

# Singing Exercises & Warm-ups (1)

## Articulation Exercises

Begin with the ‘chewing’ exercise – pretend you are chewing a large piece of gum.

Tongue-twisters:

- The lips the teeth the tip of the tongue. [*also speak as a round*]
- Six thick thistle sticks [*also sing to a descending scale*]
- Peggy Babcock stood on the balcony inexplicably mimicking him hiccupping and amicably welcoming him in.
- To begin to toboggan, first buy a toboggan, but don’t buy too big a toboggan; too big a toboggan is not a toboggan to buy to begin to toboggan.

## Vowel Sounds, Unvoiced and Voiced Consonants

- Sing Italian vowel sounds slowly to a single tone: AH, EH, EE, AW, OO.
- Sing vowel sounds preceded by an **unvoiced** consonant: e.g. B; K; T; S; G.
- Sing vowel sounds preceded by a **voiced** consonant endeavouring to start the consonant on the same tone as the vowel: e.g. L; M; N; V; Z.

## Short Vowel Sounds

Read out loud. Sing on a single tone endeavouring to sustain them by introducing a little of the long vowel in brackets.

A as in cat: (AH)

The manager’s banned that madman from the waxworks. He said the statues lacked contact with reality, and – can you imagine – the savage actually took the headsman’s axe and began to bash and hack at them.

E as in get: (EH or AIR)

Seven zealous messengers from Edinburgh underwent many perilous adventures when they set off to deliver ten letters each to various addresses in the Hebrides.

I as in thin: (EE)

William, called Billy, is a misogynist and a bit simple; rudely he calls his sister Wilomena, Willie Frilly Knickers and refuses to sit with her in the cinema.

O as in got: (AW or AH)

‘The Cognac Trough’ is a cod historical novel, waspishly snobbish, soft as a rotten squash, and constant only in the obstinate improbabilities of its plot.

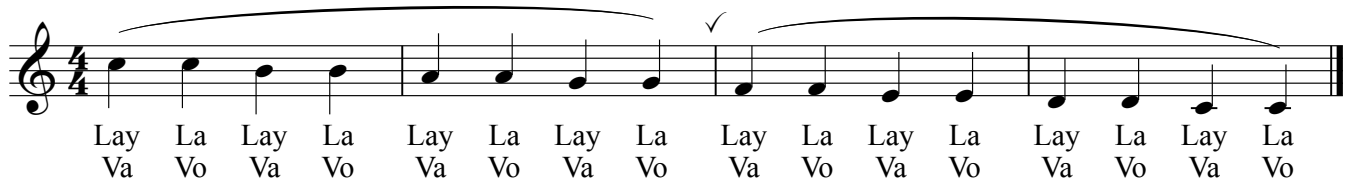
U as in put: (AH)

Uncle Custance sups on mustard-smothered buckwheat and onions – that’s for roughage; then curry, syllabub, honey-covered nuts, and a currant bun if he’s still hungry.

# Singing Exercises & Warm-ups (2)

Begin in a comfortable key

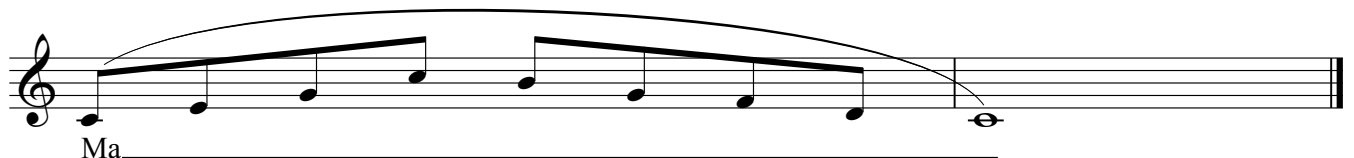
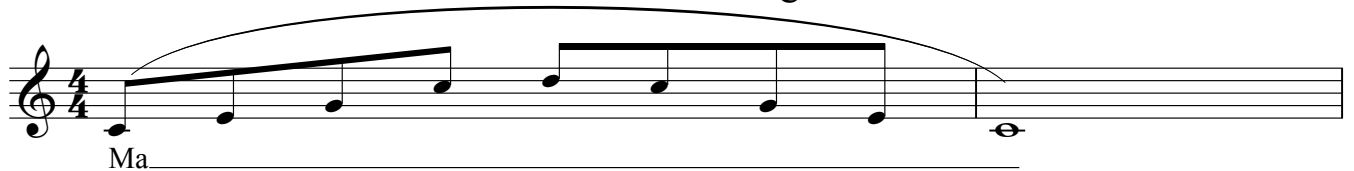
Extending the range upward (various keys, each time up a half step)



Extending the range downward (various keys, each time down a half step)



Focus and tuning



Humming Round



Articulation (use various consonants: K, T, S etc.)



## Breath control

In one breath. Flex abs, gradually squeezing breath out as if a sponge. Palm over abs to monitor.

Begin at ♩ = 88 and repeat gradually slower. Aim for ♩ = 69.

The Vowels are the Italian pronunciation of A, E, I, O U.



## Agility

Various vowels, several repeats, each time up a half step.

Endeavour not to 'bounce' the abs, making it as legato as possible.

1



2



3



4

