

# Things I Always Wanted to Know About Singing, But Was Afraid to Ask

## Vocal Care

1. Drink lots of \_\_\_\_\_ during the day.
2. Bring water to rehearsal. It takes about \_\_\_\_\_ minutes for a glass of water to begin to hydrate the vocal folds.
3. \_\_\_\_\_ dry out the vocal folds. Nasal sprays are recommended instead.
4. Contagious singers should not attend rehearsals, but a singer with an ailment that prevents singing can still \_\_\_\_\_ and interpretations without singing and should attend rehearsal.
5. \_\_\_\_\_ in the jaw and throat can lead to strained singing and damage the voice.
6. \_\_\_\_\_ is usually harder on the voice than \_\_\_\_\_.
7. Yelling can lead to \_\_\_\_\_ vocal damage.
8. Avoid situations which are stressful to the voice:
  - Loud \_\_\_\_\_ (particularly on buses)
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_ your throat

## Physical Conditions

1. Singers should think of themselves as vocal \_\_\_\_\_. The singer's body should be \_\_\_\_\_ and ready to perform.
2. \_\_\_\_\_ the neck and shoulders works out some of the tension while the bodies and mind relax. Singers should massage their jaw \_\_\_\_\_ to get their mouths ready for singing.
3. As a relaxation exercise, bend forward with your arms \_\_\_\_\_ in front of you. Slowly straighten your spine, one \_\_\_\_\_ at a time, until you are upright, with your head coming up \_\_\_\_\_.
4. When standing, the torso should be \_\_\_\_\_ and unimpeded. \_\_\_\_\_ should be above the shoulders, \_\_\_\_\_ should be shoulder-width apart, and \_\_\_\_\_ should be to the side.
5. When sitting, keep the \_\_\_\_\_ tall like you do when you're standing. If singers relax when they sit, the torso will collapse and \_\_\_\_\_ the breathing source.
6. When sitting to sing, sit as if you were going to \_\_\_\_\_ up your jacket.
7. Place your music so you need to move only your \_\_\_\_\_ and not your head to see the conductor and the \_\_\_\_\_.
8. If singers have to move their heads constantly, the shape of the \_\_\_\_\_ and the vocal tract will be affected. The trachea is like a s\_\_\_\_\_; when it's bent, no liquid can come through. Moving the head puts a "\_\_\_\_\_ in the straw", or in this case, a bend in the trachea and vocal tract, which can produce tension in the neck and jaw hinge.

## Breathing

1. Breathe as if you had 20 \_\_\_\_\_ around your belt.
2. \_\_\_\_\_ your ribcage as you breathe in. Keep the ribcage \_\_\_\_\_ as you sing.
3. As you inhale through your mouth, feel your tummy \_\_\_\_\_.
4. Breathe in the air until it fills up your \_\_\_\_\_.
5. Breathe in the air until the air fills up the \_\_\_\_\_ and then the \_\_\_\_\_ of the abdomen.
6. Breathe an "ah".
7. Proper breathing requires that your chest remains relatively \_\_\_\_\_ while the area just below your chest \_\_\_\_\_ to pull air into your lungs. This is called breathing from the diaphragm and requires lots of practice.
8. All singers should begin each warm-up with a deep, full \_\_\_\_\_.
9. For long breaths, breathe the air in through the \_\_\_\_\_ of your feet.
10. For short breaths, breathe in quickly through your \_\_\_\_\_.

## Mouth/Throat

1. Take a \_\_\_\_\_ out of an imaginary apple and then begin singing.
2. Open your mouth \_\_\_\_\_, not east/west.
3. For high pitches, \_\_\_\_\_ the jaw and \_\_\_\_\_ the throat.
4. Singing through a closed or constricted throat produces a tone quality that is \_\_\_\_\_ to blend. Untrained singers often sing this way when attempting to sing loudly.
5. Open wide and open deep. If you start to \_\_\_\_\_, you are probably on the right track.
6. Aim your sound (hum) down towards your chest. Now aim your sound toward your eyes. Feel and hear the difference.

## Dynamics

1. Put all the forte sounds in a \_\_\_\_\_ package to sing piano.
2. Dynamics are more than \_\_\_\_\_.
3. \_\_\_\_\_ – Concentrate on the excitement gradually moving toward the loudest point.
4. \_\_\_\_\_ – Concentrate on the excitement gradually moving away toward the distance.
5. Add some momentum at the \_\_\_\_\_ of the long note as it moves into the next note.
6. If the end of the phrase is \_\_\_\_\_, "lean into" the phrase.

## Intonation

1. As you inhale, \_\_\_\_\_ the first pitch in your head.
2. To prevent singing \_\_\_\_\_, increase air pressure in your tummy. Keep the sound spinning.
3. To prevent singing sharp, keep the chin \_\_\_\_\_ and back. Let your jaw drop.
4. Careful \_\_\_\_\_ prevents out of tune singing. If the tuning goes out automatically, \_\_\_\_\_ your voice to hear better.
5. Think \_\_\_\_\_ in your head.

## Diction

1. It is \_\_\_\_\_ for a choir to pronounce words too clearly.
2. Clear diction requires extra effort from \_\_\_\_\_ and \_\_\_\_\_ singer. One singer, not making that extra effort, will negate the good work done by a great many singers.

3. To achieve clear diction you must move your lips and mouth a lot \_\_\_\_\_ than for ordinary conversation. You must move them as if you wanted the audience to “\_\_\_\_\_ your lips”.
4. The need for vowel \_\_\_\_\_ often arises when a combination of physical demands – such as extreme \_\_\_\_\_ of pitch and singing phonetically pure vowels – can’t be met without negative vocal consequences. If a closed vowel produces negative results, such as strained vocal sound, work your way toward a more \_\_\_\_\_ vowel. This will help provide better phonation and intonation, and will allow the singer to use the voice in a more health-conscious way.
5. Don’t close your mouth for the cut-off of a \_\_\_\_\_.

### **Rhythm/Phrasing**

1. Look \_\_\_\_\_ in the music to pace yourself for the length of each phrase.
2. Feel the beat moving \_\_\_\_\_ inside your body as you sing.
3. To be exactly on time for an entrance, sing along \_\_\_\_\_ with another part or the piano introduction.
4. Continue to sing right to the \_\_\_\_\_ of each note.
5. Listen and sing the phrase as the \_\_\_\_\_ does.

### **Expression/Performance**

1. \_\_\_\_\_ let the audience see you scratch an itch or brush a lock of hair into place. If you are in full view of the audience, \_\_\_\_\_ it be.
2. Sing with “\_\_\_\_\_ eyes”. Put some life into the tone.
3. \_\_\_\_\_ the audience with your face.
4. Let your voice fill the \_\_\_\_\_ with sound during the note.

### **Extra Tips**

1. Come to class \_\_\_\_\_ to learn. Respect the \_\_\_\_\_ of others.
2. Sing the warm-ups the way you want to \_\_\_\_\_ the music.
3. Always know who has the \_\_\_\_\_ and mark the music when the melody moves from one part to another.
4. To hear your own voice, try the following:
  - Make \_\_\_\_\_ ears (cup your hands behind your ears)
  - Sing into a \_\_\_\_\_ without curtains.