Intensive Shadow Speaking Practice

Watch your practice video. Choose at least a one minute portion of the video. Without practicing, read and record yourself speaking the text. You can record yourself with video or just audio.
Then use different techniques to practice and improve the way you read that text.

- Make notes on the transcript to indicate pauses, changes in pitch, and other speech patterns
- Listen/Repeat (sentence by sentence)
- Listen/Whisper
- Record again. Listen. Circle parts that need the most improvement.
  Practice those parts.
- Listen/ Shadow Read (turn the volume down)
- Try anything else you think will be helpful

When you're finished practicing, record an 'after practice' recording. Either post uploads of your 'before' and 'after' recordings on your blog or upload them to your Google Drive or Clyp.it and share them with Jeff (pufslebow@gmail.com) or Denis (denisparnell1@gmail.com)
(remember you don't have to do the whole scene - just 60+ seconds. You can choose which 60 seconds to practice)

Wall Street
https://www.youtube.com/watch?v=PF_iorX_MAw
Well, I appreciate the opportunity you're giving me, Mr. Cromwell, as the single largest shareholder in Teldar Paper, to speak.
Well, ladies and gentlemen, we're not here to indulge in fantasy, but in political and economic reality. America, America has become a second-rate power. Its trade deficit and its fiscal deficit are at nightmare proportions. Now, in the days of the free market, when our country was a top industrial power, there was accountability to the stockholder. The Carnegies, the Mellons, the men that built this great industrial empire, made sure of it because it was their money at stake. Today, management has no stake in the company! All together, these men sitting up here [Teldar management] own less than 3 percent of the company. And where does Mr. Cromwell put his million-dollar salary? Not in Teldar stock; he owns less than 1 percent.
You own the company. That's right -- you, the stockholder.
And you are all being royally screwed over by these, these bureaucrats, with their steak lunches, their hunting and fishing trips, their corporate jets and golden parachutes.

Cromwell: This is an outrage! You're out of line, Gekko!
Teldar Paper, Mr. Cromwell, Teldar Paper has 33 different vice presidents, each earning over 200 thousand dollars a year. Now, I have spent the last two months analyzing what all these guys do, and I still can't figure it out. One thing I do know is that our paper company lost 110 million dollars last year, and I'll bet that half of that was spent in all the paperwork going back and forth between all these vice presidents.
The new law of evolution in corporate America seems to be survival of the unfittest. Well, in my book you either do it right or you get eliminated. In the last seven deals that I've been involved with, there were 2.5 million stockholders who have made a pretax profit of 12 billion dollars. Thank you.
I am not a destroyer of companies. I am a liberator of them!
The point is, ladies and gentleman, that greed -- for lack of a better word -- is good.
Greed is right. Greed works. Greed clarifies, cuts through, and captures the essence of the evolutionary spirit. Greed, in all of its forms -- greed for life, for money, for love, knowledge -- has marked the upward surge of mankind. And greed -- you mark my words -- will not only save Teldar Paper, but that other malfunctioning corporation called the USA.
Thank you very much.

Primary Colors

http://www.metacafe.com/watch/an-xvPAnJbb7hbJmm/primary_colors_1998_libby_threatens_stanton/

I'm sorry, sweetheart, but it does.
And here's why.
Know what this is? Test results on Jack's blood and Uncle...
Charlie's blood taken over the years.
And this is the report Jack gave me that proves he...
didn't father Loretta's baby.
And you know what, Jack? It's not your blood.
Isn't that a riot?
The blood Dr. Beauregard took wasn't from you. It was from Uncle Charlie.
You sent him in your place because Dr. Beauregard loves...
you and wants to "teach those Yankees a lesson. "
He doesn't love you enough to lose his license.
Once he knows I have proof, he'll fold.
That won't prove you're the father of Loretta's baby.
In fact, I think you're not.
But it proves you thought you might be.
…..
You see, Jack? She hasn't even heard.
She isn't even upset that you fucked your 17-year-old babysitter.
And you know why? It's never the cheat who goes to hell.
It's always the one who he cheated on.
That's why you still talk in that tender voice about being in it for the folks and...
Susan can only talk in that voice from hell about your political career.
Now what kind of shit is that, Jack! Oh, excuse me. I forgot.
It's the same old shit The shit no one ever calls you on, ever..
Because you are so completely fucking special!
Because everyone was always so proud of you.
Me, too. Me, the worst.
It's just makes it a lot easier for me. I mean,...

