

## Week Three Homework Assignment

### Warm Up

- Body
  - Stretch arms up above your head
  - With feet shoulder-width apart, bend over to stretch the back of your legs
  - Roll shoulder backwards then frontwards
  - Twist your upper body from side to side
- Head, Neck and Face
  - Neck
    - Lean head toward your right shoulder, feel the stretch, then toward the left shoulder
    - Place your chin on your chest, feel the stretch
      - Massage the back of your neck while doing so
    - Relax your jaw and open your mouth as you tip your head backward
    - Feel the stretch in the front of your neck and the crunch in the back
  - Jaw
    - Again relax your jaw with your mouth open
    - Draw your hands down your cheeks
    - Feel the absence of tension. This is a feeling you want when you sing
  - Face
    - Pucker (like a very sour pickle)
    - Smile (involve your whole face)
    - Totally Relax facial muscle
    - Repeat
  - Tongue
    - Place your tongue between your lips and teeth
    - Circle your tongue in a complete circle three time
    - Reverse directions for three revolutions

### Exercise - Straw

- Insure straw is held completely in lips
  - No air leakage
  - No tension in lips or cheeks
- Place tip of tongue behind lower front teeth
- Take a purposeful singer's breath
- Exhale into the liquid keeping the bubbles at a constant height
  - Repeat several times
- Then vocalize through the straw by running through recorded three note scale entitled: 3-Note Ascend/Descend [found in the "Exercises/Videos" section of this site]

#### Exercise

- Take the straw out of the water
  - “Sing” through straw using the same 3-Note exercise above
    - Place your hand near the end of the straw to insure that air is coming through the straw
      - Pinch your nose. If your sound alters or stops, make sure you are pushing air through the straw and not just humming.
  - Feel the “buzz” in your lips and around your nose

#### Exercise

- “Sing” through the straw on an “ooo”
  - Slide the straw from your lips
    - Keep vocalizing the “ooo”
      - Your tongue should be relaxed in the bottom of your mouth with the tip touching the back of your lower front teeth
  - Try to keep the “buzz” going without the straw

#### Exercise - Breathing

- Take a “Singer’s Breath”
  - Exhale completely
  - Inhale by totally relaxing your abdominal muscles letting your tummy bulge out.
- Start to blow up your balloon for a count of four
  - Feel the engagement of your core muscle
  - As you blow, move your shoulder to insure you are not building tension

#### Exercise - Breathing

- Take a singer’s breath and feeling that engaged core, quickly pretend to blow out a candle
- Repeat 10 times

#### Exercise - Breathing

- Take a singer’s breath
- Exhale on a “s-s-s-s”
  - Feel your core engage
  - Go for a count of 8
    - Insure that you have used most of your air supply by the count of 8
- Repeat for a count of 12
  - Again insure you have used most of your air supply by the count of 12

### Exercise - Pitch

- Using Chromatic Tuner app
  - pick a single note from LOVE ME TENDER,
  - sing 'yah'
  - try to match the pitch using the tuner to check your accuracy.
- While holding the note with your voice,
  - discontinue playing the note
  - After a couple of seconds of singing the note, play the note again to see if you still match.
  - If necessary, adjust your pitch and play the note again.
  - Continue until you match
- Pick another note from LOVE ME TENDER and repeat the exercise.
- After getting relatively comfortable matching these pitches, try to sing along with the entire song. It can be found in the Audio section of this web site.

### Exercise - Resonance

- It is important to find the proper placement of your sound in your mouth.
  - This will maximize the resonance and fullness in your voice.
- Sing 'ah' as far back in your throat as you can.
  - Feel how choked off the sound is
- Sing 'ah' as nasally as you can. (like the wicked witch of the West)
  - Notice how thin and reedy it sounds
- Sing about halfway in between the above steps.
  - This should feel like the 'ah' is hitting the roof of your mouth.
  - This singing in the middle is called 'Chiaroscuro' from the Italian for light and dark.

### Exercise

- It is time to experiment with intervals between notes
  - Songs are not usually written with one note right next to the other
  - The melody often jumps over several notes.
    - The distance between these notes is called an interval
    - It is another aspect of training your voice to form the note you hear.
- Choose the video exercise entitled: "1-3-5-3-1"
  - Located in the "Exercises/Video" section of this site
  - Do your best to match each pitch
  - Try to use the "middle" vocal placement, described above, as best you can
  - Only go as high as is comfortable
    - If you feel that you are straining or trying to push to the next note, stop.
  - Your singing should always feel open and effortless.

### Sing for Fun

You worked enough for today. Why not try to match pitch with selected ballads featured in the "Sing Alongs" section.

2/20/2025