

**Berkeley Repertory TUESDAY**

4 ESSENTIALS of VOICE and SPEECH with instructor's added notes.

**1 )EXCITOR**

The force that triggers the voice. Respiratory muscles, mainly the diaphragm and intercostal muscles regulate and control and supply the air necessary to produce a voice.

RYTHMIC ENDURANCE AND SUPPORT IS KEY.

**Trust your OWN tempo and YIELD to your need to breath!**

**2 )VIBRATOR or vocal folds (vocal cords)**

Produce sound waves or sound vibrations when BREATH travels across them. INVOLUNTARILY relies on concentration and MENTAL IMAGES. Essential to AVOID GLOTTAL ATTACKS.

Never force your voice, trust in you unique vocal life which stems from your imagination and RELATIONSHIP with words, let the words affect you, let the body respond authentically in the moment.

**3) RESONATORS**

Cavities in the chest, throat, mouth and nose serve to reinforce to amplify sound waves.

Our whole body resonates! We are as human microphones when freely emitting embodied sounds.

Consider the neonate crying in a parking lot, the whole body vibrates the channel for sound is unencumbered and the voice FILLS THE SPACE.

I do not adhere to the term" PROJECTION" of voice, I prefer the concept of FILLING A SPACE with your embodied sound and reaction to it.

TONE, NUANCE and CADENCE, production is dependent on INTERNAL and EXTERNAL physical conditions as well as MENTAL ATTITUDE and EMOTIONAL responses.

Dialects are the authentic tapestry of language, all voices carry their own unique beauty , my goal in this class, and indeed ALL my work , is to offer you all my tools and exercises which foster your OWN natural vocal energies and bring a text , or speech , or monologues in your auditions , TO LIFE and make them your own on any and all platforms.

**4) ARTICULTORS**

Shape the breath as it passes out through the mouth and nose.

MOVEABLE articulators are lips, lower jaw, tongue, soft palate,

IMMOVEABLE articulators are teeth upper gums hard palate and throat.

## SOUNDS OF WRITTEN and SPOKEN ENGLISH

### WRITTEN ELEMENTS

Letters of alphabet, words, sentences.  
thoughts

VOICED spoken with vibration of vocal folds

### VOWELS

Open uninterrupted air flow, vowels are PURE sounds. Tip of tongue rests behind lower front teeth.

FRONT MIDDLE OR BACK of tongue arches to various heights to SHAPE vowels.

RELAXED LOWER JAW. SOFT PALATE RAISED to prevent nasality.

We bit plaid flood do should law dog calm.

### DIPHTHONG

Movement of articulator can be SEEN and FELT by speaker, BLEND OF TWO VOWELS into one phonetic unit , as ONE sound.

Day date great eye Thai tie know now

### TRIPHTHONG

As above blending 3 sounds

Hire flower liar hour

### CONSONANT

Stopped interrupted breath either mouth or nose, may be voiced or non-voiced, may have stationary or moving articulators.

Be abbey is of off weigh now show thigh egg chew aisle who issue

### AFFICATIVE

Is a STOP PLOSIVE and a fricative consonant blended together so closely that they seem as a single sound

Cheese June cello kitchen gent judge.

### SPOKEN ELEMENTS

Vowels, diphthongs, consonant, syllables, phrases or rhythmic thought groups

UNVOICED without vibration

**ARTICULATION EXERCISES 3 times each AT LEAST**

Kinky cookie	Rubber baby buggy bumpers
Giggle gaggle	diga riga diga riga diga riga doo
Lilly lolly looli lawli	red leather yellow leather
Culligan and calla lily	rural ridicule
Philological ability	minimal animal minimal animal
Eleven benevolent elephants	with which watch with which watch
Literally literary	lemon liniment
Will you William	unique New York
Brilliant Italian William	toy boat
Topeka Topeka Topeka	Peggy Babcock
Bodega Bodega Bodega	girl gargoyle guy gargoyle
Topeka Bodega Topeka Bodega Topeka Bodega	abominable abdominals
Sushi chef	choose Sue's shoes

**SENTENCES to PRACTICE articulate EVERY SIGNATURE SOUND WITH CLARITY and DELIBERATION!**

These people feel sweet Phoebe means to guarantee complete defeat.