From Louis: On Being a Fat Girl

https://www.youtube.com/watch?v=KFdWcNJ17YY (starts at 00:38)

Vanessa: Ugh, dammit. That is so goddamn disappointing, Louie.
Louie, you know what the meanest thing is you can say to a fat girl? "You're not fat." I mean, come on, buddy.
It just sucks. It really really sucks. You have no idea. And the worst part is, I'm not even supposed to do this.
Tell anyone how bad it sucks, because it's too much for people. I mean, you, you can talk into the microphone and say you can't get a date, you're overweight. It's adorable. But if I say it, they call the suicide hotline on me.
I mean, can I just say it? I'm fat. It sucks to be a fat girl. Can people just let me say it? It sucks. It really sucks. And I'm going to go ahead and say it. It's your fault.
Look, I really like you, you're truly a good guy, I think. I'm so sorry. I'm picking you. On behalf of all the fat girls, I'm making you represent all the guys. Why do you hate us so much? What is is about the basics of human happiness, feeling attractive, feeling loved, having guys chase after us, that's just not in the cards for us? Nope. Not for us.
How is that fair? And why am I supposed to just accept it?

Any Given Sunday Speech

https://www.youtube.com/watch?v=m_iKg7nutNY
I don't know what to say really. Three minutes to the biggest battle of our professional lives all comes down to today.
Either we heal as a team or we are going to crumble.
Inch by inch play by play till we're finished.
We are in hell right now, gentlemen
believe me and we can stay here and get the shit kicked out of us
or we can fight our way back into the light.
We can climb out of hell. One inch, at a time.

Now I can't do it for you. I'm too old. I look around and I see these young faces and I think
I mean I made every wrong choice a middle age man could make. I uh....
I pissed away all my money believe it or not.
I chased off anyone who has ever loved me. And lately, I can't even stand the face I see in the mirror.

You know when you get old in life things get taken from you. That's, that's part of life.
But, you only learn that when you start losing stuff. You find out that life is just a game of inches.
So is football. Because in either game life or football the margin for error is so small.
I mean one half step too late or too early you don't quite make it.
One half second too slow or too fast and you don't quite catch it.
The inches we need are everywhere around us.
They are in ever break of the game every minute, every second.

On this team, we fight for that inch On this team, we tear ourselves, and everyone around us
to pieces for that inch. We CLAW with our finger nails for that inch.
Cause we know when we add up all those inches that's going to make the fucking difference
between WINNING and LOSING between LIVING and DYING.

I'll tell you this in any fight it is the guy who is willing to die who is going to win that inch.
And I know if I am going to have any life anymore it is because, I am still willing to fight, and die for that inch because that is what LIVING is.
The six inches in front of your face.

Now I can't make you do it. You gotta look at the guy next to you.
Look into his eyes.
Now I think you are going to see a guy who will go that inch with you.
You are going to see a guy
who will sacrifice himself for this team
because he knows when it comes down to it,
you are gonna do the same thing for him.

That's a team, gentlemen and either we heal now, as a team, or we will die as individuals. That's football guys. That's all it is. Now, whattaya gonna do?

Newsroom

https://www.youtube.com/watch?v=16K6m3Ua2nw

It's not the greatest country in the world. That's my answer... [turns to a panelist] Sharon, the NEA is a loser. Yeah, it accounts for a penny out of our paycheck, but he gets to hit you with it anytime he wants. It doesn't cost money, it costs votes. It costs airtime and column inches. You know why people don't like liberals? Because they lose. If liberals are so fucking smart, how come they lose so goddamn always? [turns to another panelist] And with a straight face, you're gonna tell students that America is so star-spangled awesome that we're the only ones in the world who have freedom? Canada has freedom. Japan has freedom. The UK, France, Italy, Germany, Spain, Australia, Belgium has freedom! So, 207 sovereign states in the world, like 180 of them have freedom. [turns to the student who asked the question] And yeah, you... sorority girl. Just in case you accidentally wander into a voting booth one day, there's some things you should know. One of them is: there's absolutely no evidence to support the statement that we're the greatest country in the world. We're 7th in literacy, 27th in math, 22nd in science, 49th in life expectancy, 178th in infant mortality, 3rd in median household income, number 4 in labor force and number 4 in exports. We lead the world in only three categories: number of incarcerated citizens per capita, number of adults who believe angels are real and defense spending, where we spend more than the next 26 countries combined, 25 of whom are allies. Now, none of this is the fault of a 20-year-old college student, but you, nonetheless, are, without a doubt, a member of the worst period generation period ever period, so when you ask what makes us the greatest country in the world, I don't know what the fuck you're talking about! Yosemite?!

Shawshank Redemption - Rehabilitated?

https://www.youtube.com/watch?v=Di7vbNJwzZQ

Redding: Rehabilitated? Well, now, let me see. You know, I don't have any idea what that means.

