

Wake Up With Dede

VOCAL PRODUCTION – THE FOUNDATION FOR SINGERS

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The Foundation Skill: POSTURE/ALIGNMENT

Alexander Technique

Check alignment

Check balance

Simple stretches –think seniors Pilates for core strength

Get the heart pumping – lifting the knees but soft impact

Three cleansing breaths for focus and relaxation

The Critical Skill : BREATHING

Appoggio or Elastic Recoil: find by panting

Elastic recoil brings about quick, totally relaxed/rhythmic breaths

There is a coordination of the motor and the vibrator

The abdominal muscle tucks in and up on exhalation, this moves the diaphragm (an involuntary muscle) back to resting position and monitors the speed of the exhalation (breath management)

Inhalation happens automatically if you keep your larynx, pharynx and mouth open and allow your abdominal muscles to release.

Air will come into your body as a result of the vacuum created in the lungs and the release of these muscles will pull air into the lungs.

Place your hand on your throat as a reminder to keep it relaxed and open

Breathing exercises:

1. Four staccato hisses followed by a long hiss.
2. Arms up in front, elbows bent; pull them together and hiss out. Pop them open and let the air fall into your lungs.
3. Swimmers move – inhale as you bring your arms above your head; exhale as you bring them down.

The Forgotten Skill: PHONATION

Coordination of the release of air (exhalation) with the vibrations of the vocal folds

Three kinds of **onsets** or ways to phonate. *See attached sheet for exercises.*

Breathy Exercise:

Glottal Exercise:

Coordinated or Soft Exercises:

#1 Phantom of the Opera

#2 “Castle on a Cloud”

The Confusing Skill: RESONANCE

The sound beam that hits soft fleshy surface (soft palate) will be unfocused
The sound beam that hits hard surface (hard palate) will have ring/focus

Three things needed to achieve resonance:

Air energy (motor)
Appropriate soft palate lift
Sound beam hits hard palate/singing in the mask)

Other factors:

Vowels are tall and open; they produce the overtones.
Larynx stays in the seated position.
Inhale cool air through the mouth to feel the seated position.
Corners of mouth are in a natural position (goalposts) – no east/west “smile”

Exercises: *see attached sheet*

Fred Waring exercise: *see attached*

The ‘SYNCH’ Skill: ARTICULATION

The jaw/mandible is a hinge – hinges swing freely unless they need WD40.
The tongue makes minute adjustments for vowels and consonants
The lips are soft and natural; NEVER in a smile position
The zygomatic muscles lift the face into a pleasant expression; eyes are “on”
The lifted appearance should be present 100% of the time
Do NOT cement jaw in one place; let it float in the “duh” position
Keep pharynx, lips, tongue and jaw relaxed for immediate easy adjustment of
vocal instrument through word and register changes
Air energy must be present throughout

Exercises: *see attached sheet*