

# Basic Vocal Production

or...

The joys of singing  
with a **free** voice



# Vocal Production

1. Enough air
2. Use the air
3. Through resonant vocal structure without tension



But HOW???

# Don' t Sing...

... yet...



- Our brains are ahead of us
- We get right into the song without being ready
- Re-train your autopilot
- Improve on your compromises – accept, make a new choice
- Freedom takes preparation
- Are you prepared to sing?



# Basic Skills

- Basic Skills are not lower skills
- Basic = Foundation
- Skills = Awareness + Tools + Choice

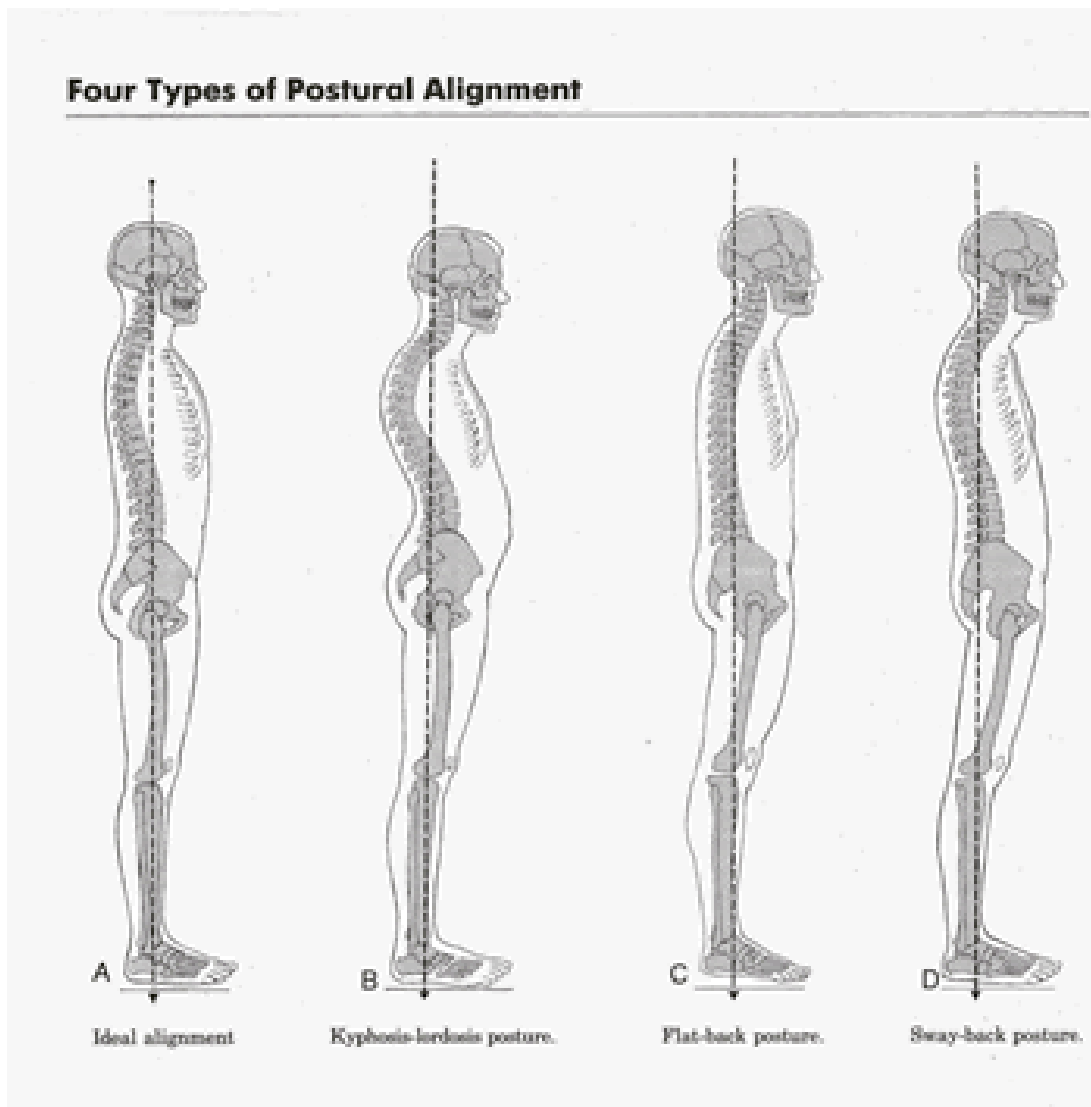
1. Body Alignment
2. Breathing
3. Phonation
4. Resonance
5. Articulation



Everyone needs to get back to the basics  
... Always!

