

The Shakespeare Workbook and Video

by David Carey

Vocal Warm-Up

Shakespeare's language is highly energetic, articulate and nuanced, and you will give your best performance of it when your voice and body are energized, free of tension (unnecessary effort), and responsive to thought and impulse. We would recommend that you do at least a five- to ten-minute warm-up before every classroom session or rehearsal. If you have built a role while physically or vocally tight and disengaged, a warm-up before performances will do little to dislodge the constricted, under-energized muscular patterns you established in rehearsal.

Below is a warm-up you should be able to perform in about ten minutes in a relatively small space. Most of the exercises in it come from our *Vocal Arts Workbook and DVD*. There are also warm-ups in the appendices of that book and *The Verbal Arts Workbook*, and in many other voice and text books. As well as physically preparing your body and voice to work, a warm-up can also be a useful opportunity to focus mentally and develop a habit of awareness. As you work, then, you will be better able to notice when you are pushing or straining and have the tools to release physically and vocally.

1. Start by stretching and yawning, making stretching and yawning sounds as you do so.

When you've finished stretching and yawning, stand with your feet hip-width apart. With your feet planted, bounce up and down from your knees for 10 to 15 seconds, imagine your shoulders and jaw loosening as you do so.

Keeping the feet planted, begin swinging your arms and shoulders from side to side, but keep your hips and waist still.

After ten to fifteen seconds let your waist join in the swing, but keep your hips still. You'll feel a nice stretch in your ribs and back as you do this.

Next let your hips join in the swing, which will become bigger and more energetic.

Let the energy of the swing begin to pull your heels up off the ground on either side.

After ten to fifteen seconds, widen your stance and bend your knees a bit in a little lunge as you swing to each side.

Deepen the lunge until finally you can touch the floor with your fingertips on either side.

After five or six deep lunges, return to swinging and pulling the heels up off the floor on either side.

Plant the heels on the floor and swing from the hips.

Let the hips be still and swing from the waist.

Let the waist be still and swing from the shoulders.

Come to stillness and feel how the breath has been energized.

Shakespeare Workbook

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