



LAMDA PACK - INTRODUCTORY

WELCOME TO BERZERK LAMDA!

Berzerk have been coaching LAMDA for over 20 years.

What is LAMDA?

LAMDA is one of the UK's oldest and most respected awarding bodies. We have been offering practical examinations in communication and performance subjects for over 130 years. In this time, our qualifications have helped hundreds of thousands of candidates of all ages and abilities to develop lifelong skills.

LAMDA exams are about achievement – recognising and rewarding the endeavours of each individual – but they are also about empowerment. Our ultimate aim is to provide all people with the opportunity to develop the life skills they need to be a success: attributes such as self-confidence and the ability to communicate clearly and present ideas.

At the heart of LAMDA examinations is the recognition that our qualifications are for everyone. Across the globe, our examinations unite learners of all ages, abilities, backgrounds and cultures in enthusiasm for the English language and a desire to develop skills for life.

Unlock the imagination / Develop communication skills / Refine technical artistry

In this pack you'll find:

- LAMDA Information
- LAMDA Trial
- LAMDA Tips
- Tongue Twisters
- Weekly Checklist

WELCOME TO YOUR LAMDA TRIAL!

What can you expect?

The weekly classes will follow a simple format. This will include vocal techniques and exercises, quick thinking exercises, colouring of words, mime, actions, specific games, tongue twisters and memorising a performance piece.

To reinforce what you have been learning during class and to be prepared for the next one, you are expected to work on set tasks at home each week. This could include learning pieces by heart, vocal exercises, writing etc. The homework should never be more than 10 - 15 minutes per week. You will need a folder for your notes and performance pieces.

TONGUE TWISTERS

- I thought a thought.
But the thought I thought wasn't the thought I thought I thought.
- Say this sharply, say this sweetly,
Say this shortly, say this softly.
Say this sixteen times very quickly
- Irish wristwatch
- Three free throws

INTRODUCTORY PIECE

Cloud

What is fluffy?

What is White?

What can you see when skies are bright?

What can float?

What brings rain?

What may be higher than a bird or plane?

Say it out loud:

Cloud!

LAMDA TIPS

Things To Remember

- **ACTOR'S NEUTRAL!**
Stand up straight, hands by your side,
feet slightly apart
- **LEVEL HEAD!**
Don't strain your voice
- **BREATHE DOWN!**
- **RUBBER BAND MOUTH!**
Ensuring that you speak clearly and
distinctly
- **COLOUR YOUR WORDS!**
Say it how it feels
- **PROJECT YOUR VOICE!**
- **4 BUZZ POSITIONS!**
Back of the head
The nose
The jaw
The chest
.....you should feel them vibrating!

Posture Do's and Don'ts

DO...

Be relaxed and natural
Keep your movements fluid
Keep your chin level
Keep your knees loose
Keep your head up
Keep your shoulder sloping and relaxed
Keep the front of your neck loose – don't
stretch it
Keep abdominal muscles relaxed
Keep your back muscles relaxed
Smile!

DON'T...

Drop or hunch your shoulders
Move stiffly or jerkily
Drop or tuck in your chin when trying to
sing low notes
Stretch your head upward when trying to
sing high notes
Strain or push your abdominal muscles

TONGUE TWISTERS

- Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?
- Betty Botter bought some butter. But she said the butter's bitter. If I put it in my batter, it will make my batter bitter. But a bit of better butter will make my batter better. So 'twas better Betty Botter bought a bit of better butter
- How much wood would a woodchuck chuck if a woodchuck could chuck wood? He would chuck, he would, as much as he could, and chuck as much wood, as a woodchuck would if a woodchuck could chuck wood
- She sells seashells by the seashore.
- How can a clam cram in a clean cream can?
- I scream, you scream, we all scream for ice cream.
- Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't fuzzy, was he?
- Can you can a can as a canner can can a can?
- You know New York, you need New York, you know you need unique New York.
- I saw a kitten eating chicken in the kitchen.
- If a dog chews shoes, whose shoes does he choose?
- I thought I thought of thinking of thanking you.
- I wish to wash my Irish wristwatch.
- Near an ear, a nearer ear, a nearly eerie ear.
- Eddie edited it.
- Willie's really weary.
- Tom threw Tim three thumbtacks.
- He threw three free throws.
- Nine nice night nurses nursing nicely.
- So, this is the sushi chef.
- Four fine fresh fish for you.
- Wayne went to wales to watch walruses.

- Six sticky skeletons. (x3)
- Snap crackle pop. (x3)
- Flash message. (x3)
- Red Buick, blue Buick. (x3)
- Red lorry, yellow lorry. (x3)
- Thin sticks, thick bricks. (x3)
- Stupid superstition. (x3)
- Eleven benevolent elephants. (x3)
- Two tried and true tridents. (x3)
- Rolling red wagons. (x3)
- Black back bat. (x3)
- She sees cheese. (x3)
- Truly rural. (x3)
- Good blood, bad blood. (x3)
- Pre-shrunk silk shirts. (x3)
- We surely shall see the sun shine soon.
- Which wristwatches are Swiss wristwatches?
- Fred fed Ted bread, and Ted fed Fred bread.
- A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.
- Lesser leather never weathered wetter weather better.
- Sheena leads, Sheila needs.
- Top chopstick shops stock top chopsticks.
- Selfish shellfish. (Repeat many times)
- No need to light a night-light on a light night like tonight.
- Thirty-three thousand feathers on a thrushes throat.
- The great Greek grape growers grow great Greek grapes.

- Linda-Lou Lambert loves lemon lollipop lipgloss.
- Near an ear, a nearer ear, a nearly eerie ear.
- Roberta ran rings around the Roman ruins.
- He threw three free throws.
- A happy hippo hopped and hiccupped.
- Toy boat. Toy boat. Toy boat. (Repeat many times)
- A synonym for cinnamon is a cinnamon synonym.
- One-one was a race horse. Two-two was one too. One-one won one race. Two-two won one too.
- The 33 thieves thought that they thrilled the throne throughout Thursday.
- Scissors sizzle, thistles sizzle.
- Betty's big bunny bobbed by the blueberry bush.
- Four furious friends fought for the phone.
- Imagine an imaginary menagerie manager managing an imaginary menagerie.
- Gobbling gargoyles gobbled gobbling goblins.
- Many an anemone sees an enemy anemone.
- If you notice this notice, you will notice that this notice is not worth noticing.
- An ape hates grape cakes.
- Elizabeth has eleven elves in her elm tree.
- Little Lillian lets lazy lizards lie along the lily pads.
- A shapeless sash sags slowly
- Green glass globes glow greenly.
- A proper copper coffee pot.
- Red Buick, blue Buick (x3)
- Rubber baby buggy bumpers.

LAMDA Weekly Checklist

EXAM ENROLMENT:

Grade	Piece	Author	Published

Date	Checklist	Notes
	☐ Piece checked against the syllabus ☐ Colour ☐ Projection ☐ Rubber band mouth ☐ Breathing	
	☐ Colour ☐ Projection ☐ Rubber band mouth ☐ Breathing	
	☐ Colour ☐ Projection ☐ Rubber band mouth ☐ Breathing ☐ Timed	
	☐ Colour ☐ Projection ☐ Rubber band mouth ☐ Breathing	

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