

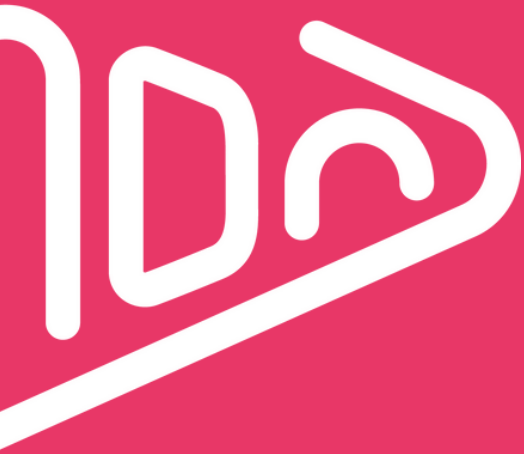
MY LAMDA TUTOR

# WORKBOOK

KNOWLEDGE

## BREATHING TECHNIQUES TO SUPPORT VOICE

DEFINITIONS  
AUDIBILITY  
EMOTION  
CONTEXT  
WHAT NOW?



# ...ERR WHAT?

## TIME TO DEFINE

### BREATHING TECHNIQUE?

LAMDA says that they are looking for you to tell them HOW the breath supports the voice in different situations. Imagine you've got to whisper in your scene, you might tell the examiner how you used your breath to support you whilst still being audible across the performance space. You need to consider: AUDIBILITY - EMOTION - CONTEXT



# AUDIBILITY

Can you be heard and can you be understood?  
**THREE** THINGS TO THINK ABOUT

1

## SENTENCE LENGTH

Do you have lots of long sentences which might require greater support from your abdominal muscles in order to maintain a steady breathforce right to the end of sentences?

2

## WORD CHOICE

Perhaps you've got a lot of complicated words and phrases and so need to maintain a slower pace, which has consequently requires deeper breathing and a conscious avoidance of clavicular breathing.

3

## PERFORMANCE SPACE

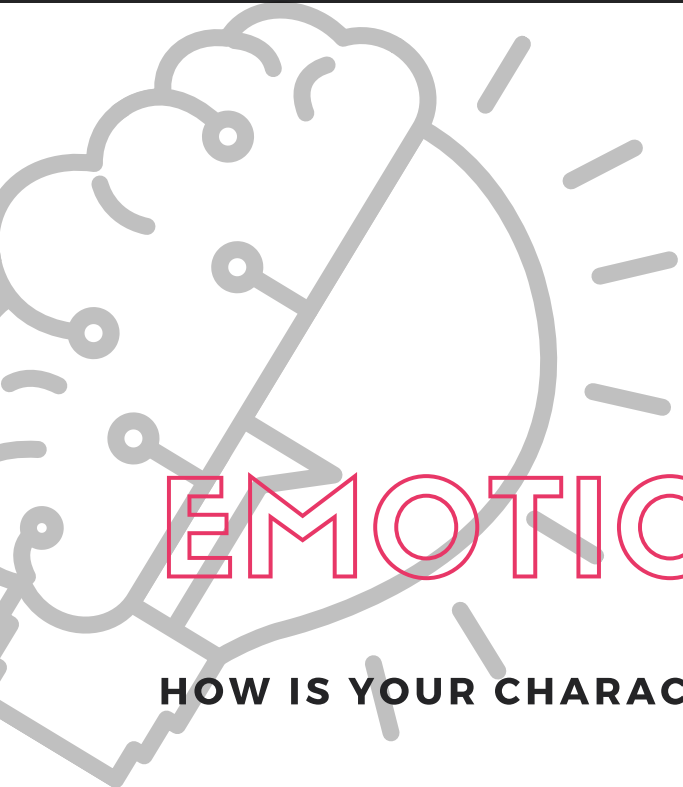
Perhaps your performance space is bigger than expected and so you need to increase your forward placement and maintain consistent pressure from the abs to ensure that you can be heard.

## OZI'S TOP TIP



What is unique about how your piece has been written and how does that translate into the way you use your breath?





# EMOTION

## HOW IS YOUR CHARACTER FEELING?

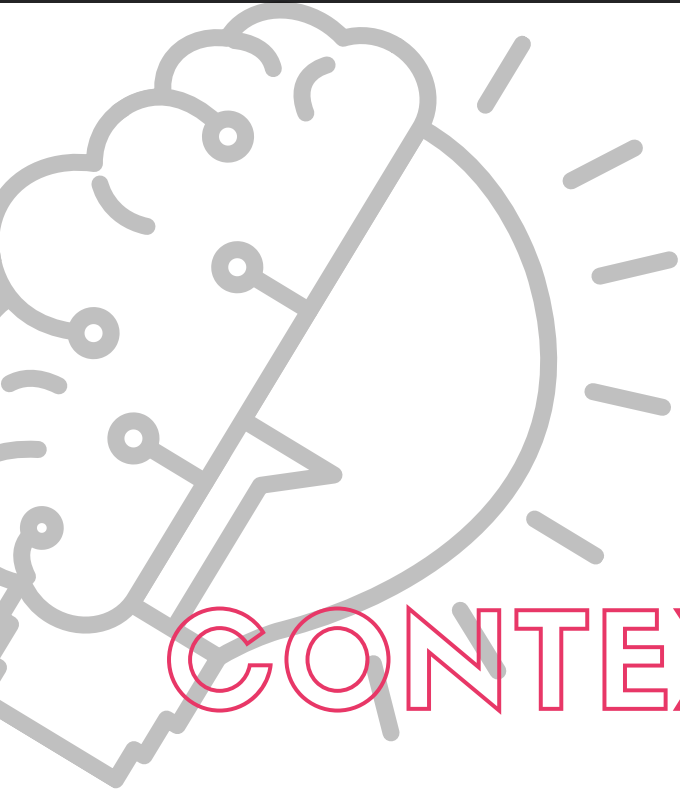
Breath is one of the biggest indicators of emotion. Think about how your diaphragm and abdominals pump when you're laughing or how consistent the pressure is if you let out a long wail of pain.

HOW IS MY  
CHARACTER  
FEELING?



HOW DOES  
THAT  
FEELING  
AFFECT MY  
BREATHING?





# CONTEXT

WHERE IS YOUR CHARACTER

How might you use your breath to represent those surroundings? For example, in a noisy pub you might have to increase your breath force in order to be heard.

## WHAT ARE THE LITERAL SURROUNDINGS?

## SURROUNDINGS?

## WHEN IS IT?



And how does that affect your breath? For example, if it's cold, you might want to try different breathing techniques to reflect how you might be shivering, or trying to warm yourself up.



# ...WHAT NOW?

## WRITE A MODEL ANSWER

Give an explanation of the breathing techniques used to support the voice in each of the scenes performed.

### DEFINE

Define a breathing technique for the examiner. Explain why it's important.

### AUDIBILITY

Go through each piece and explain the techniques you used to make sure your text could be heard and understood.

### EMOTION

Explain the emotion of the characters you're playing and suggest ways in which this might affect your breathing.

### CONTEXT

Discuss literal surroundings and time. Highlight any opportunities to use your breath to support your voice in these discoveries.

## REMEMBER:

The breathing techniques you use will be completely individual to the scenes you've selected for your Exam. That said, there may of course be some similarities in how you use your breath across both pieces - so don't worry if you highlight the same things twice (though try to look for differences if you can).