

Maggie's Vocal Exercises 4

All exercises to be practised at various pitches within a comfortable range.
Start on notes depicted and ascend or descend by semitones.

Exercise 1

Feel the resonance through the "Z" and the "M", and use contrary motion to balance the vocal phrase.

Zim Zam Zim Zam Zoom. Zoom Zim Zoom Zim Zam.

5

Zim Zam Zim Zam Zoom. Zoom Zim Zoom Zim Zam.

9

Zim Zam Zim Zam Zoom. Zoom Zim Zoom Zim Zam.

Exercise 2

A fast flexibility exercise, and again using contrary motion on a pivot point for the octave link.

13

Nin - ghe Nin - ghe Nin - ghe Nin - ghe Nin - ghe Noo.

Exercise 3

A slow exercise for the octave leaps. Balancing is required, and a pivot point ensures this, i.e. be aware of the extremities of the interval and the resonator waveband it encompasses. Then settle vocally in a mental centre point, which gives easy access to both lower and higher notes, e.g. C - C' interval, pivot point is around F/G - around the tip of the nose!! Sopranos and Tenors sing up to top A, if possible with ease.

Altos and Bases to upper E if possible.

15

Ah _____

Exercise 4

This is a slightly extended wiggle. Try to retain smooth movement and use an up and over approach to rising intervals, and the seesaw to descending intervals.

17

Oo Ah Oo Ah Oo Ah Oo Ah Oo Ah Oo Ah Eh.

Exercise 5

An agility and flexibility exercise, as before, but now an articulated legato with an extension to a tone above the octave. Start first note employing your vocal Sat Nav to prepare the extension!

21

Noo Or Ah

25

Nee Eh Ai

Exercise 6

This is a trill study for beginners! So sing slowly and with smooth bridging on the repeated 5th and 4ths.

29

Noo Ee Noo Ee Noo Ee Noo Ee Noo.

Exercise 7

Standard arpeggio exercise, move from major in the legato "Ah" to minor for the staccato "Oh."

34

Ah Oh Oh Oh Oh Oh Oh

Exercise-8

Extended arpeggio. Pivot point definitely needed. Use the "up and over" approach and "laryngeal hug" for comfortable top notes. Again Sopranos and Tenors to top A and Altos and Bases to upper E.

37

Ah

Exercise 9

Chromatic exercise to strengthen tuning and also includes dynamics for control.

40

Oo Ee

Exercise 10

A graduated interval exercise combined with counting the numbers; a good brain gym workout!

One Two One Three One Four One Five One Six One Seven One Eight.

45

Seven Eight Six Eight Five Eight Four Eight Three Eight Two Eight One.