Exercise 1

Exercise 1 (and 2) are what we call a “stretching” exercise. Just as an elite athlete in professional sports stretches their body to prepare for a game, so we as “vocal athletes” need to do the same thing.

These exercises are both designed to ease the voice gently into the day’s routine of practice and/or performance.

Specifically, we’re working the “Foundation Four”: Onset, Breath Management, Agility, and Vowel Definition.

An in-depth explanation for each of these vocal techniques can be found in the “Videos” section of my website. I highly recommend you view the videos before working on the exercises, so you have a clear understanding of the terms and techniques, and how to execute them properly.

For Exercises 1 there is no specific pitch to start on, and no “right or wrong” way to sing the exercises. Instead, for Exercise 1, use the vowel “o” or “a”, begin on as high a pitch as is comfortable for you, then gently slide down to as low a pitch as is comfortable for you.

Over time, as you continue to train, and your confidence grows, you’ll begin to be able to start at a slightly higher pitch level and slide down to a slightly lower pitch level – gradually expanding the range of your voice.

Each rep of the exercise should be about 10 seconds long. Sing three to five reps of this exercise before moving on to the next one, working for about 2 – 3 minutes.

Remember: as you hear the demonstrations, you’re not trying to sound like the singer in the vocal demonstration. The idea is to hear and learn each vocalise correctly so it can be used effectively to train *your* voice.

And now, here are MaJoVTA members James and McKenzie to provide the vocal demonstration for Exercise 1.

Have fun!

 