

# **THE FUNDEMNETALS**

10 principles to get you started  
on your Improv Comedy journey

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The 10 FUNdamental Improv Principles



# Becoming an Improv Powerhouse: Sharing the Secrets

Look, I'm not gonna lie, I've always been a bit of a class clown. Making people laugh? It's in my DNA. But the game truly changed for me when I went to Chicago to go study Improv Comedy at The Second City. It was there that I realised the impact improv comedy could have when applied to our lives. It was then that I decided to go pro.

This discovery of applied improv comedy was like a shot of espresso to my funny bone! It reignited my passion, pushed me beyond my comfort zone, and unlocked a whole new level of spontaneity and playfulness in my work. I set out on a mission to uplift the lives of as many people as possible using improv comedy techniques.

See, improv isn't just about being funny (though, let's be real, that's a pretty damn good perk!). It's about tapping into that raw, unfiltered creative energy that lives within us all. It's about trusting your instincts, embracing the unexpected, and letting go of the need to be "perfect."

And that's what I want to share with you in this course. These 10 improv principles are for you if you are starting out in improv comedy but also if you are looking to level up your creativity, boost your confidence, and inject a dose of playful energy into your life.

Whether you're a seasoned performer, a corporate rockstar, or just someone who wants to add a little more laughter to their day, these principles will help you tap into your inner comedy genius and unleash a world of possibilities.

Ready to take your funny to the next level? Let's dive in!



# Busting Improv Myths: It's Not What You Think!

Improv comedy. Just those two little words can send shivers down the spines of even the bravest souls. We've all got those preconceived notions, those myths that keep us from taking the leap.

**Myth #1: "You have to be naturally funny."** Nope! While some folks seem to have been born with a joke book in hand, humor is a skill, and like any skill, it can be learned and honed. Improv provides a safe space to experiment, play, and discover your own unique brand of funny.

**Myth #2: "It's all about being quick-witted and coming up with hilarious jokes on the spot."** While improv *does* involve thinking on your feet, it's not about delivering a stand-up routine. It's about collaboration, listening, and building on each other's ideas to create something spontaneous and joyful.

**Myth #3: "It's only for actors or performers."** Absolutely not! Improv is for *everyone*. Whether you're a CEO, a stay-at-home parent, or a student, the skills you learn translate to every aspect of life: communication, collaboration, problem-solving, and yes, even confidence-building.

So, let's ditch those limiting beliefs and embrace the truth: Improv is accessible, it's empowering, and it's a hell of a lot of fun!

Let's be real, we all crave that "mic drop" moment. That feeling of owning the room, nailing that presentation, and connecting with people effortlessly, leaving them wanting more. But sometimes, self-doubt creeps in, that inner critic starts heckling, and we end up playing it safe instead of letting our true selves shine.

Well, guess what? You *can* rewrite that script. And the secret weapon? Improv comedy.

Now, before you picture yourself bombing on stage or battling a tidal wave of stage fright, hear me out. This isn't about becoming the next stand-up sensation (though, hey, if that's your dream, go for it!). It's about tapping into the transformative power of improv to unlock your authentic self, boost your confidence, and unleash a wave of creativity you never knew you had.

In this course, I'm handing you the keys to the comedy kingdom: 10 fundamental improv principles that'll have you thinking on your feet, embracing spontaneity, and saying "yes" to new possibilities, both on and off the stage.

You'll learn how to silence that inner heckler, embrace the power of "Yes, and...", and find freedom in the unexpected. Think of it as a mental gym for your funny bone, where every exercise builds confidence, sharpens your wit, and helps you navigate life's curveballs with a smile (and maybe even a killer punchline).

So, buckle up, my friend. We're about to embark on a hilarious journey of self-discovery, where the only rule is to have fun and embrace the unexpected. Ready to unleash your inner comedy genius? Let's do this!

# The FUNdamentals

Alright, enough with the pep talk, let's get down to business! Here are the 10 improv principles that'll transform you from hesitant wallflower to confident comedy ninja:

## 1. "Yes, and...": The Golden Rule of Improv

This is the foundation, the bedrock, the holy grail of improv. It's about accepting whatever your scene partner throws at you and building on it. No negating, no blocking, just pure, unadulterated "Yes!"

Think of it like this: Someone says, "We're on a spaceship headed to Mars!" You don't say, "No, we're not, we're at the dentist." You say, "Yes, and I packed way too many snacks for this trip!"

