

# THE VOICE

## YOUR VOICE HAS FOUR BASIC COMPONENTS

### 1. THE MOTOR

Lungs provide the force or energy of your voice

Most of us do not have very good "breath support"--meaning we run out of breath easily when we perform. Strengthening our breath support will help give us a more flexible and usable voice.

### 2. THE VIBRATORS

The energy from your lungs is transferred to your vocal cords.

The air vibrates them as it passes through and this creates sound.

Muscle tension in the neck makes it difficult for your vocal cords to produce sounds, so getting rid of some of that tension will be one of our goals.

### 3. THE RESONATORS

The sound produced by the vibrating vocal cords bounces within the "cavities" of your voice mechanism...your mouth, nose, chest, even your ear cavity.

These resonators amplify the sound (just like the body of a guitar amplifies the sound made by the strings).

You can even change the "quality" or overall sound of your voice by controlling where it resonates.

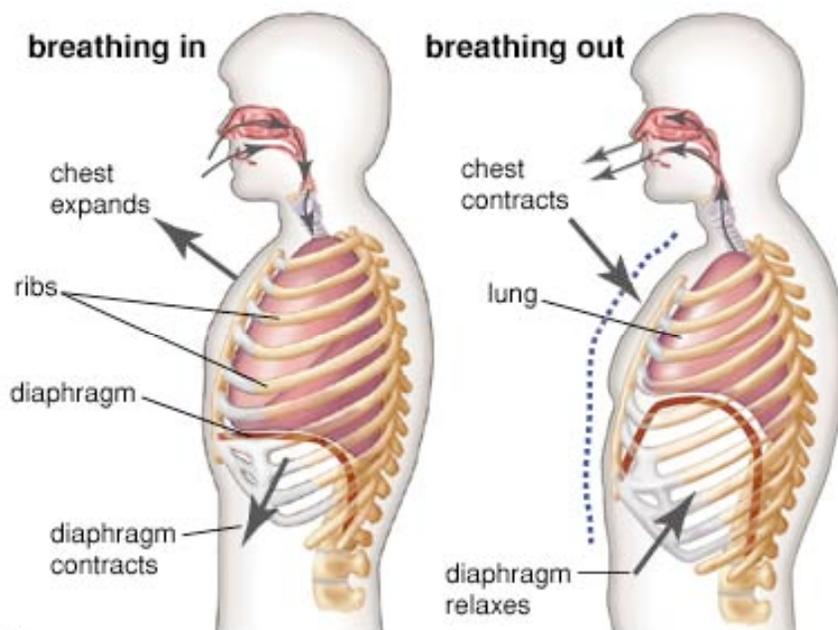
### 4. THE ARTICULATORS

The voice is separated and "shaped" into sounds that have meaning by the articulators--lips, tongue, teeth.

The best way to revive them is to practice with tongue twisters.

### DIAPHRAGM:

A muscle located directly under the rib cage, which aids in proper breathing



Inhaling: the diaphragm is pushed up and out, which enlarges the ribs, which enlarges the lungs to allow more air

Exhaling: the diaphragm is pushed down and in, which controls the amount of air to be released from the lungs.

# VOCAL EXPRESSION

Using vocal variety to create a clear, unique sound which reflects a character

1. Pitch – the highness or lowness of the voice
2. Inflection- raising and lowering the sound at the end of a word or phrase  
“HI” (end up – end down – curve it)
3. Rate – how fast or slow one speaks
4. Volume - how loud or soft one speaks
5. Emphasis – the stressing of a word / phrase  
Did Sally get an “A” in History?  
Did Sally get an “A” in History?  
Did Sally get an “A” in History?
6. Quality – the timbre, tone, color and texture of a voice  
breathy- fuzzy, feathery, whispery. Doesn’t carry well.  
strident-hard, tense, brassy, can be high pitched. Pressure cooker voice.  
harsh-rough, raspy, gravelly.  
nasal- talking through nose, often wailing or whiny.  
denasal- stuffy, cold in the nose quality. Bottled sound (think Rocky)  
hoarse-noisy, scratchy, raw, strained. In need of clearing throat sound.  
  
animal            a small breathy sparrow  
voices            a squeaky mouse  
                      husky grizzly bear  
                      neighing horse  
                      kingly lion

## 7. Accent / Dialect

accent: speaking a language outside your own linguistic family

dialect: speaking within your own linguistic family

ex:     New York dialect, southern dialect, Midwest dialect

vs.

a German person speaking English has a German accent

An excellent speaking voice is easily heard. It is expressive, with good vocal variety, pitch, rate of emphasis, and contrast.

