

This short film, *Heart*, is a very personal piece of my work. I based it off my own experience as a wrestler in high school and found an emotional attachment as I saw my memory from being on the team be adapted for this film. The reason why I wanted to make a film about a specific practice during my time as a wrestler was because it represents just how the coach would help our character develop. Being on the wrestling team, as well as dealing with this one tough coach, helped me grow as a person. It made me comfortable to escape my comfort zone and face the reality of the world. Getting yelled at every day to keep pushing sucked at the time, but I now know that it was only to improve our overall mental toughness. That applies on the mat and in everyday life. That is why I decided to put so much time into this film, because I grew a personal connection to the sport. I wanted that to be portrayed in this film. I see myself in each of these wrestlers that were on the screen. In order to make this film, it took much time to acquire the set, actors, and plan the shots with very little time to shoot. Due to COVID-19 restrictions, I was forced to cast very few actors for the film and even have my father play the wrestling coach, instead of my own coach from back when I was on the team. I was forced to shoot in my dojo, rather than the actual wrestling room the events took place in. The cross-cutting adds the sense of suspense and perfectly portrays two stories happening simultaneously. The dark color grading adds a melancholy tone. Steve Perry's *Oh Sherrrie* plays in the background to provide a contrast between the coach and the wrestlers. The song that is old enough to be popular around the coach's glory days plays as he yells at his wrestlers to be a better team. Sound effects are added throughout the work to restrict budget costs and provide for the best quality. There is even an extreme long shot of the coach as the wrestlers run into the locker-room. This represents how disconnected the coach is from his wrestlers, both generationally and mentally. It is something that is ironic in a group of people working together to accomplish the same goal. The film,

overall, has a sense of realism to it that extracts the grit that exists in the relationship between wrestlers and their coach. This film was made as a final for my Cinema Production 1 class and was what showed me that writing, directing, and editing films is not hard at all and lots of fun! Once my Professor said that he loved my work, I knew that I was going somewhere with this material. I am very proud of how the final cut of the film came out and know that it represents my vision of what kind of films I want to make in the future.