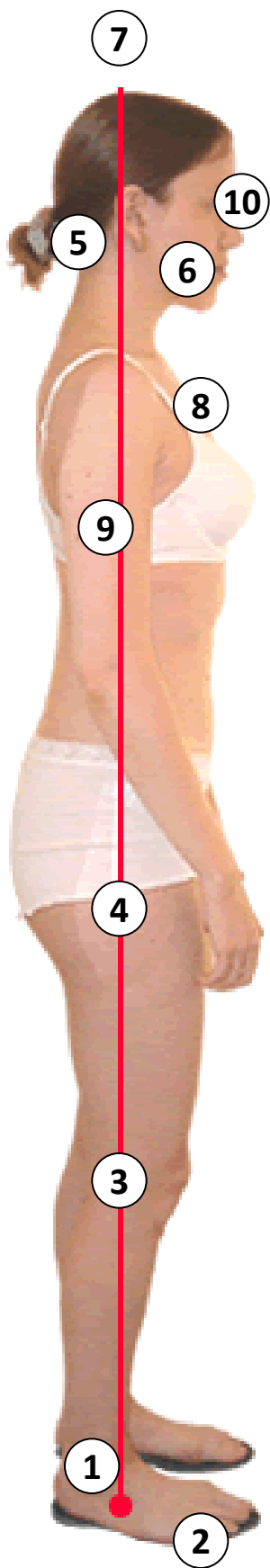
# Body Alignment

Open, flexible, energized posture, with appropriate tension and relaxation



What type are you?

# Don't Sing... (yet) Align your body!



7. Top of head reaching up, head free

10. Face open and relaxed

6. Molars parallel to the floor

5. Ears back and up, over shoulders

8. Sternum and rib cage lifted

9. Arms resting on side of rib cage

*(4-7. Stretched and lifted spine*

*No sway of the back)*

4. Pelvis slightly rotated

Dig a whole in the sand...

3. Knees slightly flexed and flexible

2. Feet parallel – weigh slightly forward

1. Feet width = hip bones. Jump!

# Body Alignment

Now make 1-10 as one move

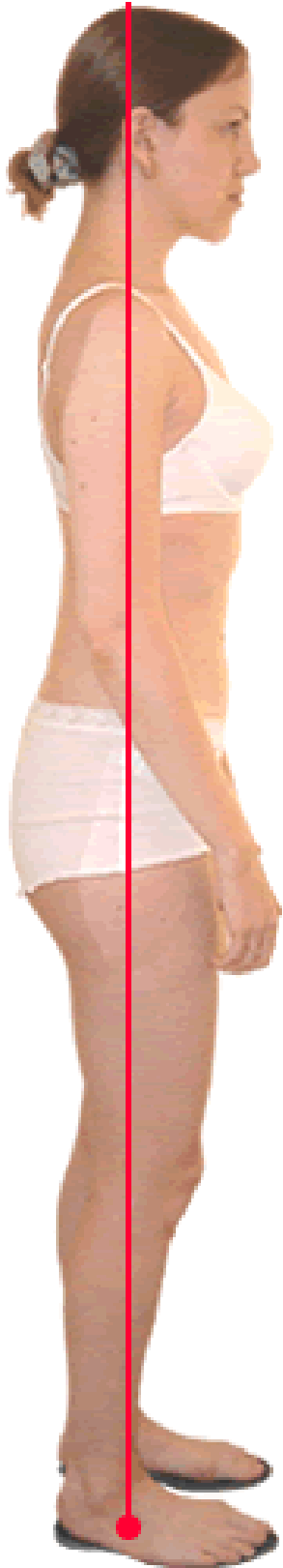
Do know your own traps?

