

REGION 31 EDUCATION MAY 2016

SINGING SMART

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1. Singing Smart – class content

- Singing Smart during warmups
- Singing Smart during rehearsals
- Singing Smart in between rehearsals
- Singing Smart cooling down

2. Singing Smart during warmups

- Exploring some new ideas about posture and alignment (see Stand Tall! attached handout)
- Creating buoyancy : LIVE weight not DEAD weight!
- Breathing smart
 - Pint of air (retracts false folds)
 - Vocal function exercises (EE on F on pp)
 - Straw phonation – interesting YouTube clips from Ingo Titze and Tom Burke <https://m.youtube.com/watch?v=asDg7T-WT-0> and <https://m.youtube.com/watch?v=FStqHThEY9>
 - Pairs
 - Free diving
 - Hissing, FFing
- Warming up the lungs
 - LAUGH!
 - Bubbling
 - Tongue wagging
 - Combine the two! Some great ideas in Mary King’s Guardian article Limber Up <http://www.theguardian.com/music/2009/may/10/voice-muscles-warm-up>
- Warming up the vocal mechanism
 - Vocal fry on AH
 - The power of NG (sirens, vocalises, NG-AH 54321 then other vowels)
 - Using a rolled R (Bella signora, Mia Maria, Señora)
- Encouraging the “model” to maintain resonance
 - 5-chord exercise plus kinaesthetics
 - Third floor singing
- Pulling it all together – tuning, dynamics, resonance
 - VEE-VOH 1324354654321
- Celebrating success – FIRA!
 - Extending your skills and attaining new skill levels.

3. Singing Smart during rehearsals

- Maintaining correct alignment throughout, even when doing choreography.
- Correct breathing techniques throughout (kinaesthetic reminders) plus awareness of singer’s power source.
- Being Present

4. Singing Smart in between rehearsals

- Stamina building
- Daily vocal exercises

- Recording yourself
- The mirror is your best friend!

5. Singing Smart cooling down

- Why cool down?
- What can I use to cool down?
 - Cool down your lungs – rhythmic hissing, using FFF, holding breath and exhaling on SHHHH
 - Cool down your larynx – gentle humming, NG slow glissando, EE glissando descending, MMM *mp* to *pp*
 - Cool down your vocal tract – ZZZ to SSS, nonsense words, tongue flicks, LAUGH!