

Voice

Beginning Voice – Step 1 (No book required, use notes)

1. Breathing
2. Listening

Four Things to check for Inaccurate Pitch:

1. Breath management
2. Tongue positions
3. Particular vowels on breaks of vocal range
4. Tuning of the $\frac{1}{2}$ step

Body Mapping and Preparation – Hum and feel where the sound is in the nasal cavity. Keep the sound in that location of the head while singing. Stand in front of mirror and watch for these things:

1. Loosen muscles
 - a. Stretch neck, face, shoulders
2. Align body
 - a. Stand with feet flat on floor
 - b. One foot slightly in front of the other
 - c. Knees slightly bent
 - d. Back straight, not arched
 - e. Chest up
 - f. Head aligned straight with spine
 - g. Head level, don't lift chin when singing
 - h. Shoulders relaxed
 - i. Loosen jaw by saying Ya-Ya-Ya
 - j. When singing higher note gradually drop jaw to make it easier
 - k. Tongue relaxed with tip at base of lower teeth
 - i. Say – Vee Vay Va Voe Vu – this is where your tongue needs to be
 - l. Keep muscles taut but relaxed

Breathing

Note: most of lungs are in back and lungs don't do the breathing work. They are merely a container for the air. The diaphragm does all the serious work.

Exercises

1. Breathe in by expanding diaphragm not the chest.
 - a. Breathe out making an S-sound
 - b. Pulse the S-sound
 - c. Say Hoong-Hoong-Hoong
 - d. Lie on floor with pillow under your head and one under the knees. Put book on belly and make the book go toward the ceiling when you inhale.

- e. Inhale for four counts, hold four counts, exhale four counts. Then five counts, six counts, up to ten counts.
- f. Do the same routine standing

Vocal Exercises – Do all exercises at a comfortable range

1. Imagine a note in your head then sing it. If you can't imagine a note, sing anything, then imagine the note and try to sing it again. Sing quietly to loud then loud to quiet and try to stay on the center of the note. Do not change the pitch, just the volume.
2. Stand with good alignment, one hand on belly and one on the side of the back
 - a. Inhale, sing any pitch long and steady
 - b. Sing ooo, oh, ã, ah, eh, ay, ee – each one its own exercise
 - c. Then do them all in one breath

Vocal Exercises

Notes: Keep Adam's Apple relaxed and down. Don't let it lift.

3. Sing hung, mmm, nnn and slide voice around low to high and high to low
4. Lip trills – horse lips – put a tone to it – modulate voice up and down in pitch
5. Tongue trills – put tone to it – modulate pitch
6. combine lip and tongue trills doing both at same time
7. sing whomeon 5, 4, 3, 2, 1 – grand round
8. Lip trills with 1, 3, 5, 8, 5, 3, 1 – grand round
9. Sing Do, re, Do, re, Do – grand round
10. Sing Do, re, mi, re, Do – grand round
11. Sing Lou, ee, Lou, ee, ooo – 1, 2, 3, 4, 5, 4, 3, 2, 1 – grand round
12. Sing Vee, Vay, Vah, Voe, Voo – 5, 4, 3, 2, 1 – grand round
13. Sing Mee, May, Mah, Moe, Moo – 5, 4, 3, 2, 1 – grand round
14. Sing Pee, Pay, Pah, Poe, Poo – 5, 4, 3, 2, 1 – grand round
15. Sing Cue and Wex – pucker on cue and smile on wex
1, 2, 3, 4, 5, 4, 3, 2, 1 – grand round
16. Sing Koe – 8, 5, 3, 1 – grand round
17. Sing Guy, lie, Guy, lie 5, 4, 3, 2, 1, 2, 3, 4, 5, 4, 3, 2, 1 – grand round
18. Sing
 - a. 1, 2, 3, 4, 5, 6, 7, 8 – ascending and descending – one scale only
 - b. Do, re, mi, fa, sol, la, ti, Do
 - c. õ, õ, õ, õ, õ, õ, õ, õ
19. Sing Gug – 1, 3, 5, 8, 8, 8, 8, 5, 3, 1 – grand round
20. Sing Wa – 8, 5, 3, 1 – grand round
21. Sing Gee and Goo – slide the ee, don't put an h in between

5	4	3	2		5	4	3	2		5	4	3	2	1
Ge-e	Ge-e				Ge-e	Ge-e				Goo-o	Goo-o	Goo		
22. Sing Nay 1, 2, 3, 4, 5, 5, 5, 5, 5, 4, 3, 2, 1 – grand round
23. 3 notes per syllable

1	2	3	4	3	2	1
---	---	---	---	---	---	---

 - a. Zaa - ã|Zõ-õ|Zoo – grand round
 - b. Dãã - ã|Do-olDue – grand round

- 8 va...
24. Sing Bum – arpeggio – 1, 3, 5, 1, 3, 5 – grand round- ascending and descending
- 8 va...
25. Sing Nin – arpeggio – 1, 3, 5, 1, 3, 5 – grand round- ascending and descending
26. Sing Ē then Ō – 1, 2, 3, 4, 5, 4, 3, 2, 1, 2, 3, 4, 5, 6, 7, 8, 9, 8, 7, 6, 5, 4, 3, 2, 1
 Ē - - - - - Ō - - - - -
27. Sing Mum then Ā with staccatos 1, 2, 3, 4, 5, 6, 7, 8, 7, 6, 5, 4, 3, 2, 1
 Mum → → → → → → → → → → → →
 Ā → → → → → → → → → → → →

Step 2 – Books required

Memorize all intervals, scales and chords

Step 3 – Books required

Sight singing

Step 4 – Books required

Singing harmonies