

VOICE 101 – THE BASICS OF SINGING

by Keri Hughes

The Power Source: The Breath

- Lower Abdominal Muscles are Relaxed
- Diaphragm contracts and abdominal area expands on the inhale
- Diaphragm releases and abdominal area relaxes on the exhale
- Mythbusters #1: Should I “Sing from My Diaphragm”?
- Exercises: Football Squat, lay on back with knees bent, Puffy Cheeks, Lip Bubble,

The Vibrator: The Larynx

- Mode 1 or Chest Voice
- Mode 2 or Head Voice
- Mythbuster #2: I have a ‘break’ in my voice.
- Exercises: Hey, Whoop, NG, Why, Straw

The Resonator: The Vocal Tract

- Throat
- Jaw
- Lips
- Tongue
- Mythbusters #3: Pressure Equals Power
- Exercises: Woof, Fluh, Won, The



How to Stay in Vocal Shape

keeping healthy and avoiding injury

Warm Up Cool Down



Start and finish your day with 15 minutes of singing through a straw.

Listen



Is it hurting? Are you pushing?
Do you need to take a break?

Rest



Vocal fold tissue can't start healing until you stop speaking and singing.

Hydrate



When your whole body is hydrated the vocal folds function at their best.

Filter



If your nose is blocked up, your throat will suffer. Avoid dusty spaces, Neti-Pots may be helpful.

Check Meds



Talk to your doctor, some medications have drying effects visit www.ncvs.org to find out.

Acid Reflux?

pH

Acid reflux can make the vocal folds brittle and stiff. Talk to your doctor about strategies to manage it.

Get Scoped



Visit an ENT to get a visual of your vocal folds. Even when you're healthy, this information can aid in your vocal care.

Visit the National Center for Voice and Speech's website for more information
www.ncvs.org