



# *Karen's Favorite Quick Fixes*

**FACTS,  
CONCEPTS,  
AND TECHNIQUES  
FOR  
"OPTIMAL SINGING"**

## **GET TO KNOW YOUR "SINGING-SELF"**

### **SINGING ACTIVITIES**

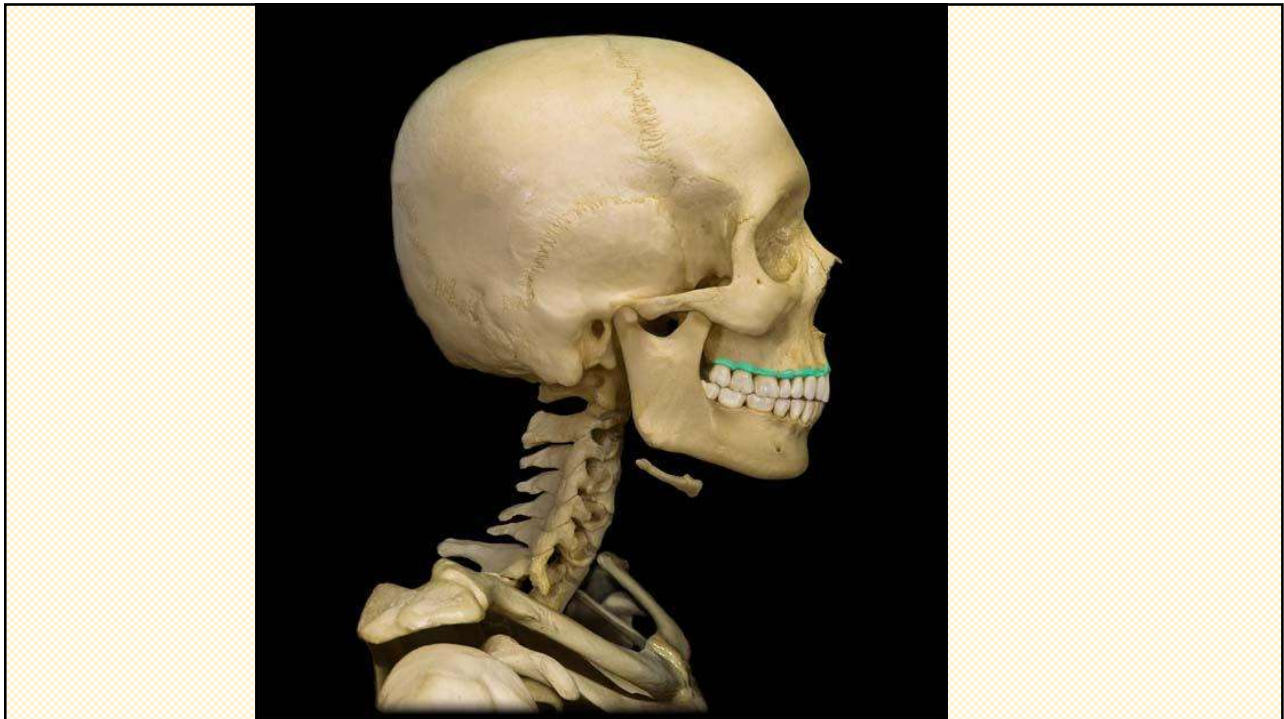
- ACOUSTICS
- SENSATIONS
- BODY MOVEMENT
- RHYTHM
- PITCH
- WORDS
- IMAGINATION
- PRESENTATION

### **WHY SING**

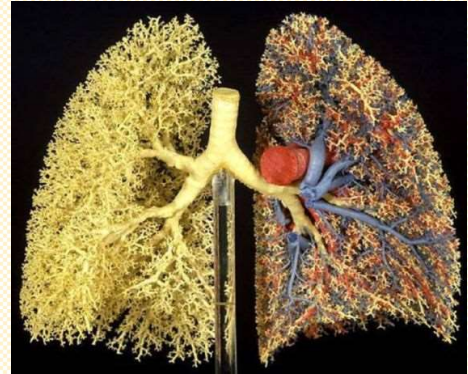
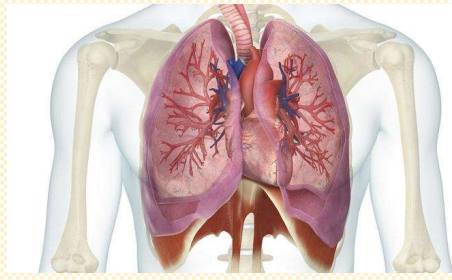
- MUSIC MATHEMATICS
- WORDS
- HOW IT FEELS
- BEING ON STAGE

