Advanced Vocal Exercise No. 4 - Script

Advanced Exercise 4 is the opposite of Advanced Exercise 3, which was our first longer journey into the concept and challenge of Sostenuto.  
  
This exercise uses the basic leap of an octave, sostenuto on a single tone, 3 sets of rapidly alternating eighth notes from ½ step below the octave to a whole step above the octave, then runs rapidly back down the scale to the starting pitch.  
  
It then moves upward by ½ step and reps again.  
  
This exercise will ascend in pitch much more quickly that other exercises because the basic interval is wider (octave) and the whole step above the octave is more difficult to accomplish.

As with the other advanced exercises, the singer should assure complete mastery of the pitches of the exercise before attempting to sing it.

Drop out singing as it becomes too high for you, then resume singing as the pitch becomes comfortable for you again.

This exercise works all of our “Foundation Four” techniques: Onset, Breath Management, Agility/Portamento and Vowel Definition.   
  
It addition, since it alternates between Sostenuto and Velocity, the combination of these two elements adds an additional level of challenge to the exercise.

Listen carefully to the vocal demonstrations, and to my playing of the exercise, then, once you’re assured you know the pitches, try it yourself.  
  
If it seems to difficult at first, don’t worry – it’s supposed to be hard!  
  
Keep working towards mastery of the exercise and strengthening of your ability to execute the exercise in a beautiful way.

Have fun!

A close-up of a music note

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