SINGING EXERCISES

POSTURE

Everything starts with good posture. Feet about shoulder-width apart, one foot slightly ahead of the other, with the weight distributed to both. Knees relaxed. Chin level with the floor, shoulders relaxed. Jaw relaxed. Standing is the best way to build stamina for energized singing.

SIP & HISS

1. Put a finger in your belly button and "push" all the air out, hissing as you do it, as if your finger is going to touch your spine.
2. Release your finger and feel how your body naturally took the breath.
3. Now put the finger in your belly button, push the air out, hissing as you do it; then "sip" it in slowly (count of 4) through a small straw.
4. Repeat 4 times
5. Now put the Now put the finger in your belly button, push the air out, and "sip" it in less slowly (count of 3) through a larger straw, like a Slurpy size
6. Repeat 4 times
7. Now put the finger in your belly button, push the air out, and "sip" it in (count of 2) through a garden hose.
8. Repeat 4 times
9. Now put the finger in your belly button, push the air out, and let it rush in (count of 1) through a culvert pipe. There should be no audible breath.
10. Repeat 4 times
11. Do this exercise before each singing session and you'll soon be breathing like a singer on "automatic"!!

BREATH MANAGEMENT

1. Take a normal breath, noticing how your lungs fill and your ribs collapse in order to push the air out.
2. Now take a normal breath, but DO NOT let the rips collapse. Notice how the tummy rises upwards to lift the diaphram, pushing the air out of the lungs.
3. Sing a note on an "oo" vowel to a count of 8, just resisting collapse of the ribs.
4. Then to count of 12, 16, 20, 24, etc.
5. This is increase your breath management skills greatly.

FUN VOCAL WARMUP WITH RHYTHM – SAMBA CHILL

1. Basses: Samba Chill, Samba Brazil, Samba Chill, Samba Brazil (repeat)
2. Baritones: Rio de Janeiro, dancing all the night; Rio de Janeiro, black as well as white (repeat)
3. Leads: Samba, do Brazil; Samba do Brazil (repeat)
4. Tenors: Samba do Brazil Samba; Samba do Brazil Samba (repeat)