This simple principle opens up a world of possibilities, fostering collaboration, trust, and a sense of playful exploration. And guess what? It works wonders in real life too! Say "yes" to new opportunities, embrace unexpected challenges, and watch your world expand.

### **Solo Exercise: "Yes, and..." with Objects**

Grab a random object from your surroundings (a book, a spoon, a sock, anything!). Now, start a sentence with "This is..." and describe the object in a completely unexpected way. For example, "This spoon is actually a tiny spaceship piloted by a colony of talking ants." Then, keep building on that idea, adding more "Yes, and..." details. Let your imagination run wild!

## 2. Listen Up! Active Listening is Key

Improv is a team sport, and like any good team, it relies on communication. But we're not talking about just hearing words; we're talking about *active listening*. Paying attention to your scene partner's every word, gesture, and intention.

Why? Because those subtle cues are goldmines for inspiration. They'll help you build on their ideas, create connections, and discover the unexpected twists and turns that make improv so damn fun.

And in real life? Active listening makes you a better communicator, a more empathetic friend, and a damn good conversationalist. People feel heard, understood, and valued when you truly listen.

### **Solo Exercise: "Character Walk and Talk"**

Put on some music and start walking around your space. As you walk, imagine you're a specific character (a grumpy pirate, a sassy robot, a lovestruck teenager, anything goes!). Let the music influence your movements and start talking out loud as that character. Pay attention to how your body feels, how your voice changes, and how your thoughts flow. The more you embody the character, the more you'll tap into your own creative voice.  
listenlisten





# 3. Embrace the Power of "I Don't Know"

Here's a secret: You don't have to have all the answers in improv. In fact, the most magical moments often come from embracing the "I don't know."

When you let go of the need to control everything, you open yourself up to spontaneity, discovery, and those delicious "aha!" moments that make improv so unpredictable.

Think of it like this: You're in a scene, and your partner says, "Look, a talking unicorn!" Instead of panicking and trying to come up with a witty response, you simply say, "I don't know what to say... I've never seen a talking unicorn before!"

That simple admission can be the spark that ignites a hilarious scene. And in real life? Embracing "I don't know" can lead to new adventures, unexpected connections, and a willingness to step outside your comfort zone.

## **Solo Exercise: "Gibberish Monologue"**

Set a timer for one minute and start talking out loud in complete gibberish. Don't worry about making sense or being funny; just let the sounds flow out of your mouth. Notice how your body feels, how your voice changes, and how your mind starts to create connections even when you're not using real words. This exercise helps you loosen up, embrace the unknown, and tap into your subconscious creativity.

## 4. Make Your Partner Look Good

Improv is all about collaboration, not competition. Your goal isn't to outshine your partner or hog the spotlight; it's to make them look good.

Why? Because when you support each other, you create a sense of trust and generosity that allows everyone to shine.

Plus, it's just plain good karma!

In improv, this means setting up your partner for success, giving them gifts (interesting details, unexpected twists), and celebrating their brilliance. And in real life? It means being a supportive friend, a collaborative colleague, and a champion for those around you.

Solo Exercise: "Object Storytelling"

Choose two random objects from your home. Now, create a story where these two objects are the main characters. Give them personalities, motivations, and a conflict to overcome. As you tell the story out loud, focus on highlighting the strengths and unique qualities of each object, making them both "look good" in the narrative.







## 5. Find the "Game" of the Scene

Every improv scene has a "game" - a pattern, a recurring theme, or a comedic element that drives the action. Your job is to identify that game and play it!

This might be a heightened emotion, a quirky character trait, or a ridiculous situation. Whatever it is, embrace it, explore it, and see where it takes you.

Finding the game adds structure and focus to your scene, making it more engaging and hilarious. And in real life? It's about recognizing patterns, adapting to changing circumstances, and finding the humor in everyday situations.

Solo Exercise: "Emotional Rollercoaster"

Choose three distinct emotions (e.g., joy, anger, fear). Set a timer for one minute for each emotion. As the timer starts, embody that emotion fully. Let it affect your posture, your facial expressions, your voice, and your movements. Talk out loud, expressing whatever thoughts and feelings come up as you experience that emotion. This exercise helps you become more aware of your emotional range and how to use it expressively.

# 6. Show, Don't Tell

Improv is a visual medium, so don't just talk about things, \*show\* them! Use your body, your voice, and your imagination to create a world that your audience can see, hear, and feel.

Instead of saying, "I'm angry," stomp your feet, clench your fists, and let out a roar! Instead of saying, "It's a beautiful day," describe the warm sunshine on your skin, the gentle breeze rustling the leaves, and the birds singing their hearts out.