Parole Board Interviewer: Uh, well, it means you're ready to rejoin society --

Redding: -- I know what you think it means, sonny. To me, it's just a made up word, a politician's word, so that young fellas like yourself can wear a suit and a tie and have a job. What do you really wanna know? Am I sorry for what I did?

Parole Board Interviewer: Well, are you?

Redding: There's not a day goes by I don't feel regret. Not because I'm in here, or because you think I should. I look back on the way I was then, a young, stupid kid who committed that terrible crime. I wanna talk to him. I wanna try to talk some sense to him -- tell him the way things are. But I can't. That kid's long gone and this old man is all that's left. I gotta live with that.

Rehabilitated? It's just a bullshit word. So you go on and stamp your form, sonny, and stop wasting my time. Because to tell you the truth, I don't give a shit.

From Erin Brockovich
https://www.youtube.com/watch?v=BGX4nMrnxg0

ERIN: Oh, see, now that pisses me off. First of all — since the demur, we now have more than four hundred plaintiffs…and "let's be honest", we all know there are more out there. Now, they may not be the most sophisticated people, but they do know how to divide, and twenty million dollars isn't shit when you split it between them.

ED: Erin —

ERIN: And second of all — these people don't dream about being rich. They dream about being able to watch their kids swim in a pool without worrying they'll have to have a hysterectomy at the age of 20, like Rosa Diaz — a client of ours — or have their spine deteriorate like Stan Bloom. Another client of ours.

So before you come back here with another lame-ass offer, I want you to think real hard about what your spine is worth, Mr. Walker – or what you'd expect someone to pay you for your uterus, Miss Sanchez — then you take out your calculator and multiply that number by a hundred. Anything less than that is a waste of our time.

By the way, we had that water brought in special for you folks. Came from a well in Hinkley.

From Scandal: Sexism in Politics
https://www.youtube.com/watch?v=N1oyIEgDWAQ
— Mmm Um, there's something my grandmother used to do...whenever I'd start dating someone. I would tell her his name and then she would say, Oh! What part in town does he live in?
That was her way... of asking if my boyfriend was White. Oh yeah, my grandmother was an out-and-out racist. So I know what prejudice looks like.it's not about "experience,"
James. It's about gender.
Reston's saying I don't have the balls to be president and he means that literally.It's offensive. It's offensive to me and to all the women whose votes he's asking for
.— *Uh uh, I'm sorry. Are you...Are you saying the governor is sexist?*
— Yes! Yes, I am. — What the hell is she doing?! — And it's not just governor Reston speaking in code about gender...It's everyone, yourself included.
— *Excuse me?*
— The only reason we're doing this interview in my house is because *you* requested it.This was *your* idea and yet here you are thanking *me* for inviting you into my"lovely home."That's what you say to the neighbour lady who baked you chocolate chip cookies.This... pitcher of iced-tea isn't even mine. It's what your producer said here.Why? Same reason you called me "a real-life Cinderella story."It reminds people that I'm a woman without using the word. For you, it's an angle, I get that. And I'm sure you think it's innocuous. But guess what? It's not.
— *Congresswoman Marcus*
— Don't interrupt me when I'm speaking
— *I have to stop this. — Don't you dare.*
— You're promoting stereotypes, James.You're advancing this idea that women are weaker than men.You're playing right into the hands of Reston and into the hands of every other imbecile who thinks a woman isn't fit to be Commander in Chief.Yes governor, I'm talking about you. Seven years, I served in the United States Army,which is seven more years than governor Reston ever served. A fact you conveniently omitted from my intro. How about,"soldier"? "Lieutenant"?

Ted Talk by Dan Gilbert: The surprising science of happiness

http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy

When you have 21 minutes to speak, two million years seems like a really long time. But evolutionarily, two million years is nothing. And yet in two million years, the human brain has nearly tripled in mass,going from the one-and-a-quarter pound brain of our ancestor here, Habilis, to the almost three-pound meatloaf that everybody here has between their ears. What is it about a big brain that nature was so eager for every one of us to have one?

Well, it turns out when brains triple in size, they don't just get three times bigger; they gain new structures. And one of the main reasons our brain got so big is because it got a new part, called the "frontal lobe." Particularly, a part called the "pre-frontal cortex." What does a pre-frontal cortex do for you that should justify the entire architectural overhaul of the human skull in the blink of evolutionary time?
It turns out the pre-frontal cortex does lots of things, but one of the most important things it does is an experience simulator. Pilots practice in flight simulators so that they don't make real mistakes in planes.Human beings have this marvelous adaptation that they can actually have experiences in their heads before they try them out in real life. This is a trick that none of our ancestors could do, and that no other animal can do quite like we can. It's a marvelous adaptation. It's up there with opposable thumbs and standing upright and language as one of the things that got our species out of the trees and into the shopping mall. All of you have done this. Ben and Jerry's doesn't have liver-and-onion ice cream, and it's not because they whipped some up, tried it and went, "Yuck." It's because, without leaving your armchair, you can simulate that flavor and say "yuck" before you make it.

