

The people who designed these handouts invested a lot of time and creativity in putting them together. They may be used within Region 31 for educational purposes but if you wish to use them as a teaching aid in another region or another musical organisation, please contact the author to obtain permission.



Performance Skill Building “Let the Body Sing” Handout

All Activity must be generated from your Core/Power Centre

- Ground yourself and let your core and lower body empower you from the bottom up
- Keep the knees flexible
- Generate all vocal and visual power from the core
- Allow the upper body to remain free and artistic
- Maintain balance through your mid section



Physical Habits to Break that Impact Your Voice.

- Watching the notes go up and down the scale (keep your chin parallel to the floor)
- Posture/tilting toward your audience at the hips (impacts breath capacity)—lead with the breast bone from lower body, bring your audience to you.—increases confidence as well
- Throwing your sound into your limbs in more active sections (generate the power of your sound from the core and keep the limbs free)
- Ineffective limb use (hyperextension, lack of purpose/power)—Short-arm when possible and keep ribcage intact
- Lack of physical attention to the proper meter—unify critical beats (down beat or back beat?)



Physical Habits to Break that Impact Your Voice and the Unit.

- Movement without purpose—creates conflict with the voice—mechanical
- Not mirroring the vocal line (Don't arrive before the music does!)
- Performing only your voice part (perform the ensemble sound)—watch for voice predominant sections
- Lyric vs. phrase performance— busy popcorn (sing & perform in large sweeping circles)
- Body retreats on softs (increase proximity and physical involvement on softs)

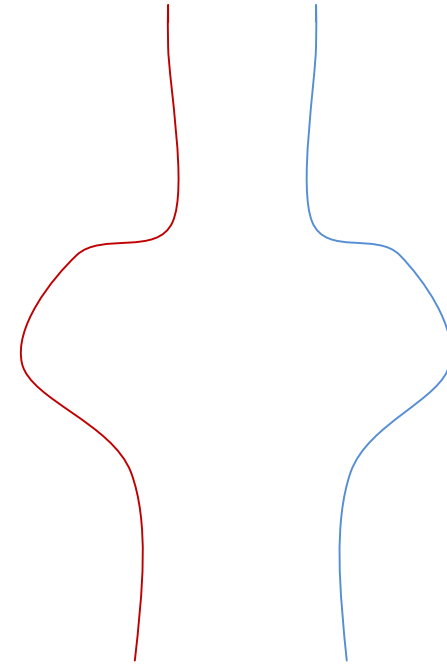
Active Sound = Active Body

- Active journey vs. destination
- Mid air entrance and performance
- Launching
- Merging vs. glottal attacks
- Large sweeping circles



Voice and Body Shaping

Mirror embellishments
with purpose by
shaping the sound and
body around them



Add the Giant

The Body Must Mirror the Music



Musical Alignment

- Dynamics
- Key Changes
- Vocal Texture
- Interpretive Breaths
- Repetition
- Rhythm and Meter
- High Point



Step 1:

Understand Character and Story-line

- Begin with defining the purpose of the music (5 W's)
- Become rather than imitate the character (Step into their shoes—empathize)
- Encourage a character of Strength
- Ensure all can relate
- Use word pictures, clothing, personality, age range, etc.



Connect With the Story-line

- Identify the emotional through-line (character's motivation for action).
- Ensure alignment with the Director.
- Tap into imagination.
- Search for meaning—poetry, fairy-tales, progression of passion (in lyric and music), real life relativity, dramatic scenes
- Identify and utilize proximity to people and things
- Check the mood of the room
- Define scene changes and colour those rooms in a progressive style.
- Make a movie and play the leading role

Performance Power & Unity



The Individual Performer

- Strong, Unified Character
- Unified emotional through-line (Purpose, honesty, passion, intention)
- Mirroring the Vocal line (emotionally and physically)
- Directed Energy
- Strong Centered Posture (Giant)
- Lower Body Driven, Sing From the Core
- Keep Your Sound and Physicality Out of the Floor
- Perform in front of the body
- Mental Mass (Body & Space)
- Proximity
- Body Shaping
- Sustain Centered Approach
- Remain Aware of Placement in relation to others
- Launching on Predominant Targets
- Continuous Large Sweeping Energy Circle (singing and visual)
- Power Skating
- Use Extension and Dimension (individual & ensemble)
- Sing and perform the ensemble (mentally connect the energy and advance as one)

Reaching Your Audience

- Be the Teacher
- Bring them to the stage
- Know who they are and relate to them
- Care about them more than yourself
- Sing with exclamation points
- Communicate with the mission of renewing their spirit
- Use your whole voice, your whole body, your whole soul
- Share like it is the last thing they will hear



Honesty