Advanced Vocal Exercise No. 2 - Script

Advanced Exercise 2 is a “close cousin” to Basic Exercise 11. Like BE 11, it moves up the major scale, but this time, only four notes – the interval of a P4th – and not five notes, or the P5th, as in Basic Exercise 11.

Additionally, there is a brief alternation to the note just above each primary pitch, then a short rest (16th note rest), then the pattern repeats.  
  
After reaching the pitch of a Perfect 4th above the starting pitch, alternating, and resting along the way, the exercise descends back to the starting pitch.

However, and unlike previous exercises, this one has an additional two measures of training to it, leaping up the Perfect 5th above the starting pitch, then slowly descending back down the individual pitches to the starting pitch.

That this exercise is both more complex and longer, begins to really work the singer’s Breath Management to a much greater degree than any of the Basic Exercises. This challenges the singer to strengthen the muscles used for Breath Management, as well as assuring efficiency of inspiration and exhalation and vowel definition (consistently open throat)

Whew!?!

Finally, the use of the consonant ‘n’ in this exercise is the beginning of our work with Consonant Articulation. Singing on the partially closed ‘n’ generally aids the singer in beginning to develop what is called ‘nasal’ resonance, or the growth of more robustness and strength in the vocal tone.

Listen carefully to the vocal demonstration video, and to my playing of the notes of the exercise for the first several reps. Make sure you’ve learned it correctly – don’t ‘hunt’ for pitches – the voice doesn’t like that!

As always, our exercises move upward by ½ step, singing to as high a pitch as is comfortable for you. If you’re unable to sing as high as the accompaniment video plays, don’t worry.  
  
Simply drop out when it becomes uncomfortable, then come back in as the pitches descend and it becomes more comfortable for you.

Eventually, as your vocal technique improves, you’ll be able to sing the exercises gradually to a higher and higher pitch, up to as high as your individual voice type will allow. If you’re an Alto or Bass, you’ll almost certainly drop out before the accompaniment video reaches the higher pitches.   
  
Sopranos and Tenors … keep going!

Have fun!

A close-up of a music note

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