

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 Arpeggio [found in the "Scales & Warm-ups" 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 across the table
- 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 "In Class Songs" on 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 "Scales & Warm-ups" 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.

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