



# Singing with your entire body

An introduction to proper vocal techniques

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# Introduction

- In this program we learn about the proper singing techniques used to improve the quality of ones sound, tone and presence
- We will use some very basic musical concepts, the major scale for example, to have a better understanding of the music we are using
- Finally, we will perform a song that uses the concept (Beatles – Hello, Goodbye) and use our singing voices with newly applied mechanics

# Singing Techniques

1. Posture
2. Breathing
3. Mechanics
4. Control

# Posture

- Chin
  - Should be parallel to the floor
- Shoulders
  - Keep them down
  - Breathe “out” instead of “up”
- Stand tall and upright
  - Remember you are trying to maximize the amount of air your lungs can hold

# Breathing

- Learn the difference between diaphragmatic breathing and our typical breathing
  - Associate yawning with proper breath
  - Again, breathe “out” and not “up”
- Learn how to engage the diaphragm
  - Shouting exercise
  - Dog panting exercise
  - Taking new found sensations and re-applying them to different skills

# Mechanics

- The “open” sound/shape of the mouth
  - Vowels, consonants, diphthongs and triphthongs
  - Using the “open” sound to maintain proper mechanics and to shape the sound
  - Forward and Back placement of the voice
- Head voice vs. chest voice
  - Knowing/finding the difference
  - Using both sounds together
  - Cheating up our ranges and the blended sound

# Application

- How can we use this new information?
- The major scale
  - Known to large segment of western population
  - Do-Re-Mi-Fa-Sol-La-Ti-Do
  - Very fundamental piece of information with regards to popular/commercial music
- Singing the major scale
  - Try to apply proper techniques
  - Try to make this more musical
  - Is this musical?

# Control

- Introduce students to “Hello, Goodbye” by The Beatles
  - Demonstrate the presence of the major scale
  - Present the lyrics (either as karaoke format or printouts)
  - Try to learn the song as best as possible, segue by showing how the skills are transferable
- Allow a student to show modern/popular songs and see if anyone is willing to demonstrate how these newly learned techniques can work, regardless of genre



# Conclusion

- Teach the students the “la-le-li-lo-lu” warm-up routine
- Have them analyze what elements of the lesson can be associated/ practiced with this simple exercise
- Demonstrate how the major scale is important to the sequence of notes
- Leave them with the goal of simply experimenting with their voices, and explain that the voice is a powerful tool that should be learned by even those who don't wish to sing