Showing, not telling, makes your improv more engaging, dynamic, and memorable. And in real life? It helps you communicate more effectively, express yourself more authentically, and connect with people on a deeper level

Solo Exercise: "Silent Movie"

Choose a simple activity (making breakfast, brushing your teeth, getting dressed) and perform it as if you're in a silent movie. Exaggerate your movements, use facial expressions to convey your emotions, and let your body tell the story. This exercise helps you become more aware of your physicality and how to use it to communicate without words.

# 7. Be Specific

Generalities are boring! Specific details are what bring your improv to life. Instead of saying, "I went to a store," say, "I went to that dusty antique shop on Elm Street, the one with the creepy taxidermied squirrel in the window."

The more specific you are, the more your audience can visualize the scene, connect with the characters, and invest in the story. And in real life? Specific details make your stories more engaging, your descriptions more vivid, and your communication more impactful.

Solo Exercise: "Sensory Detail List"

Choose a location (your childhood bedroom, a favorite park, a bustling city street) and write down as many sensory details as you can remember. Describe the sights, sounds, smells, tastes, and textures. The more details you can recall, the more you'll sharpen your observational skills and your ability to paint vivid pictures with words.





# 8. Embrace Mistakes and Failures

In improv, there are no mistakes, only opportunities! Every “wrong” turn, every flubbed line, every awkward silence is a chance to discover something new, create a surprising twist, or find the humor in the unexpected.

So, let go of the fear of failure and embrace the beauty of imperfection. The more you're willing to mess up, the more you'll learn, grow, and surprise yourself.

And in real life? Embracing mistakes helps you become more resilient, adaptable, and open to new possibilities. It's about seeing setbacks as stepping stones, not roadblocks.

Solo Exercise: “Failure Fest”

Set a timer for five minutes and try to come up with as many “bad” ideas as possible. The more ridiculous, the better! This exercise helps you loosen up, break free from perfectionism, and realize that even “bad” ideas can spark creativity.



## 9. Trust Your Instincts

Your gut knows what's up! In improv, it's essential to trust your instincts, even if they lead you down a seemingly illogical path.

That little voice that whispers, "Say this!" or "Do that!" Listen to it! More often than not, it'll lead you to the most interesting, surprising, and hilarious choices.

And in real life? Trusting your instincts helps you make decisions with confidence, follow your passions, and live a more authentic life.

### **Solo Exercise: "Random Word Association"**

Open a book or magazine to a random page and choose a word. Now, set a timer for one minute and write down every word, image, or idea that pops into your head when you think of that word. Don't censor yourself; just let your mind wander freely. This exercise helps you tap into your subconscious and discover unexpected connections.

# 10. Have Fun!

This is the most important principle of all! Improv is about joy, playfulness, and the sheer delight of creating something out of nothing. So, let go of your inhibitions, embrace the silliness, and have a blast!

When you're having fun, your energy is infectious, your creativity flows freely, and your audience can't help but be drawn in. And in real life? Well, life's just more fun when you're having fun!

## **Solo Exercise: "Dance Party for One"**

Put on your favourite music and let loose! Dance like nobody's watching (because they're not!). Sing along, jump around, shake your booty, and let your inner child run wild. This exercise helps you release stress, boost your mood, and reconnect with your playful side.





# Keeping the Improv Spark Alive: Maintenance Tips

Congratulations! You've just unlocked the secrets of improv. But like any good skill, it takes practice to keep those muscles strong and those creative juices flowing. Here are a few tips to keep your improv spark alive:

- **Practice Regularly:** Even if it's just for 15 minutes a day, make time for improv exercises. The more you practice, the more confident and spontaneous you'll become.
- **Find Your Tribe:** Connect with other improv enthusiasts. Join a class, attend a jam session, or start your own improv group. The support and encouragement of a community can make all the difference. Feel free to join our "The Improv Comedy Club" community on skool.com to connect with like-minded individuals.
- **Watch Improv:** Get inspired by the pros! Watch improv shows, listen to podcasts, and check out online videos. You'll pick up new techniques, discover different styles, and fuel your own creativity. Look out for show listings in your area on "The Improv Comedy Club" community group.
- **Embrace the Everyday:** Look for opportunities to use improv in your daily life. Say "yes" to new experiences, play games with your friends and family, and find the humour in unexpected situations.
- **Be Kind to Yourself:** Improv is a journey, not a destination. There will be times when you feel stuck, frustrated, or like you're not making progress. That's okay! Just keep practicing, keep playing, and keep believing in yourself.

