

Classical

Women

Vocal Folds

- CT > TA
 - Whoop
 - “EE” and “oo”
 - Lip Trills
 - Staccato
- More LCA needed!
 - All semi-occluded exercises (lip trill, tongue trills, “th”, “v”, “Z”)
 - These also promote better support and even breath pressure which are crucial for female classical singing.
 - Straw phonation
 - Glottal stops

Vocal Tract

- “Ee” /i/ vowel.
 - Use Ee as an under vowel
 - Jump an octave with Ah on the bottom and Ee on the top
- “Oo” /u/ vowel - help find and develop head voice.
- For high notes -
 - jaw open 2 finger’s tall
 - Round the lips

Men

Vocal Folds

- TA and CT muscles work together to bridge registers and increase range
 - Sob/Cry exercises also known as laryngeal tilt
 - Straw phonation
 - Lightly singing on “Oh, Oo, Ee”
 - “One one one” arpeggiated
 - “Beu” as in Book 1.5 scale

Vocal Tract

- Low larynx
 - Exercises on “uh” - Use “uh” as the undervowel
 - Dopey sounds

- Narwhal from elf
 - “Guh”, “Gu”, “Gee” Dopey
 - Pretend you’re an opera singer!
- Space in the back of the mouth/throat
 - High soft palate
 - Inhale on a “k”
 - Buh
 - Use a mirror
 - Low tongue
 - Jaw is dropped, but not too wide
- Rounded lips

Musical Theater

Vocal Folds

- TA and CT muscles work together
 - already belt/use chest voice
 - Sob/Cry exercises also known as laryngeal tilt
 - Straw phonation
 - Lightly singing on “Oh, Oo, Ee”
 - “One one one” arpeggiated
 - “Beu” as in Book 1.5 scale
 - For women who are classically trained and new to belting
 - “Taxi!”
 - Valley girl “yeah”
 - Witch Cackle
 - “Hey” ascending 5th
- Less vibrato

Vocal Tract

- Neutral larynx
- Twang
 - Quack
 - Nay Nay
 - Meow
- Slightly wider vowels - don’t go too far, especially on high notes!
- “Uh” under vowel
- Space in the back of the mouth/throat

- High soft palate
 - Inhale on a “k”
 - Buh
 - Use a mirror
- Low tongue
- Jaw is dropped, but not too wide

Pop

Vocal Folds

- You don't need to mix
- Do whatever works for you
- Experiment and Explore
- Don't be afraid of ugly sounds

Vocal Tract

- You can make nasal sounds (soft palate can be down)
- Lips can spread
- Do whatever works for you
- Experiment and Explore
- Don't be afraid of ugly sounds