Basic Exercise 10 - Script

Before beginning work with Basic Exercise 10 and 11, please visit the “Learn” tab on the website and watch the video on “Breath Management.” You’ll need the information provided in the video to effectively train and use both exercises.

We’ll also work this exercise specifically in almost every one of your in-person or Zoom Vocal Training Sessions, especially at the beginning of your training.

Pay very careful attention to the directional movement of the transverse abdominus muscle and the lower abdominal muscle group, and assure that, as you see in the printed exercise, the transverse moves ***outward*** while the lower abdominal muscle group moves ***inward*** for each cycle of inspiration and exhalation.

Then, as indicated in the printed version, the entire abdominal wall relaxes at inspiration and moves outward, as you allow breath in the body.

After that, the cycle begins again.  
  
I liken this to the way that pistons move up and down inside a car motor, faithfully moving up and down for each combustion cycle to generate the power necessary to turn the engine over and move the car along the road.  
  
Learning to cycle the inspiration and exhalation gesture (up and down), and then flexing the correct muscles in the correct direction (in and out) takes time and work to coordinate properly.   
  
But the time and effort are worth it as the singer gains increasing proficiency in their ability to both powerfully and subtly manage the breath correctly for singing.  
  
Watch James and McKenzie perform the demonstration for you, then listen to my guide track where I’ll help you find the timing for each repetition of the exercise.

Work hard … have fun!

A sheet music with words and notes

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