Watch out over-achievers

Watch out for tension!

Relax when you can.

Get ready when you need to.



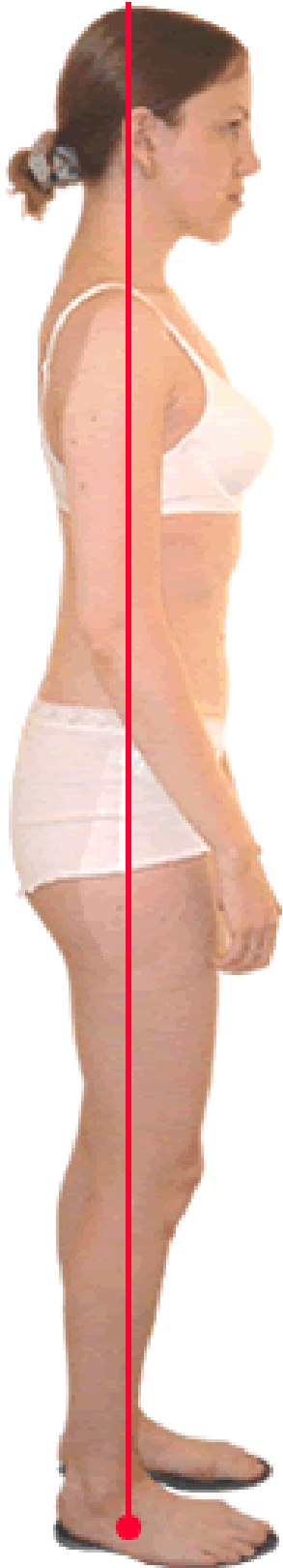
# Body Alignment

Explore & adjust

Find out how you can relax into an open, lifted and free alignment

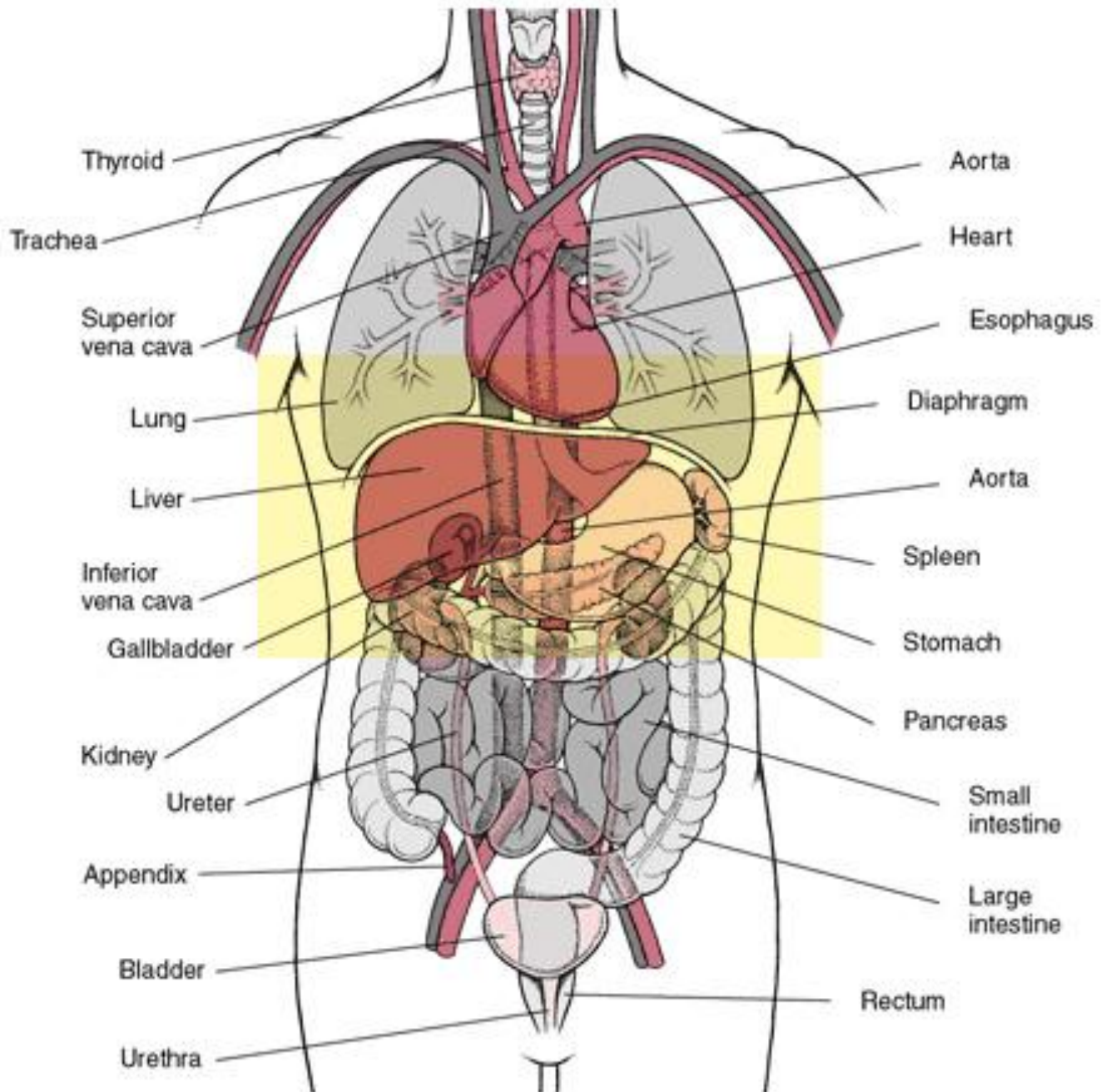
Tools & images:

