

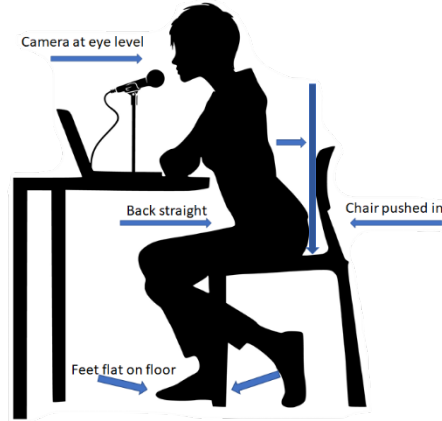
# Voice Recording Tip Sheet

A few years ago, I learned firsthand a few techniques from Vocal Awareness coach Arthur Joseph. Some of his students were Carol Burnett, Sylvester Stallone, Sally Field, and Arnold Schwarzenegger. The following is only a portion of what he taught, yet enough to get you on the right path.

## POSTURE

The following actions will open your windpipe and set the body in optimal position.

- ❖ Sit forward on your chair
- ❖ Back straight
- ❖ Feet flat on floor
- ❖ Shoulders back and down
- ❖ Full body relaxed
- ❖ Chin perpendicular to chest



## VOCAL CORDS & FACE WARM UP EXERCISE

The following exercise will help the face and muscles stretch while relaxing the mouth.



With mouth slightly open, place a forefinger, parallel, between lips, using gentle force to push and keep the jaw down. This action helps to open the back of the throat to produce a better-spoken tone.

Next, sing a few scales which contain both high and low notes. You may also make any sound that will give a various range. 45 to 60 seconds; don't strain or overdo.

Notice the difference of how the back of throat feels.

## READY TO RECORD

A good quality microphone, such as an ATR-2100 or YETI, is key to recording the best sound production. A good headset also works.



Before beginning to speak, fill your diaphragm with air. Slowly and silently take a deep breath in. Open the back of your throat, which is simply relaxing it, having the sound coming from there and not the nasal cavity.

With the mic close to your mouth and off just to the side, read with emotion and movement. If a mistake is made, stop and say, "Redo last line or paragraph" and then begin again. You can also use a "clacking" sound, twice, with your tongue or clicking device, which helps the audio editor find those spots easily.

Be cognizant of your punctuation. Reading too quickly may increase the possibility of error and lessen the audio quality for the listener.

Have fun!

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Peggy Lee Hanson is creating the most significant, worldwide online resource for aspiring writers to share their wisdom, expertise, and strategies in book form. Pick up your gift at <https://FreeChapterWritingGuide.com>.