It's a miracle the ability of the actress and her fate had been debated so belatedly.

Ethel spent an extra twenty-seven cents to get the best eggs and vegetables for Beth.

Fancy! The fascinating character Harry Mc Cann married Anne Hammond.

Angry gangs pranked the bank manager then sang and ran.

Tom met Tilly Teazle for tea and toast on Tuesday at Tina's.

**SENTENCES FOR FRONT VOWEL SOUNDS MIXED**

Even an impossible airfare to Africa is worth the effort.

The wretch reached for a rare rat's tail to resist the rascal.

Aleta littered the lair with a letter too lavish to last

Brenda Brindle, the branch librarian, bagged a basket of books.

Felice has a flair for flashy fitted fasteners.

His hairy head needs only half a hat

Clare cleaned the bands bathroom in a fitful frenzy.

### AFFRICATIVE CHALLENGES

Cheese cheat chit chin chess check chat chap chant chance church chuck chubby chew chose chalk cheer  
Inched pinched wrenched lunched hunched bunched preached clutched watched thatched hatched  
Culture vulture rapture butcher feature picture structure tincture rupture literature  
question suggestion celestial estuary tempestuous gesture pasture posture mixture fixture texture  
can't you, won't you , don't you, could you, would you, did you. (NOT CAN CHEW ) T Y bridge

5 POEMS to work with in class.

LYRICs and POEMS to choose from . I have transcribed these for accuracy.

Paul Laurence Dunbar 1872-1906 aged 33 poet who inspired Maya Angelou's Title, born in Ohio both parents were enslaved.

#### SYMPATHY

I know what the caged bird feels, alas!  
When the sun is bright on the upland slopes;  
When the wind stirs soft through the springing grass,  
And the river flows like a stream of glass;  
When the first bird sings and the first bud opes,  
And the faint perfume from its chalice steals ---  
I know what the caged bird feels!

I know why the caged bird beats his wing  
Till its blood is red on the cruel bars;  
For he must fly back to his perch and cling  
When he fain would be on the bough a-swing;  
And pain still throbs in the old, old scars  
And they pulse again with a keener sting ----  
I know why he beats his wing!

I know why the caged bird sings, ah me ,  
When his wing is bruised and his spirit sore,---  
When he beats his bars and he would be free;  
It is not a carol of joy or glee,  
But a prayer that he sends from his heart's deep core,  
But a plea, that upward to Heaven he flings---  
I know why the caged bird sings !

WE WEAR THE MASK

Paul Laurence Dunbar

6

We wear the mask that grins and lies,  
It hides our cheeks and shades our eyes,---  
This debt we pay to human guile;  
With torn and bleeding hearts we smile,  
And mouth with myriad subtleties.

Why should, the world be over wise,  
In counting all our tears and sighs?  
Nay, let them only see us, while  
We wear the mask.

We smile, but, O great Christ, our cries  
To thee from tortured souls arise.  
We sing, but oh the clay is vile  
Beneath our feet, and long the mile;  
But let the world dream otherwise,  
We wear the mask!

Maya Angelou 1928 – 2014 I was much honored to be a director at San Jose's TABARD THEATRE company's Celebration of Maya Angelou's life the year she passed. The voices were intense!

CAGED BIRD

Maya Angelou 1928 – 2014

The caged bird leaps

On the back of the wind

and floats downstream

till the current ends  
and dips his wing in the orange sun rays  
and dares to claim the sky.

M

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
With a fearful trill  
Of things unknown  
But longed for still  
And his tune is heard  
On the distant hill  
For the caged bird  
Sings of freedom.

The free bird thinks of another breeze  
And the trade winds soft through the sighing trees  
And the fat worms waiting on a dawn bright lawn  
And he names the sky his own.  
  
But a caged bird stands on the grave of dreams  
his shadow shouts on a nightmare scream  
his wings are clipped and his feet are tied  
so he opens his throat to sing.

The caged bird sings

with a fearful trill

of things unknown

but longed for still

and his tune is heard

on the distant hill

for the caged bird

sings of freedom.