- Qi Gong, yoga
- Shovel + Cockatoo
- Skewers + V
- Åse's pockets





# Alignment for Breathing



# Breathing

- Breathe first, control later...  
No phrase endings and quick breaths before your body is ready!

*Exercise: In 6 out 6*

- Awareness and allowing release of tension

*Exercise: Collaps & expand*



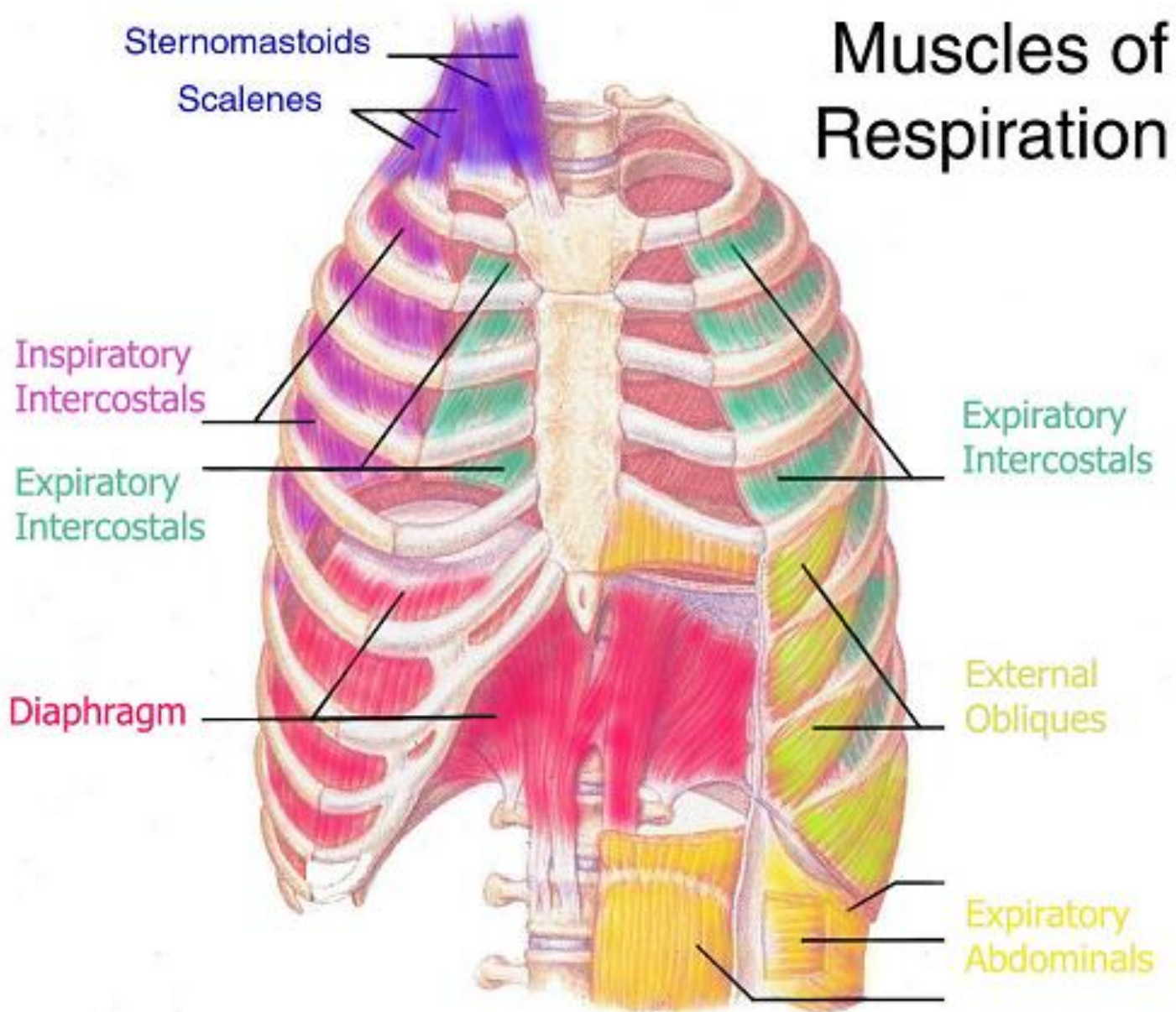
*Exercise: Breathing tongue stretch*

- Get rid of air before letting new air in
- Exercise: *Horse and buggy*  
Images: barrel, toothpaste, cockatoo, water balloon



# Breath Support

- Train your muscles
- Know how to engage them
- Training is not singing technique



