

## The Voice

The voice comes in three distinct areas which work alongside each other to create control, tone, pace, intonation and projection

1. Fuel – the breath – lungs, diaphragm
2. Vibrator – the vocal chords
3. Resonators – chest, neck, resonating valves in the forehead

## **Breathing**

Breathing is the fuel to the voice

In order to develop breathe control you will need to breathe in/hold the breath/breathe out to counts as you expand the capacity of the lungs and diaphragm – 4,4,8; 8,4,8; 4,8,8; 1,4, 8 (snatch breath)

The breath out will be:

- Breathing out
- Diaphragm Pant
- Hah sound
- Hee sound
- Hoh sound
- Hah Hee Hoh sounds

## **Humming**

The resonating valves are the easiest way to begin to warm up the voice for vocal delivery as no vocal injury can occur as the sound created rests in the resonators rather than within the vocal chords. You will need to breathe in/hold the breath/breathe out on a hum to counts – 4,4,8; 8,4,8; 4,8,8; 1,4, 8 (snatch breath). The pitch of the hum can be placed anywhere as you will move to modulation during the exercise.

The breath out on a hum will be:

- Normal
- Chewing – with the mouth closed to allow the hum to stay formed rather than becoming a glottal sound
- Modulating

## **Scales**

The vibrator of the voice are the vocal chords which open and close every time you breathe. These need to be fully protected and looked after to avoid vocal injury including nodules and polyps. The vocal chords need to be maintained and exercised regularly to maintain vocal strength and stamina.

You will count up and down a scale:

- 1-2-3-4-5-4-3-2-1

This will allow you to warm up the lips, teeth, tip of the tongue, as well as the effective placement of the soft palette. To create the warming up of vocal texture and different sound placement this can also be extended with the following sounds:

- Ah – the mouth should be dropped and the teeth be two fingers apart. This allows the sound to be created in the mouth and pushed forward and avoiding nasality
- Ee – this is a wide sound and uses the range of resonators as the sound texture is placed in the resonators and allows for nasality to be developed. The soft palette is used to push the sound through the mouth and nasal cavities.
- Oooooh – this uses the lips to exercise the fine muscles above the top lip and allows the sound to ‘scoop’ over the hard and soft palettes

### **Tongue Twisters**

These are excellent practice at articulation and will ensure the mouth cavity and instruments of sound are warm and exercised ready for reliable and accurate use.

These might include:

Unique New York, New York Unique  
Red lorry, yellow lorry  
Red leather, yellow leather  
Red lorry, yellow leather, red leather, yellow lorry