



Warming up and Microphone Technique

Warming up

- Stretching
- Neck & shoulder muscles and frontal neck and chest facia
- Laryngeal manipulation
- Tonal sweeping
- Pencil test

Clear delivery

- Drink plenty of water (still not carbonated)
- Avoid dairy products e.g. chocolate, milky coffee, milkshakes. Herbal tea is fine
- Steam inhalation. Eucalyptus/Menthol
- Importance of hydration for vocal health

Distance to the microphone

- Ideal: One full hand span and 25 degrees off Axis to avoid plosives
- Standing is best for good diaphragm control and energy levels
- Use a Pop Shield if provided

Your clothes and other extraneous noises

- Soft cotton fabric is preferable
- Avoid starched linen, leather and man-made fibers
- Remove jewelry and other adornments e.g. earrings
- Switch off mobile phone.

Mic' Technique

- Beware of Plosives as these will cause "popping"
 - Easily avoided by small head movement at delivery
 - Delivery 25% off axis of microphone
- Beware Clicky vocal delivery caused by "dry mouth"
 - Small issue but very time consuming in post production for editor
 - Take water before each take/remove excess from mouth
- Always aim for a clean "in point"
 - Before each take – fill lungs, establish silence, pause then start
 - If performing with another actor ALWAYS leave air between
 - Dialogue so files can be created easily in post production