# Breath Support

- Train & stretch

## Exercises:

- Inhale – hold – fill – hold – 3D
- Breathe forward – separate ribs from abdominals
- Breathing with the "flipper"  
(add Cockatoo to exhalation)
- K – Schhh – K
- Cough – transversus

# Breath Management

- Breathe what you need
- Get rid of all air
- Don't be in a hurry to manage super long phrases – let it be a gradual development
- Don't lift until the end – transversus is your phrase ending helper.

Exercise: Mo' s Sylvester + flipper

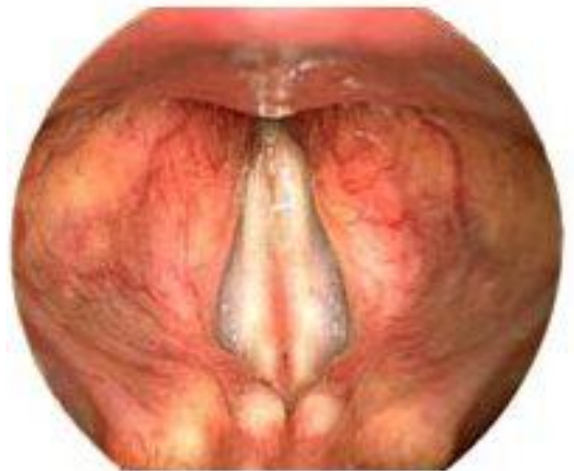
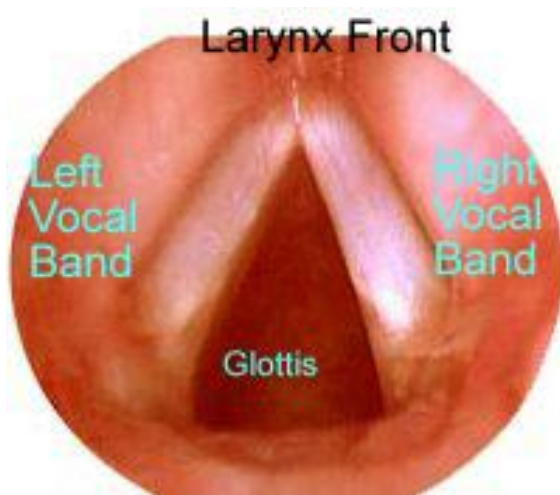
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# Phonation

