

WAKE UP! MUSIC IN THE MORNING!

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CONCEPT 1:

The body gets stiff when we sleep!
Simple stretches (common voice student stretches)
Check alignment (Alexander Technique)
Check balance (Pilates)
Get the heart pumping (low-impact aerobics)

CONCEPT 2:

The voice goes to sleep when you do
Collects mucous (gently test your voice)
Vocal cords, being muscle, get stiff (hum)
Need gentle waking up (bubble)

Sigh glide
5-1-5, 1-5-1

Ghost sound “hoo” – a simple vocal cord stretch
Light ,high to low and low to high
Use hands to help

CONCEPT 3

Vocal cords do not co-operate in the morning; Use breath energy, only, not muscle energy.

Sigh glide
5-1-5, 1-5-1

An open mouth hum – think “ng” and “m” – hold the tone
Middle of tongue on roof of mouth (where soft and hard
palate meet)
Feel buzz in masque

CONCEPT 4

Elastic recoil – find it by panting – it is the tuck of
the girdle portion of the abdominals; it moves the diaphragm (an
involuntary muscle)

Put hand on throat to remind you to keep it relaxed and open.
Elastic recoil brings about quick, totally relaxed breaths/rhythmic
breaths.
Work done by breath energy NOT muscle.

Ha-ha, etc
Ha-ha, etc
5-4-3-2-1

Elastic recoil/breath energy only – no pitch; finger on larynx
Now on pitches

Ha-ha-ha-ha hoo
1-1-1-1-8

Elastic recoil on each; hold last note and feel the girdle muscles
move toward spine to control exhalation

CONCEPT 5

Sound beam that hits soft fleshy surface will be dark and unfocused; sound beam that hits the hard surface of the hard palate will have resonance.

Tongue roll
1-5-1

Relaxes pharynx, lips, jaw; easy adjustment of vocal instrument through register change.

Yah-gah
5-4-3-2-1
5-3-4-2-1

Relaxes tongue while making it do precise movements; reinforces relaxed tongue and jaw

CONCEPT 6

The jaw is a hinge – hinges swing freely unless they need WD40. Then, place your fingertips on the upper and lower portion of the jaw hinge. Make the space between the teeth by releasing the jaw hinge. Keep this space as you sing; combine it with the soft palate lift.

Yah –gah
Fa slide
5-3-1

Do NOT cement jaw in one place; let it float in the “duh” position
Feels like the sigh glide

Fa-ther
5-3-1

Sigh glide on the word; aim for bone/hard palate
The “f” brings the sound into the masque

CONCEPT 7

Vowels are tall and resonant; they produce the overtones. Place your finger lightly on the larynx to make sure it stays in the seated position. Inhale through the mouth to feel the seated position.

Preh
5-4-3-2-1

Keep corners of mouth in natural position – no east/west “smile” as this mouth action creates tension. Think north/south.

Boy, boy
5-3-3-1-1

Breath energy only, sigh glide feeling; elastic recoil on each breath. Think north/south. Jaw hinge is relaxed and a space exists between the molars.

Kroll, loll,
1-3-5-8-9-8-9-8-9-8-5-3-1

Use body movements, remember all concepts. Think north/south.