



Ignite Netherlands

7 November 2015

Fokker Center, Hoofddorp

Welkom!

Today's plan

Time	What's happening	More information
09.00	Registration	
09.30	Welcome and session 1	Warming up
11.00	Break	
11.30	Session 2	Being the best you can be
12.30	Lunch	
13.30	Session 3	Creating and maintaining a beautiful sound
14.30	Short comfort break	
14.45	Session 4	Singing with freedom
15.45	Session 5	Questions?
16.00	End of workshop	

Warming up

- Purpose of warming up?
 - W – warm your vocal cords
 - A – attitude – focus your mind
 - R – ring – find the overtone angels
 - M – move your body and shake off the day
 - E – expand all your breathing spaces
 - D – develop your singing techniques
 - U – unity – blend and share the space
 - P – posture – face and body ready to sing

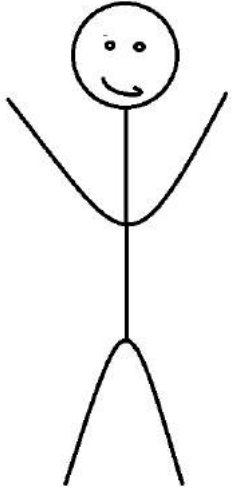
Warming up

- Physical warmup
- Mental check-in
- Vocal warmup (singing lesson)

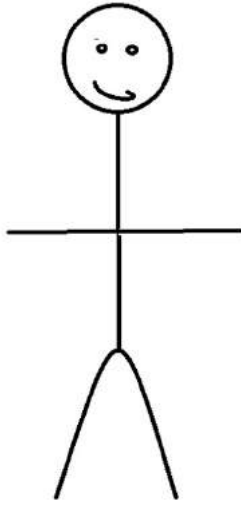
A daily warm up for you

- Prepare your body for singing
 - YTEL
- Breathing : *“If you sound like breathing apparatus you have tension in your muscles and you need to practise more!”* (Britt-Hel ne Bonnedahl)
 - Breathology
 - Dr Stempel

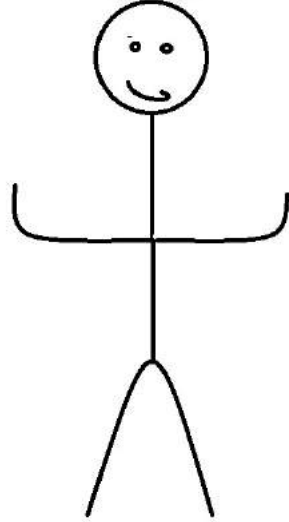
Y



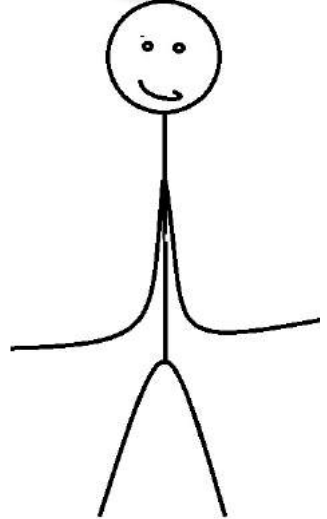
T



E



L



A daily warmup for you

- Bubbling
- Lip trilling
- Tongue wagging
- Vvvv vvvv vvvv

A daily warmup for you

- NG sirens
- NG 111
- NG 111 12321
- NG 555 54321
- Ee – eh – ah – oh – oo

A daily warmup for you

- Nyum 54321
- Mo mo mo
- Bee – boh – bee - bee – boh – bee – bee
1358531
- Vee – voh 1324354654321324354654321

Rounds and tags

- Milli Blink canon
- A tag or two!
 - Where is love?
 - When it's sleepy time down south

Cooling down exercises

- Cooling down the voice is just as important as warming it up.
- We need to look after our voices as we need them in everyday life.
- After rehearsal we need to bring our vocal instrument back into speech range.

Cooling down exercises

- Cool down the lungs : hissing; FFFFFFFF; hold breath on count of 6 then exhale on “shhh”
- Cool down the larynx : humming; glissando; glissando on NG; vocal fry
- Cool down the vocal tract including tongue, lips and jaw: How are you; yayayayaya; tongue flicks; jaw exercise; giggle spot

Your own warmups (and cool
downs) – let's share!

Being the best you can be – Het beste uit jezelf halen

- Mental preparation and mental strength
- Choosing personal responsibility


Being the best you can be – Het beste uit jezelf halen

- What gets in the way of being the best you can be?
 - In rehearsal?
 - In performances or contest?
- How can we change this?
 - Mental strength training
 - Get rid of limiting beliefs
 - Create a positivity zone!

