

1.INTERREGNUM EXERCISES.

Physical Warm up

Make sure you are hydrated by drinking a warm non-caffeinated drink or room temperature water.

Start with gentle stretches, arms above head and gently down.

Stand balanced, feet under hip bones –
spine long, in gentle “s” shape, shoulders relaxed and settling down, with back of neck feeling long –

and crown of head towards ceiling, with jaw and chin in a relaxed, neutral position.

Gently roll right shoulder forward 3 times, follow with the left.

Gently roll right shoulder backwards 3 times, follow with the left.

Lift shoulders up towards the ears, draw them back and let them drop down into place.

Gently drop the head down, releasing any tension in the neck and slowly lift head up again without pushing the chin forward.

Look over left shoulder, allow head to look down and swing round to right shoulder. Look down and swing back to the left shoulder. Lift head and turn the head to the centre position.

Slowly tuck head in, round shoulders, curl spine and roll down, bending at the waist. Keep knees soft and relax. Keep breathing and release any tension. Do not strain the back.

Taking strength from the core muscles, thighs and buttocks; gently and smoothly unwind and uncurl, building up the spine, letting shoulders sit in place and allowing neck to lift head into position.

Stretch up and yawn.

Lift up onto balls of feet, or toes, and settle down, keeping balance centred.

Stand with a natural balance of the head, neck and spine, and soften knees.

Breathe and sigh air out.

Relax jaw and stand with mouth open.

Grin and pout

Goldfish

Raise eyebrows.

Stand balanced, poised and relaxed.

Smile!

2. INTERREGNUM EXERCISES

BREATHING TECHNIQUE

Elastic Recoil. Stand or sit well, blow all air out of the body, being aware of action of lower abdominal muscles. Feel the tension caused by lack of air, for a couple of seconds. Breathe in through an open mouth, being aware again of the reaction of the lower abdominal muscles. The lower abdominals are vital as the foundation of our breathing technique and Vocal Set-Up.

Accent Method. Release lower abs and contract (draw in). Practise a couple of times. On next contraction produce a “jj” sound. Follow this with a “vv” then a “zz” on each contraction.

Continue with the release and contraction of lower abs making the sounds above x2 and x3 times.

Diaphragmatic control. Place your hands around your waist. Contract lower abs twice and feel the expansion of the muscles under your hands, reacting to diaphragmatic action. Sound 2 “oo” for the Grumpy monkey exercise.

Practise short fast articulated “oo” for Cheeky Monkey exercise.

Place finger tips on the upper rectus abdominis muscle (muscle just below your sternum) and say “Ha” with energy, but not forcing. Feel the push reaction from the muscle. Repeat with “ A – A – A” and feel the push reaction consecutively.

Relax lower abs, breathe in deeply through an open mouth, and release a long slow “ss” , being aware of proactive lower abs and diaphragm.

Slow deep intake whilst lifting arms, palms up, to shoulder height.

Lower arms, palms down, during exhalation.

3.INTERREGNUM EXERCISES.

RESONANCE AND PLACEMENT

Slow deep breath in and breathe out as if steaming up a mirror.

Slow deep breath in and breathe out voicing a sigh to “Ah”.

Slow deep breath in and breathe out resonating a “Mm” descending slide.

Say “Nyum Nyum Nyum” and “Nah Nah Nah”

Tractor exercise – lip trill – unvoiced, then repeat with resonance, sliding up and down throughout vocal registers.

Happy Hums, working on onset and putting resonance into the “tea-cup”.

Say “Mm-ah, Mm-ah Mm-ah”.

“Yah, Yah, Yah”

“Wah,Wah,Wah”

“Aiee, Aiee,Aiee”

“Areeba, Areeba, Areeba”

In order to move resonance into the hard palate of the mouth and relax the jaw.

Hum a middle G. Sing “Mim, Mim,Mim”

“Mim Mim Oo”

“Mim Mim Oo Ah”

Practise on notes within your middle register.

Sing vowel sounds of “Ee, Oo, Eh, Oh, Ah” on repeated single notes.

Repeat exercise on descending 5 note scales.

4. Interregnum Exercises

Vocal Exercises.

See separate sheet.