# POSTURE

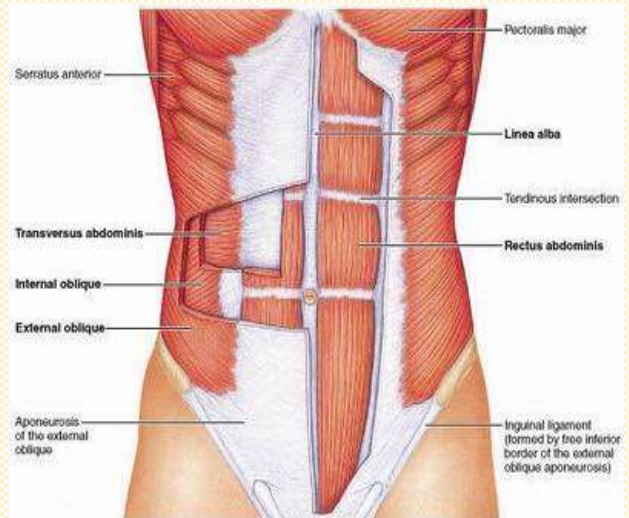
- FEET PARALLEL
- THREE-PRONGED PLUG
  - POISED - finger
- OCCIPITAL JOINT / BOBBLE HEAD



# MOVING AIR REQUIRES MUSCLES FROM THE INSIDE OUT



The diaphragm  
is shaped  
like a parachute



## BREATHING AGAINST A CHAIR

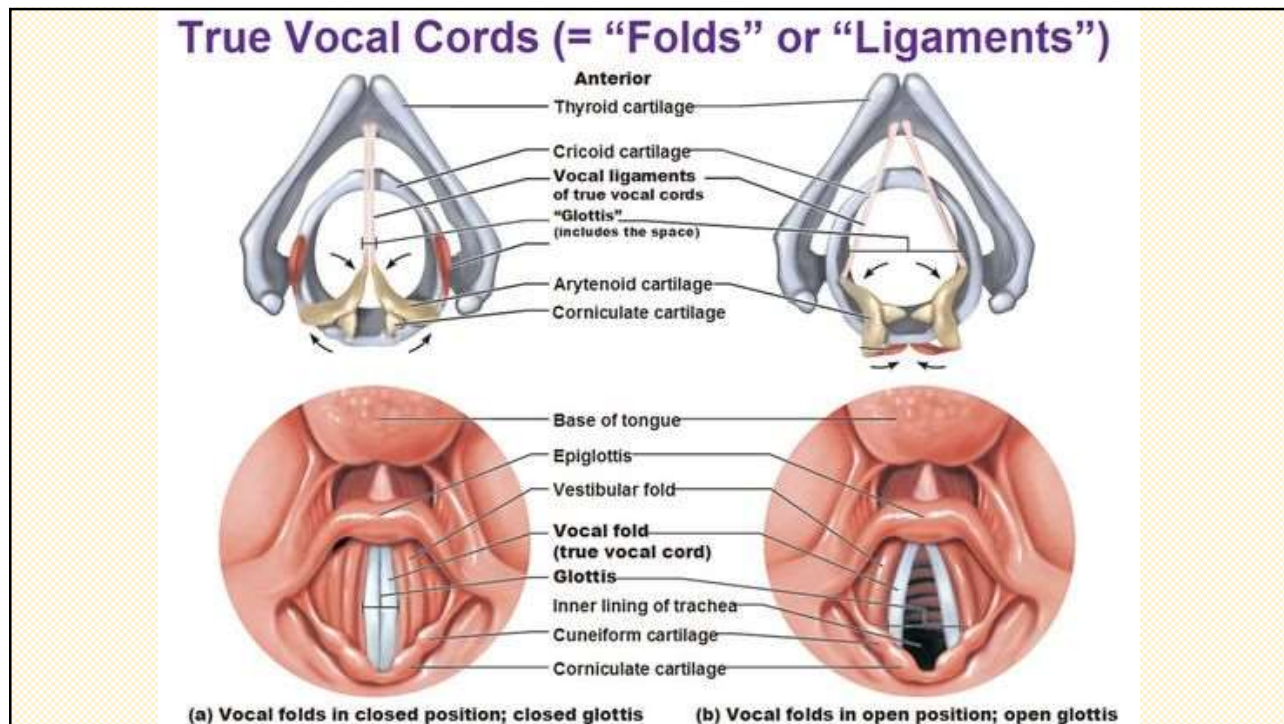
- VVV AND SS-ZZ
- STRAW
- OBLIQUES
- TUCKY-WUCKY
- BACK
- BOTTOM

