

Judy Carter's

Stand-up Comedy Workbook



The Speaker's Bible: Make a

Career Out of the Message of You

Coming 2013 published by St. Martin's Press

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Making Fun of Yourself

What are people joking about YOU behind your back? List at least three things and circle the most embarrassing one.

Comedy Formula: Reluctant admission

Make a big, bold statement of "truth" and then admit it was a total lie. Here's how to put it into action... Example:

[LIE-boastful] "I lost 120 pounds!"

[ADMISSION ONE - quieter] "Well...I didn't exactly lose all of it at once."

[ADMISSION TWO - softly] "Well, actually – I just lost and gained the same 10 pounds twelve times... LOUDLY - Anyway!"

[LIE-boastful] I finished my first 5K race yesterday!

[ADMISSION ONE - quieter] Well not exactly a 5K, I just finished off the last of my 401K (retirement fund).

[ADMISSION TWO - softer] I don't have a 401K. Just 4 lottery tickets and a coupon for tires

LOUDLY - Anyway!

Your turn now!
[LIE – SAY LOUDLY]

[ADMISSION ONE – SAY WITH HESITATION]

[ADMISSION TWO – SAY SOFTLY WITH EMBARRASSMENT]

[SAY LOUDLY] "Anyway..."

Comedy Formula: Half and Half Mashup

- You may not know this, but I'm half jock and half nerd and that means I beat myself up after school.
- You may not know this, but I'm half Russian and half Chechnyan and that means I'm at war with myself.
- You may not know this, but I'm half Jewish and half Irish and that means I drink a lot and then feel guilty about it.
- You may not know this, but I'm half French and half German, and that means either way, I apologize.

Make a list of your	ethnicity, p	arent's nation	ality, hobbi	es, your cu	rrentand	past
professions.						

Comedy Formula: Half and Half Mashup (con't)

Pick two of the items you wrote above and put them in the formula below:
You may not know this, but I'm half
and half
and that means, I [INSERT BELOW]
You may not know this, but I'm half
and half
and that means, I [INSERT BELOW]

Comedy Formula: Half and Half Mashup (con't)

You may not know this, but I'm half
and half
and that means, I [INSERT BELOW]
You may not know this, but I'm half
and half
and that means, I [INSERT BELOW]

Re-defining Frustrations

Examples:

You may not know this, but entrepreneur is actually a French term, meaning "I work in my underwear."

You may not know this, but PowerPoint is a Sanskrit term, meaning "boring-ass presentation." What are terms in your industry? What frustrates you about your industry?

Industry Terms	Annoyances and Frustrations

Re-defining Frustrations (con't)

You may not know this, but		is actually a	
, <u> </u>	(term)		
		term, meaning	
(language derived from)		term, meaning	
(frustration)		·	

Re-defining Frustrations (con't)

You may not know this, but			is actually a	
	(term)			
(language derived from)	term, meaning	(So-A-Air Air a)		
(language derived from)		(irustration)		
You may not know this, but	(term)		is actually a	
	(com)			
	term, meaning			
You may not know this, but	(term)		is actually a	
	term, meaning			

Acronyms

Let's take acronyms you use at work and rework them into different meanings.

Ford –Found On the Road Dead

Iowa – Idiots Out Wandering Around

Make a list of any acronyms you deal with in your job.

Acronyms (con't)

Make a list of any frustrations, hazards, and inconveniences you deal with in your job.

Acronyms (con't)

Now choose an acronym from your industry and put it down the left column. Use the acronyms as the first letters of your industry frustrations and put them in the right column.

Acronym	Annoyances and Frustrations

Comedy Formula: List of 3

Any time you	havea	list, the	3 rd one	is funny.
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Write the funny one for the following premises...

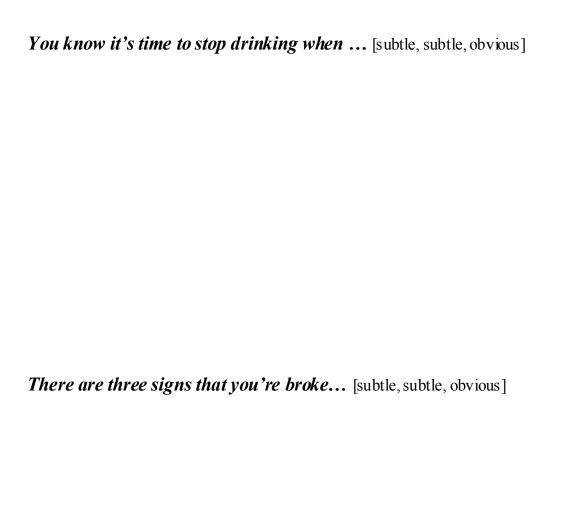
Example: "This is exciting. A woman recently had a baby from an embryo that had been frozen for seven years. She said, 'I had no idea if I was having a little boy, a little girl... or fish sticks." – Conan O'Brien

It's a scary world out there, we've got terrorism, War in Iraq... [big, big, small]

There are 3 subtle clues that your relationship is over.../small, small big]

There are 3 signs that your dog/cat rules you... [obvious, obvious, weird]

Comedy Formula: List of 3 (con't)



Acting-out premises

Take the following premises about "body piercing" and come up with an act-out for each.

- 1. It's hard when you're in line at the airport behind a pierced person going through metal detectors because they are holding up the line.
- 2. It's hard to understand what people are saying when they've got hardware in their mouth. [reveal at the end where you are]
- 3. It's scary for parents to see their kid get their body pierced. [Reveal the age at the end]
- 4. It's hard when your cocker spaniel is co-dependent, I just leave to get mail and she says...

Comparison Jokes

Before vs Now

<u>Before</u>, when you're in your twenties and single, you're so optimistic. You're like, 'I want to meet a guy who's really smart, really sweet, really good-looking, has a really great career...'

<u>Now</u> you're like, 'Lord, any mammal with a day job.' – Carol Leifer

Them vs Me

Articles about <u>celebrities</u> always exaggerate their lives try to make them see so amazing. 'He worked three years as a dish washer before he made it big." 'Hey I worked three years as a dishwasher before I became a bus boy.' -Nick Griffin

Men vs Women

[&]quot;A women worries about the future until she gets a husband. A <u>husband</u> doesn't worry about the future until he gets a wife"

[&]quot;Women in their 30's think about <u>having</u> children. Men in their 30's think about <u>dating</u> children." Judy Carter

Comparison Jokes

Men and woman break up differently or men and women
Men and women have different ideas of foreplay
When you get older, what you want in a relationship changes:
The economy has changed my goals:

Don't be boring – Get Funny

Judy Carter offers some great comedy products

TARBERT IN A PARTY IN	Comedy Career in a Box DVD Workshop – 3 DVDs, 6 Hours of Instruction Judy Carter's definite interactive DVD guide for comics, writers, speakers, actors and anyone who wants to make money being funny.
SPEANING SE	Speaking Career in a Box for Comics DVD Workshop – 4 DVDs, 1 Workbook, 5 Hours of Instruction Everything you need to know to make a six figure income in the professional speaking industry.
THE PROPERTY BELLEVIEW OF A STATE OF THE PROPERTY OF THE PROPE	The Comedy Bible [Simon and Schuster] Book 367 Pages As seen on the "Oprah Winfrey Show," from stand-up to sitcom - the comedy writer's ultimate "how to" guide. Price: \$16 Available via Amazon.com
Comedy Consultations	Want more laughs? Whether you need a punchline for your set-up, or fresh material for a one-hour show, Judy can help. Available via Skype. For details http://comedyworkshops.com/consultant.php

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