

The Actor's Warm-up

Workshop presented by Chrissy Calkins Steele at KCACTF Region III, January 2022 - online
Voice work is from Kristin Linklater's *Freeing the Natural Voice*.

Semi-supine – lying down with feet on the floor, knees bent and facing toward the ceiling.

This is a position for releasing tension – mental and physical. Think through the body, focusing on releasing from the head all the way through the body to the feet. Become aware of your natural everyday breathing – how is your body moving in response to the breath coming in and falling out of you? Are you breathing through your mouth or your nose?

Diagonal stretch. Float your knees up to your chest, then let them fall to one side, into in a diagonal stretch. Sigh with relief – first on breath, then with sound – Haaaah. Float your knees to the other side. Sigh with relief.

Shake out a knee. Bring your knees over your belly. Grab one knee with your hands and shake it as you sigh out on sound – Haaaah. Shake out the other knee.

Jiggle belly. Use your hands to jiggle out your belly as you sigh out on sound – huuuh. Jiggle on huuuh, then draw the sound to your lips – mmmmm. Finally, jiggle on huuuh, hum, and then release the sound towards the ceiling – uuuh.

Drop down, roll up spine. Drop on mmmm; new breath and new hum to come up the spine on mmmm. Release the sound (uuuh) at the top as you bounce your knees; next time bounce your shoulder blades; then shimmy your shoulders; finally bounce your heels off the floor.

Arm shake out. Easily shake out hand, then add lower arm, then add full arm – all on a “ssss”; other arm shake out on a “shhhh”.

Power breathing (from Martin McKlellan).

Arm swings 8x, on each one let the arm drop and the breath drop out; Repeat with the other arm 8x. Then both arms in opposition. Repeat the sequence on sound (huh).

Monkey – hoo-hoo-ha-ha on breath with arms above head in ‘V’; then bending over, hands on knees. Then hoo-hoo-ha-ha on voice. Come back to standing, arms in ‘V’.

Other exercises included (as time allows):

Salute to the Earth (yoga)

Arm Swings (Trish Arnold work) – swing and release

Expansion and Contraction (from Michael Chekhov)

Qualities: mold, float, fly, fire (Chekhov)

ZZOO-WOe- SHAW (vowel ladder from Kristin Linklater, *Freeing the Natural Voice*)

RREE-EE crown RREE-EE

KI

forehead

KI as in ‘kick’

PE-EY

eyes

PE-EY as in ‘pale’

DEh

cheekbones

DEh as in ‘den’

BA	mid-cheeks	BA as in ‘bat’
HU-UH-UH	mouth	HU-UH-UH as in ‘hurt’
FUh	lips	FUh as in ‘fun’
MAA-AAH	heart	MAA-AAH as in ‘mark’
GOh	chest center	GOh as in ‘got’
SHAW-AW	solar plexus	SHAW-AW as in ‘short’
WO-e	belly	WO-e as in ‘woe’
ZZOO-OO	pelvis and legs	ZZOO-OO as in ‘zoo’