Being the best you can be – Het beste uit jezelf halen

“The world’s finest instrument is the human voice but unfortunately there’s a human around it!” (*Jim Arns, Education Class, Las Vegas, October 2015*)



A large, solid yellow five-pointed star is centered on a white background. Inside the star, the text "Mental strength is being able to control and have an impact on your state of mind despite the circumstances!!!!" is written in a dark red, sans-serif font, arranged in six lines.

Mental strength is
being able to control
and have an impact
on your state of
mind despite the
circumstances!!!!



HOW?

" We are what we repeatedly
do. Excellence then is not an
act but a HABIT "



Positive Chorus Culture!

- Positive posture
- Positive attitude
- Positive thoughts and communication

- Words of value
- Where is your FOCUS?

Creating a positive chorus culture

Don't have / don't want	Do have / do want
<p>Eg "Tenors, you are singing flat on those high notes!"</p> <p>"Basses – you are putting too much weight on the sound as you go lower in your range"</p> <p>"I don't need to rehearse in performance mode – I'll turn it on in competition onstage"</p> <p>" We have too many new members and they are diminishing our sound"</p>	<p>"Tenors – make sure you approach those high notes with lift and space"</p> <p>"Basses – keep the sound in the thrid floor as you go lower and use kinaesthetics to help you achieve this!"</p> <p>" I feel so uplifted by rehearsals especially performing as if I was onstage all the time and I think it helps the sound improve too!"</p> <p>"It's great that we have so many new faces and fresh ideas!"</p>

Performance anxiety

- Often results in oversinging, establishing too fast tempo, default breathing, left brain rather than right brain performance
- How to overcome performance anxiety?
 - Lead the chimp into its box
 - Recognise that $P = p + a - i$
 - Be completely prepared both musically and administratively
 - Use visualisations
 - Use affirmations
 - Celebrate success

Choosing personal responsibility

- Each chorus member should realise that the sound (and visual performance) they take onstage will be the sound (and visual performance) they achieved in rehearsal.
- Rehearse in “Performance mode – always”
- Remember : “ We are what we repeatedly do. Excellence then is not an act but a habit.”

Choosing personal responsibility

- What are our responsibilities as singers? As directors? As members of teams?

Creating and maintaining a beautiful sound

– Een mooie klank creëren en houden

- Singing with resonance – “ the model”
- Singing with lift – in the third floor

Creating and maintaining a beautiful sound

– Een mooie klank creëren en houden

- What is resonance?
- “A sparkling diamond on a black velvet cloth”



Creating and maintaining a beautiful sound

– Een mooie klank creëren en houden

- “The model” – using kinaesthetics to help
- Recognising that beautiful sound has three dimensions : height, width and depth

Creating and maintaining a beautiful sound

– Een mooie klank creëren en houden

- **Height** : create a visual strengthening of a north-south resonance by using kinaesthetics eg hold forefinger and thumb in front of your mouth to form the letter C.
- **Width** : kinaesthetics will help to create the space by placing your little fingers together to form a box in front of your mouth. When you breathe in imagine the air is touching and bouncing around the inside of your oral cavity.
- **Depth** : use the kinaesthetic of a dome (inverted bowl) above your head. Imagine that you are breathing into that bowl to create resonance in that area.

Creating and maintaining a beautiful sound

– Een mooie klank creëren en houden

- “ The quality of the sound you produce will only be as good as the space you create when you breathe in”. *(Quoted by Peggy Gram and others)*
- Tune up chords – time to breathe with quality
– now maintain quality of these throughout the song.

Creating and maintaining a beautiful sound

– Een mooie klank creëren en houden

- Some exercises to develop a beautiful ringing and open tone :
 - Introduction to “pint of air” exercise.
 - Loo lee – great exercise to encourage beautiful singing even on contrasting dynamics.
 - To encourage more forward placement : nyah nyah nyah nyah nyah
5-4-3-2-1
 - Developing and maintaining ring - ng ee ng ee ng ee etc 123454321
 - Ee oh ee oh ee oh ee oh ee 555554321 – share the space and keep the tone open.
 - Mo mo mo warmup (Peggy Gram) – call and response. Choose someone who has a really resonant voice to exemplify this.
 - Keep listening for the overtone angels – reprise Sleepy Time down South tag.

