p>
4. CATALYST: The telegram, the knock at the door, the act of catching your wife cheating on you, and suddenly you know your life has changed. It's the first "whammy."	<p>Suddenly, a female voice is heard over the intercom. There is something familiar in her voice. He must have known her. She is distressed and needs help. She mentions that the animals are mutating.</p>
5. DEBATE: The section of the script, be it scene or a series of them. When a hero doubts the journey he must take.	<p>Elliott has two choices. He can try to get to the outside and snowmobile his way to the next facility XX miles away, or he can search for the distressed female.</p>
6. BREAK INTO TWO: Act Two, that is, and it is where we leave the "thesis" world behind and enter the upside down, "Antithesis" world of Act Two. Let the journey begin.	<p>The woman identifies herself as a scientist and keeps repeating something about a robot. He leaves the med bay in search of the robot.</p>
7. B STORY: The "love" story traditionally, but actually where discussion about the theme of a good movie is found.	<p>He awakens the robot, that will help him defeat the mutated animals. Elliott needs to make sure the robot's power cells are charged, but he has a limited number of power cells.</p>

8. FUN & GAMES: Where we find the “set pieces,” trailer moments, and the “promise of the premise.	<p>Elliott and Robot begin their journey through the science facility, defeating mutated animals along the way. Each attack drains the Robot’s power cells.</p> <p>The relationship between the Robot and Elliott is symbiotic.</p>
9. MIDPOINT: The dividing line between the two halves of a movie, the part where “fun and games” end, where the “stakes are raised,” and where the going gets tough for our hero(es).	<p>Robot is running out of energy; he becomes glitchy.</p>
10. BAD GUYS CLOSE IN: Both internally (problems inside the hero’s team) and externally (as actual bad guys tighten their grip), that part of the film where pressure is applied.	<p>Moving through the facility and its cages, the animals are larger in size and more difficult to beat.</p>
11. ALL IS LOST: The “False Defeat” and the place where you find the “whiff of death”--because something must die here.	<p>Elliott runs out of power cells, and Robot powers down for good.</p>
12. DARK NIGHT of the SOUL: Why hast thou forsaken me, Lord? That part of the script where the hero has lost all hope.	<p>Elliott doesn’t think he can do it by himself, the mutated animals are getting closer. He digs deep and begins to fight.</p>
13. BREAK INTO THREE: But not for too long! Thanks to a fresh idea, new inspiration, or a last-minute word of advice from the love interest in the B story, the hero chooses to fight.	<p>Elliott gets to the comm center (?) where the scientist is trapped. It turns out to be XX, the scientist (Now you can give her a name). As he searches the comm room for supplies, he finds more power cells.</p>
14. FINALE: the synthesis of the two worlds: from that which was, and that which has been learned, the hero forges a new world.	<ol style="list-style-type: none"> 1. Gather the team 2. Execute the plan 3. Hightower surprise 4. Dig Deep Down 5. Execution of new plan
15. FINAL IMAGE: The opposite of the Opening	<p>Leaving the station together...possibly to head to another station and/or another level</p>

Image, proving that a change has occurred. And since ALL stories are about "transformation," the change had better be dramatic.