= How sound is produced by air moving through the vocal folds



The Bernoulli Effect

# Phonation

## Tone Production

- Relaxed throat, tongue and jaw
- Soft onset (leaking of air, unsupported)
- Hard onset (glottal attack)
- Balanced onset

Exercise: Hee-hee / Ee-ee

- Constant flow of supported air

Exercise: Hum.

Lip bubbles/Sylvester → vowels

ee – eh – ah – oh – oo

Tip: Imaginary "H" before

# Resonance

- Resonators = space with hard surfaces that the sound waves can bounce off of.
- Larynx (voice box)
- Pharynx (back of throat)
- Mouth
- Nasal Cavity
- Sinuses







# Resonance



- Explore your resonators:
  - Ningy (mask)
  - Hoo hoo hoo (ring spot)
  - Oh No! (cathedral)
  - Holly Molly (warmth)



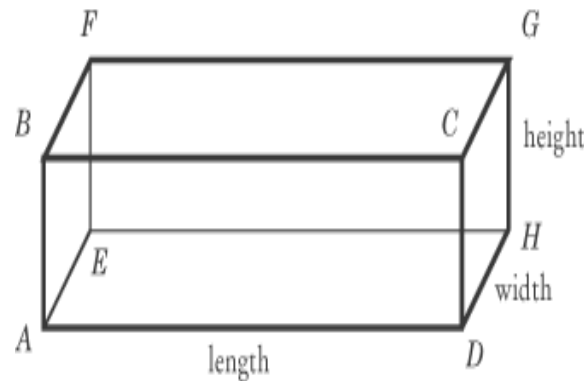
- Relax tongue and jaw
- Don't press
- Sing bent forward
  - Will open resonators if you allow it to happen

# Resonance

Breathing Space = Resonance Space

Exercise: Three Dimensional Breathing:

1. Hight – ih-ih-
2. Width – mm-mmm-
3. Depth – Mo-mo-



Tools: Thumbs on upper molars

Images: Mask, whiskers, inner smile

Always relaxed and free

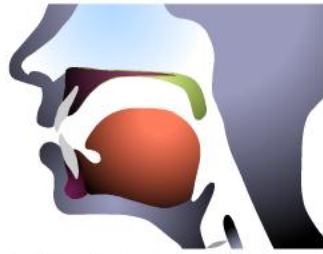


Phonetics: The Sounds of American English

Consonants		manner		place		voice		vowels		monophthongs		diphthongs	
bilabial		labio-dental		lingua-dental		lingua-alveolar		lingua-palatal		lingua-velar		glottal	

**Lingua-dental**

Voiceless /θ/    Voice /ð/    Fricative



/ð/ play

animation with sound    step-by-step description

phonetics    anatomy    feedback

/ð/

that    wither    smooth

# Articulation

- Vowels = sound/music
- Consonants = language
- Wall of Sound = No holes, uninterrupted by jaw, consonants and supported by a steady pillar of air.

Image: knife through waterhose

- The lips, the teeth, the tip of the tongue
- Target Vowels
- Turning diphthongs out  
May I know right now?



# Now lets put this all together

Explore what your body does.  
Accept and make new  
choices.

1. Body Alignment
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# Sweet Adelines International Mission Statement

We are a world wide  
organisation of  
wome-en singers  
committed to advancing  
the musical art form  
of barbershop harmony  
through education, competi-  
-tion and performance



SWEET ADELINES  
INTERNATIONAL

So... don't sing until you have the awareness to choose your tools.

Intent & Character

Energy

Generosity

Vocal Production

1. Body Alignment
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# Resources

<http://www.sweetadelineintl.org> Go to:

- **Membership Section**
- **Members Only** (log on with your member number)
- **Education Center** (Voice, Music, Leadership, Visual: Articles, links, education, inspiration)

The Pitch Pipe

The Director's Certificate program

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