

Warm-ups

Middle voice – start with very relaxed, easy singing – stay in the middle of your voice where there is absolutely no strain or tension (you may want to do this when you first wake up)

- 3 note hum (m-r-d). Start in C Maj, work up to G Maj and back down
- 5 note descending (s-f-m-r-d) on oo. Start in C Maj, work up to G Major
- Oh or Ah (d-m-r-t-d). Start in C Maj, work up to C Maj (8ve up)
- Continue these exercises with NO TENSION until all the “gunk” is gone

Breath – Do a couple of exercises to get your body aligned and your breath flowing easily (a couple deep breaths should set the pattern, but always pay attention to relaxing as you breath in singing)

Upper voice – Really focus on setting your space before you engage your sound. Work from just under your break – around a third line B is usually good for girls and just under middle C for guys. If things get tense, stop- reset your space and focus on using more air and spinning it faster

- Hee (s-s-s-m-d). Very bright making sure the tone is very pure on EVERY SOUND. Start in E Maj, and work up to E Maj or F Maj – as high as you can without strain
- Buzz lips (s-f-m-r-d-r-m-f-s-f-m-r-d). Start in G Maj, work up to F Maj or higher. This will help you work tough spots in your voice without strain. Again, focus on using up all your air
- Thee-Ah (d-s—f-m-r-d). Start in D Maj, work up as far as you can. Set your space before you start your sound and make sure that your tone is pure in both the high register and the low. Be careful that your air changes your voice and not your body (tongue, larynx, jaw, etc.)
- Staccato Ha (d-m-s-d’-s-m-d). Start in C Maj, work up as far as you can. Go quickly and don’t let your body move. This can help with pitch, purity of tone, and agility

Lower voice – Now that the top is warm, take it down, but do not carry any weight or press as you go (Altos and Bases may want to warm up the lower voice before the top to work relaxation and release before you stretch)

- Legato Zee (s-f-m-r-d) Start in E Maj, work down until you start pushing – then STOP! Let it fall into your chest voice, and do not push. Space is still important
- If you are a lower voice, you may want to do more exercises in this range. Sop/ Ten might not

GENERAL THOUGHTS:

- Do what feels right in your voice, not what sounds good compared to others
- Work the part of the voice that you need to
- If it hurts – stop and do something else to relax it, then try again and focus more on good technique
- Only you are responsible for your body. If you don’t pay attention to what it is doing, nobody will
- Enjoy the process!
- Rest will make you have a much better audition – lack of rest robs you of breath – THE MOST IMPORTANT FACTOR in singing! Go to bed!!!