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.
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. MMMMMMM
2. ווותותותותות
3. ZZZZZZZZZZZZ
4. VVVVVVVVVV
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

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**Acoustic Diction**

<table>
<thead>
<tr>
<th>CONSONANTS</th>
<th>ARTICULATORS</th>
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<tbody>
<tr>
<td><strong>VOICED</strong></td>
<td><strong>VOICELESS</strong></td>
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<td>L, N, D, R</td>
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<td>Gig</td>
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<td>J, ŋ, dʒ</td>
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<td>VVV</td>
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<td><strong>Alveolar</strong></td>
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<td><strong>Velar</strong></td>
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<td><strong>Palatal (combo)</strong></td>
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<td><strong>Labiodental</strong></td>
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<td><strong>Bilabial</strong></td>
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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
• Flattening, 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, surprised
• 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
SNATS CHAPTER
https://www.nats.org/about_snats.html
SNATS CHATS

https://www.nats.org/about_snats.html

Not Lost in Translation
Strategic Practice
Overcoming Performance Anxiety