## VIBRATION

- RELAXED NECK MUSCLES ?
- OPTIMAL VIBRATION
- HNR 99% CLEAR
- IT'S A PACKAGE DEAL

*Interplay of Respiration – Vibration – Resonance*





## SOVT Exercises

*semi-occluded vocal tract exercises*

1. M M M M M M M M
2. ʔ ʔ ʔ ʔ ʔ ʔ ʔ ʔ
3. Z Z Z Z Z Z Z Z Z Z
4. V V V V V V V V V V
5. Lip Trills
6. Straw
7. Rasberries
8. Straw in water

# RESONANCE

- ACOUSTIC PARTY IN YOUR HEAD
  - ACOUSTIC AURA
  - SEMI-OCCLUSION
  - FORMANT TUNING
- RING/SINGER'S FORMANT CLUSTER

# ACOUSTIC DICTION

## CONSONANTS

VOICED	VOICELESS
• L N D R	T
• G I G	K I C K
• J ŋ dʒ	tʃ
• V V V	F F F
• M M M	B P

## ARTICULATORS

- ALVEOLAR
- VELAR
- PALATAL (COMBO)
- LABIODENTAL
- BILABIAL

## **SNAG YOUR OWN RESONANCE**

- **BIBBEDY BOBBEDY BIBBEDY BOBBED BOO**
- **GIGGEDY GAGGEDY GIGGEDY GAGGEDY GOO**
- **DIGGUH DIGGUH DIGGUH DIGGUH DIG**

## **5-DAY MINI-CHALLENGE**

### **Vocal Bundles**

1. Vocal issue or concept that merits attention
2. Reason for the issue
3. Exercise or activity to address the issue
4. Concepts behind the issue and the strategy
5. 5-Day Mini-Challenge

# 5-Day Mini-Challenges

## Vocal Bundle #1 - Support

- Wimpy sound
- Weak, uncoordinated inhalation/exhalation for singing
- VVV, straw, η, SS-ZZ: Notice support muscles while sitting
- Experiential awareness of support muscles
- Notice breathing muscle actions for various vocal textures while sitting 2x/day for 5 out of the next 7 days

## Vocal Bundle #2 - Resonance

- Flatting, lack of vocal color/ring
- Insufficient velopharyngeal sphincter (VPS) closure
- Pharyngeal stretch; “vocal fry”; detail reflector
- Experiential awareness of VPS: pharynx wide, cheek bones up, smile, yawn, inhalation, suprised
- Do pharyngeal stretches followed by singing 2x/day for 5 days out of the next 7 days

MOVING FORWARD

## NATS STUDENT MEMBERS

[https://www.nats.org/Student\\_Membership.html](https://www.nats.org/Student_Membership.html)

## SNATS CHAPTER

[https://www.nats.org/about\\_snats.html](https://www.nats.org/about_snats.html)





# SNATS CHATS

[https://www.nats.org/about\\_snats.html](https://www.nats.org/about_snats.html)

Not Lost in Translation  
Strategic Practice  
Overcoming Performance Anxiety

