

## Warm Up Exercises

It is important to remember during the following exercises that the aim is towards a relaxed and open instrument.

During the peak performance routine allow your jaw to relax and your breath to enter and escape through your gently parted lips. If your teeth/lips connect on the out-breath (they would make a gentle "fuh" sound) that is absolutely fine. Do your best to have a silent in-breath. Do not hold your jaw open or closed. As much as possible let it drop. Drooling and looking stupid are signs you're doing it right. :)

During all the articulation and resonance exercises, aim for a relaxed, balanced stance, with your weight evenly distributed between the balls of your feet and your heels (erring on the side of leaning forwards instead of backwards, you can practice rocking forwards and backwards until you find a position of least muscular effort). Place your feet just more than hip width apart with your knees over your second toe. Your knees should be soft (not bent, not straight, with a little give, like you're on a trampoline). Every few minutes check in to make sure your knees, buttocks, belly, shoulders, neck and jaw are loose and relaxed.

If at any point you feel pain, stop. The more gentle and coaxing you can be with your voice, the more it will relax and serve you better. If you hurt yourself, jolt or muscle your way into something, you will tense up and limit your range of pitch and emotion.

### **CHECKLIST (keep checking in throughout the exercises)**

- Jaw
- Tongue
- Neck
- Shoulders
- Sacrum
- Knees
- Breath

### **Chakra scale**

- 1) Base - "Haw"
- 2) Solar Plexus - "Who"
- 3) Throat - "How"
- 4) Cranium - "Hee"
- 5) Heart - "Haaa"

## **PEAK PERFORMANCE ROUTINE**

### **GENERAL WARM-UP**

- 1) 15 jumping jacks
- 2) Tremor
- 3) Rag-doll stretch and flop
- 4) Flopped: bounce yawn and pitched sighs, bum lungs, neck and back relaxed
- 5) Roll up

### **TENSION REDUCERS**

- 6) Neck: side to side (axis), ear to shoulder, with arm flopped on top, momentum rolls and tiny circles
- 7) Shoulders: roll forward and back, up to ears and drop and settle

### **SUPPORT**

- 8) Ribs: arms sideways flop, oblique wake up stretch
- 9) Wide stance bear hug flop: 3x top, back and bum, bring feet back and flop side to side, pitched sigh
- 10) Roll up shake bum, shoulders and shake out some sound

### **HIPS AND JAW**

- 11) Warm hands and melt jaw
- 12) Knee circles and hip circles (hula hoop)
- 13) Coconut jaw wobble

### **TRUE SOUND**

- 14) Face massage
- 15) Horse-blow and siren
- 16) Head heavy roll down, lungs in bum
- 17) Folded leaf
- 18) Pseudo foetal
- 19) J stretch (both sides)
- 20) Semi Supine (check: head, shoulders and sacrum)
- 21) Touches of sound (inner universe)

### **SUPPORT**

- 22) Water balloon breath (pelvis, belly, floating ribs, fixed ribs)
- 23) Fricatives and whisper counting (10, 15, 20, 25, 30, 35, 40)

## RESONANCE / TONE

- 24) Chakra resonance scale, then back to touches, come back into room by listening
- 25) No muscles roll up: pseudo foetal, folded leaf, floppy frog, roll up (touches at each station)
- 26) Linklater resonance scale

## ARTICULATION

- 27) AEIOU
- 28) Tongue: small precise circles in cheeks, big between teeth and lips, touch your ears, chin, nose, write your name on wall, big and small tongue rolls
- 29) Jaw: coconut wobble
- 30) Lips: chew, horse blows add siren
- 31) Soft palette: ng-aah (trunk, cathedral, dolorian) with tongue on holiday (RELAXED forward and out), lizard breath (K in and out) and tiger breath (WHISKERS, claws and tongue)
- 32) Consonant train (p, b, t, d, k, g, t, d)
- 33) Pencil tongue twisters

## SUPPORT

- 34) Support and control rhyme (walk, sit, project, over articulate, heart note, etc)

## APPLICATION

- 35) Text (include: inner-universe, deep down breath and heart note, later add projection (ie audience) and articulation)

## RESOURCES:

The Alchemy of Voice - Stewart Pearce  
Freeing the Natural Voice - Kristen Linklater

## OTHER GREAT WORKSHOPS:

Canada's National Voice Intensive	<a href="http://www.voiceintensive.org">www.voiceintensive.org</a>
The Performers Mastery	<a href="http://www.themasteryworkshops.com/self_vancouver.php">www.themasteryworkshops.com/self_vancouver.php</a>
Buffonery with Trilby Jeeves	<a href="http://buffoneryworkshops.com">http://buffoneryworkshops.com</a>