Good pronunciation should be appropriate to the speaker, to the area in which the speaker lives, and to the speaker’s audience.

# FREEING THE VOICE

Allowing the voice to be relaxed and the articulators to be alert; warming up

## 1. RELAXATION

Head - Shoulders

## 2. BREATHING

Diaphragm breathing

Candle / paper exercise

Vocalize an “ah”; change pitch and volume

## 3. LIP / MOUTH / NECK

Yawn exercise

a - e - i - o - u

turtle exercise

## 4. ARTICULATION

A person with a weak voice doesn't always open the mouth widely enough in speaking. The voice doesn't carry because, in a sense, it doesn't have much of a chance to get out of the mouth in the first place.

Lazy speech: drops or omits sounds

*give me* becomes *gimme*

*thinking* becomes *thinkin'*

*going to* becomes *gonna*

*understand* becomes *unerstan*

Garblers mangle or add extra unwanted sounds

*these, them with* turn into *deze, dem, wit*

*length, strength* become *lenth and strenth*

*athlete and across* become *ath-a-lete and acrost*

## Snappy, Exaggerated Sounds Utilizing Lips

we-we-we-we

paw-paw-paw-paw

me-me-me-me

woo-woo-woo-woo

be-be-be-be

boo-boo-boo-boo

ta-tee-ta-tee-ta-tee

zinga zinga zoo

waw-waw-waw-waw

woo-waw-woo-waw

fee-fie-foh-fum

bo-bo-bo-bo-

ki-kee-ki-kee-ki-kee

la-la-la-la-la-la-la

lay-la-lay-la-lay-la

zinga zinga zinga zinga zoo

# ARTICULATION EXERCISES

red leather, yellow leather (repeat)

toy boat (repeat)

Sally sold seashells by the sea shore (repeat)

The little, old lady got mutilated late, last night. (repeat)

The big, black bug, bit the big, black bear; made the big black bear bleed blood.

Peter Piper picked a peck of pickled peppers. If Peter Piper picked a peck of pickled peppers, how many pickled peppers did Peter Piper pick?

How much wood would a woodchuck chuck, if a woodchuck could chuck wood? He'd chuck as much wood as a woodchuck would, if a woodchuck could chuck wood.

To sit in solemn silence on a dull dark dock. In a pestilential prison, with a life long lock. Awaiting the sensation of a short sharp shock from a cheap and chippy chopper on a big, black, block. A dull dark dock. a life long lock. A short sharp shock. A cheap and chippy chopper on a big, black, block.

Amidst the mist and fiercest frost, with barest wrists and stoutest boasts. He thrusts his fist against the post, and still insists he sees the ghost.

What'd to do to die today, a minute or two till two. A thing distinctly hard to say, but harder still to do. We'll beat at the drum at a twenty till two, and the ratatatatatata two. And the dragon will come at the beat of the drum, at a minute or two till two today, at a minute or two till two.

Sinful Caesar sniffed his snifter, seized his knees and sneezed.

A man without a wife is like a man in winter without a fur hat.

Our slogan is WYSIWYG-- pronounced wizzy wig: what you see is what you get.

Always wear clean underwear because you never know when you are going to be hit by a truck and rushed to the emergency room.

If this is coffee, please bring me tea. If this is tea, please bring me coffee.

Cars and bars mean stars and scars.

Double bubble gum bubbles double.

It's awfully difficult for the tolerant to tolerate the intolerable.

Color your words in the following sentences :

- The day was like gold and sapphires.
- The river is a tide of moving waters.
- The lights were sown like flung stars.
- Come to us through fields of the night.
- Darkness melted over the town like dew.
- The soft rays of the sun beat the gentle earth.
- The hush of the dawn washed the murmuring brook in glowing pink.
- The blue gulf of the sky was spread with light, mossy clouds.

LEVELS OF LOUDNESS

In these exercises, we will experiment with three levels of loudness:

soft (but avoid whispering)

medium loud

loud

a b c d e f g h i j k l m

N O p q r s t u v w x y z

A A B B C C D D E E F F

G G H H I I J J K K L L