Ted Talk by Susan Cain: The power of introverts

http://www.ted.com/talks/susan_cain_the_power_of_introverts

When I was nine years old, I went off to summer camp for the first time. And my mother packed me a suitcase full of books, which to me seemed like a perfectly natural thing to do. Because in my family, reading was the primary group activity. And this might sound antisocial to you, but for us it was really just a different way of being social. You have the animal warmth of your family sitting right next to you, but you are also free to go roaming around the adventureland inside your own mind. And I had this idea that camp was going to be just like this, but better. (Laughter) I had a vision of 10 girls sitting in a cabin cozily reading books in their matching nightgowns.
(Laughter)
Camp was more like a keg party without any alcohol. And on the very first day, our counselor gathered us all together and she taught us a cheer that she said we would be doing every day for the rest of the summer to instill camp spirit. And it went like this: "R-O-W-D-I-E, that's the way we spell rowdie. Rowdie, rowdie, let's get rowdie." (Laughter) Yeah. So I couldn't figure out for the life of me why we were supposed to be so rowdy, or why we had to spell this word incorrectly. (Laughter) But I recited a cheer. I recited a cheer along with everybody else. I did my best. And I just waited for the time that I could go off and read my books.
But the first time that I took my book out of my suitcase, the coolest girl in the bunk came up to me and she asked me, "Why are you being so mellow?" -- mellow, of course, being the exact opposite of R-O-W-D-I-E. And then the second time I tried it, the counselor came up to me with a concerned expression on her face and she repeated the point about camp spirit and said we should all work very hard to be outgoing.
And so I put my books away, back in their suitcase, and I put them under my bed, and there they stayed for the rest of the summer. And I felt kind of guilty about this. I felt as if the books needed me somehow,and they were calling out to me and I was forsaking them. But I did forsake them and I didn't open that suitcase again until I was back home with my family at the end of the summer.

From Good Will Hunting (The Bench Scene)
https://www.youtube.com/watch?v=NBjWHfBHKos
Sean: So if I asked you about art you'd probably give me the skinny on every art book ever written...Michelangelo? You know a lot about him. Life's work, political aspirations, him and the pope, sexual orientation, the whole works, right? But I bet you can't tell me what it smells like in the Sistine Chapel. You've never actually stood there and looked up at that beautiful ceiling. Seen that.....If I asked you about women you'd probably give me a syllabus of your personal favorites. You may have even been laid a few times. But you can't tell me what it feels like to wake up next to a woman and feel truly happy. You're a tough kid. I ask you about war, and you'd probably--uh--throw Shakespeare at me, right? "Once more into the breach, dear friends." But you've never been near one. You've never held your best friend's head in your lap and watched him gasp his last breath, looking to you for help. And if I asked you about love y'probably quote me a sonnet. But you've never looked at a woman and been totally vulnerable. Known someone could level you with her eyes. Feeling like! God put an angel on earth just for you...who could rescue you from the depths of hell. And you wouldn't know what it's like to be her angel and to have that love for her to be there forever. Through anything. Through cancer. You wouldn't know about sleeping sittin' up in a hospital room for two months holding her hand because the doctors could see in your eyes that the term visiting hours don't apply to you. You don't know about real loss, because that only occurs when you love something more than you love yourself. I doubt you've ever dared to love anybody that much. I look at you; I don't see an intelligent, confident man; I see a cocky, scared shitless kid. But you're a genius, Will. No one denies that. No one could possibly understand the depths of you. But you presume to know everything about me because you saw a painting of mine and you ripped my fuckin' life apart. You're an orphan right? (Will nods) Do you think I'd know the first thing about how hard ! your life has been, how you feel, who you are because I read Oliver Twist? Does that encapsulate you? Personally, I don't give a shit about all that, because you know what? I can't learn anything from you I can't read in some fuckin' book. Unless you wanna talk about you, who you are. And I'm fascinated. I'm in. But you don't wanna do that, do you, sport? You're terrified of what you might say. Your move, chief.

Oprah Commencement
Transcript
http://news.harvard.edu/gazette/story/2013/05/winfreys-commencement-address/
Video
https://www.youtube.com/watch?v=GMWFieBGR7c