

Posture

Stand up straight - imagine a string pulling you up from the top of your head.

Place your feet shoulder-width apart, keep your knees unlocked.

Your head should be upright, looking straight ahead.

Keep your shoulders down and your abdomen relaxed.

Try to relax - tension will prevent you from making a good sound.

Breathing

Breathe deeply from your lower lungs - imagine a rubber ring around your waist (your diaphragm).

Breathe in and try to push the ring outwards.

Breathe in through your nose and out through your nose and mouth.

Avoid raising your shoulders as you breathe in - keep them relaxed and level.

Relax! Tension will prevent you from making a good sound.

Exercise 1 - Hissing

- Breathe in -to the count of 4, breathe out, hissing, to the count of 4
- Then, breathe in for 6, and hiss out for 10
- in for 6, out for 12
- in for 2, out for 12
- in for 4, out for 16
- in for 2, out for 16
- in for 4, out for 20
- in for 1, out for 20

Exercise 2 - Snatched Breaths

Breathing in gradually, think of your lungs filling up in fractions, when you count. Focus on the diaphragm, being careful not to hold tension in the throat.

- On the count of '1' - breathe in ($\frac{1}{4}$ full)
- '2' - ($\frac{1}{2}$ full)
- '3' - ($\frac{3}{4}$ full)
- '4' - (full)
- 5, 6, 7, 8, 9, 10, 11, 12 - breathe out, gradually.
- Repeat, on the count of '1' - breathe in ($\frac{1}{2}$ full) '2' - (full)
- 3, 4, 5, 6, 7, 8, 9, 10 - breathe out gradually.

Warm up your voice

Exercise 1

- Breathe out through your mouth releasing all the air from your lungs.
- Once your lungs feel completely empty, relax your stomach muscles, open your mouth and let the air flood back in.
- Do this several times.
- Now breathe in again and when you release the air add an 'sss' sound. See how long you can hold it.
- Try this again using 'shh' and 'fff' sounds. This will help to build different vocal muscles.

Exercise 2

- Close your eyes and spend a little time breathing in through your nose and out through your mouth. (When singing, you should breathe in through your nose and out through your nose and mouth.)
- When breathing in, imagine the breath going down into the lowest part of the lungs, keeping the shoulders down and relaxed.
- When breathing out, try to maintain your inflated shape, breathing out slowly until you feel as empty as possible.

Exercise 3

- Counting four, breathe out whilst you bring your left ear down to your shoulder. Counting four, breathe in and bring your head up to the starting position. Repeat with the right ear.

Range

Exercise 1

- Starting within the most comfortable range for you, slowly go up and down like a police siren, throughout all your vocal range, with an 'ng' sound.
- Breathe as slowly as possible, and snatch a breath when you run out, trying to ensure an almost perfect, continuous line.
- You can do this exercise forever! But try different variations, like trying your lips buzzing together; try with your tongue trilling, or 'ooh'ing.

Exercise 2

- Start in the middle of your range with the note that feels most comfortable for you.
- Hum 'mm' with mouth closed, gradually opening the mouth until you're singing 'ah'.
- Do this over the count of 8. Try to feel the resonance on your lips and open up to a pure vowel sound.
- Move up to a note and hum - 'mm' turning into 'eh' (as in 'bed')
- Try a higher note with - 'mm' - 'ee'
- Then try a lower note - 'mm' - 'or' (as in 'door')
- And then lower again - 'mm' - 'ooh'
- If you have access to a piano start on Middle C. Move up to D then E, back to D then finish on C.

Exercise 3

- Start on a note that's comfortable for you, and slowly sing 'mee meh mah mor moo', all on the same note.
- Go up a note and sign it again. Repeat the phrase, going up a note each time.
- As you get higher, make sure the sound doesn't get lost in the back of your throat - remember to use your diaphragm, to avoid a thin sound.

- Then try it on these different notes, making a tune: G - F - E - F - G - E
- Descending down the scale: F - E - D - E - F - D or E - D - C - D - E - C
- Go down as low as you can, but don't strain your voice.

Exercise 4

- This time start around middle C for women, or an octave lower for men:
- Start at 'ah', then go up one step (semi-tone), and 'la', then up one step on 'mah', then up one step on 'fah'.
- 1-2-3-4-5-4-3-2-1 or
- C-D-E-F-G-F-E-D-C
- Repeat the exercise again from C, going through the vowels: 'ah', 'eh', 'ee', 'or', 'oo'. Feel your mouth opening into the vowel.

Exercise 5

- Try the exercise again, this time jumping through the notes to build flexibility.
- Start at 'ah', then go up one step (semi-tone), and 'la', then up one step on 'mah', then up one step on 'fah'
- 1 - 3 - 2 - 4 - 3 - 5 - 4 - 2 - 1 or
- C - E - D - F - E - G - F - D - C

Have fun.