# Troubleshooting Your Improv Journey: FAQs

**Q: I'm afraid of looking silly or making a fool of myself. What if I freeze up on stage?**

A: Fear is a natural part of the process, especially when you're stepping outside your comfort zone. The beauty of improv is that there are no mistakes, only opportunities. If you freeze up, just breathe, trust your instincts, and remember that everyone is there to support you.

**Q: I don't think I'm very creative. Can I still do improv?**

A: Absolutely! Creativity is a muscle that can be strengthened with practice. Improv provides a safe and supportive environment to explore your imagination, experiment with new ideas, and discover your own unique voice.

**Q: I'm not sure if I have time for improv classes. Can I learn on my own?**

A: While taking classes is a great way to learn the fundamentals and connect with other improvisers, you can definitely start practicing on your own. This ebook provides plenty of solo exercises to get you started.

**Q: I'm feeling discouraged. I don't think I'm getting any better at improv. What should I do?**

A: Remember that improv is a journey, not a destination. Progress takes time, practice, and patience. Don't be afraid to ask for feedback from your teachers or fellow improvisers, and celebrate your small victories along the way.

# The Final Act: Embrace the Power of Improv

Congratulations, my friend! You've just completed a crash course in the transformative power of improv. You've learned the fundamental principles, busted the myths, and discovered a treasure trove of exercises to unleash your inner comedy genius.

Now, it's time to take action! Put these principles into practice, embrace the unexpected, and watch as your confidence soars, your creativity flourishes, and your life becomes a whole lot more fun.

Remember, improv is more than just a hobby; it's a way of life. It's about saying "yes" to new possibilities, embracing vulnerability, and trusting your instincts. It's about finding the humor in everyday situations and connecting with others on a deeper level.

So, go forth, my fellow Jittery Citizen, and unleash your inner comedy genius! The world is waiting for your unique brand of awesome. And remember, the only rule is to have fun!



**Ready to  
Level Up  
Your  
Improv  
Game? Go  
Pro!**

# You're ready for Improv Comedy Club Pro.

This isn't your average improv hangout. This is a high-vibe community of dedicated improvisers, ready to dive deep, push boundaries, and use improv as a transformative tool for self-discovery and success.

## Here's what awaits you inside Improv Comedy Club Pro:

- **Unlock a Treasure Trove of Pro Courses:** Get instant access to a library of exclusive courses, worth over \$5000, covering everything from advanced improv techniques to mindset mastery, creativity hacks, and using improv to conquer fear and unleash your authentic self.
- **Weekly Coaching Calls with Yours Truly:** Join me every week for live coaching calls where we'll dive deep into topics like improv for success, self-development, mental health, and more. Get personalized guidance, ask your burning questions, and connect with a community of like-minded souls.
- **Guest Coach & Celebrity Sessions:** Learn from the best in the business! We'll be hosting exclusive calls with renowned improv coaches, performers, and industry experts, giving you insider tips, inspiration, and a chance to connect with the improv elite.
- **Pre-Sale Ticket Access to Live Events:** Be the first to know about (and snag tickets to!) our live improv events, workshops, and performances. Connect with fellow Pro members in person, experience the magic of live improv, and level up your skills in a supportive, high-energy environment.
- **Community Shared Resources:** Tap into a wealth of resources curated by me and your fellow Pro members, including improv games, exercises, scripts, articles, and more. It's a collaborative hub for inspiration, growth, and endless improv fun.
- **And So Much More!** Think exclusive content, behind-the-scenes insights, special discounts, and a community that feels like family.

## This is for you if:

- You're serious about taking your improv skills to the next level.
- You're ready to invest in yourself and your personal growth.
- You want to unlock the full potential of improv as a tool for confidence, creativity, and a life lived on your own terms.

# Ready to join the Improv Comedy Club Pro revolution?

Click the button below to learn more and claim your spot in this exclusive community. Your inner comedy genius (and your future self!) will thank you.

[Get Instant Access](#)

**P.S.** Spaces in Improv Comedy Club Pro are limited to ensure a personalized and intimate experience. Don't miss out on this opportunity to level up your improv game and unleash your full potential. Join us today!

**Are you passionate about improv but craving something *more*?**

Do you yearn to unlock the full potential of improv, not just for laughs, but for personal growth, confidence, and a life lived on your own terms?