Creating and maintaining a beautiful sound

– Een mooie klank creëren en houden

- Here's a way of developing an ear for accurate tuning :
 - Everyone sings a line of a song in unison – work on matching the vowels and making sure everything is synchronised, creating the best sound you can.
 - Add the bass line (everyone else sings the melody)
 - Add the baritone line (everyone else sings the melody)
 - Add the tenor line (everyone else sings the melody)
 - Upper part trios then lower part trios
 - All 4 parts

(LoveNotes education class, Las Vegas, October 2015)

Singing with freedom – Vrij zingen

- Vocal freedom – how to play with sound – and enjoy what you produce!
- Let's explore different ways to get creative with your voice and have fun!
 - Sound effects eg siren, ambulance, skiing, witch's cackle, ghost, train, energetic laughing!
 - Jo McNally's fun warm up
 - Soft to loud and back to soft again on different vowels – select a director to orchestrate this
 - Different voice types (opera, folk singing , as a child, Broadway belt, rock star)

Singing with freedom – Vrij zingen

- Using different languages from English or Dutch!
 - Abeyo (Australian Aboriginal chant)
 - Neesa neesa neesa x 3 / Gah weh oh, gah weh oh
(Navajo Indian round / chant)
 - Om mani padmay hun / la illa ha illa la hoo / shalom shanti (Donya Metzger)

Singing with freedom – Vrij zingen

- Native American layer chant (translated into English)

Hey an a ho an a hey yan yan

The earth is our mother, we must take care of her x 2

Ancient mother, we must take care of her, ancient
mother, care for her

Moving with freedom

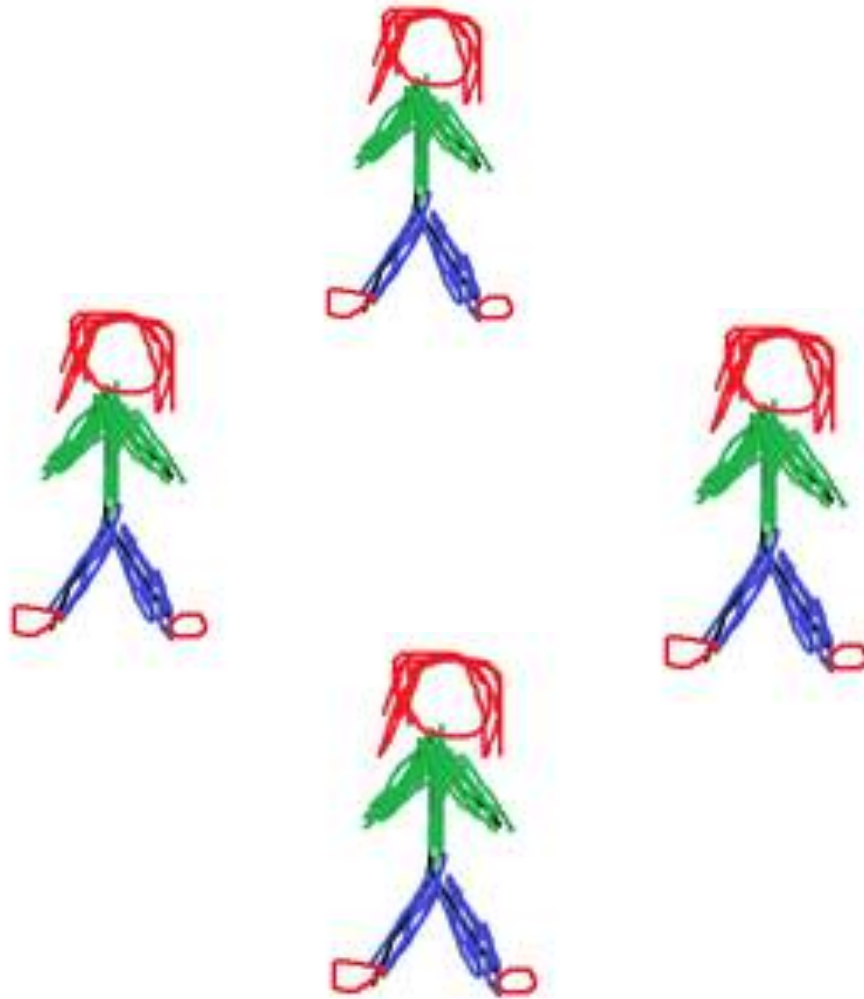
- So many things keep us from performing with complete freedom. Examples?
- How can we get rid of the stress and tension that builds up in our bodies?
 - ALLOW ourselves to relax
 - Exercise
 - Good sleep
 - Find places to relax
 - LAUGH OFTEN
 - Be with people that make you feel good
 - Take time for yourself

Moving with freedom

- But above all.....
 - Be real / authentic
 - Let it come from WITHIN



Diamonds



Singing and moving with freedom

- Remember that

**There is no such thing as rehearsal mode.
It's performance mode every time**

Any questions?



If you think of anything after the weekend
please contact me :

alysonchaney@yahoo.co.uk