

Quick Basic Technical Reminders

(Exercises to practise in brackets)

Relaxed, yet poised and centred posture. Keep knees soft and not locked.

Release tension in jaw and tongue root (**chew toffee exercise, sticking tongue out etc!**)

Relax Lower Abdominal muscles, allowing diaphragm to lower and ribcage to expand (even into back) for low deep breathing. (**Funky Gibbon exercise**)

Use contraction of Lower Abdominals for impetus of support, in conjunction with vocal tract for clean “Onset.”(**VV exercise and Telleubbies**)

Use Diaphragm for control and Transverse and Oblique Muscles (**Grumpy and Cheeky monkey exercises**) for control and articulation.

Lift soft palate and utilize space in mouth (**Half Yawn**) enlarging pharyngeal cavity to increase resonance and enhance sound.

Relax any tension in vocal tract by swallowing and then sing on an open throat (**Dog-collar and Fish Gill exercises**).

Place resonance of vowels onto upper Alveolar Ridge, whilst keeping tongue tip position behind bottom teeth, in order to brighten sound. Use hard palate resonance to produce an edgier sound when required.

Connect and sing through vowels.

Keep consonants crisp and dry with correct tongue tip and root position, and movement of lips. Place consonants on the pitch of the note about to be sung.

Retain “Space, Height and Tilt” for resonance and forward placement for focus. (**Teacups**). Keep connected to steady air-flow and support at all times- feel physically “anchored”. Use resonator wavebands and” Pitch Placement” for pitching notes.

REMEMBER – more effort levels from (as Robert Shaw said) “bellies and backs” and less effort levels from larynx = singing with ease and within one’s comfort zones. **ENJOY!**