

FLYING SOLO USING WARM UP TAPES

- I. OBJECTIVES OF THE CLASS
- II. DISCUSS VARIOUS TYPES OF TOOLS
 - A. Warm Up CD
 - B. Voice Lesson CD
 - C. Book & CD
 - D. Video
- III. EXAMPLES FROM VARIED SOURCES
 - A. "I'm Not Crazy, I'm VOCALIZING!" Karen Oleson
 - B. "Getting Ready to Sing" Lila Mori
 - C. "The Contemporary Vocalist Improvement Course" Deva
 - D. "Daily Workout for a Beautiful Voice" Charlotte Adams
 - E. "Voice Lessons to Go" Ariella Vaccarino
 - F. "Winning Warm Ups for the Voice" Kathleen Van De Graf
 - G. "Releasing the Inner Voice" Marjorie Halbert
 - H. "Secrets of Singing" Jeffrey Allen
 - I. "Singing for the Stars" Seth Riggs
 - J. "The Contemporary Singer" Anne Peckham
 - K. "Vocal Technique" Dena Murray
 - L. "The Total Singer" Lisa Popeil
- IV. THINGS TO DO WITHOUT A C.D.
 - A. Car Toys
 - B. Learning Tapes
- V. CONCLUSION
 - A. Challenge to vocalize 10 minutes a day.
 - B. Keep On Singing!

FLYING SOLO EXERCISES

I. Relaxation: (Releasing the Inner Voice, Marjorie Halbert)

Take A Minute

When you are on a busy schedule try short relaxation exercises to refresh your body and mind.

1. Sit or stand tall with your weight evenly distributed.
2. Inhale and exhale slowly-- repeating four times.
3. Roll shoulders in complete circles backward and forward.
4. Shake your hands for four seconds to relieve tension.
5. Burr the lips (raspberry), then in an *extremely* exaggerated fashion, silently and *slowly* mouth the word *yikes* to relax the facial muscles.

II. Breathing: (The Vocal Workout Series, Breathing Tape 1, Chris and Carole Beatty)

As you begin these exercises remember you have a choice of positions. You may stand, sit or even lie on the floor. It would be good to alternate positions. In these exercises sipping means to inhale through pursed lips and hissing means to exhale.

1. Take in four short sipping breaths and letting out four short hissing breaths.
2. Check your posture. Smooth and legato inhale eight counts exhale eight counts.
3. This time staccato and then back to legato. Eights staccato sips - eight staccato hisses-- eight legato sips--eight legato hisses--repeat.

III. Vocal Exercises from many sources.

A. "I'm Not Crazy, I'm VOCALIZING!" Karen Oleson (CD)

Humming the Blues

The musical score consists of six staves of humming exercises in a blues style. Each staff begins with a treble clef and a key signature of two flats (Bb and Eb). The exercises are as follows:

- Staff 1:** Chords: Bb, Eb7, Bb, Bb7. Humming lines are placed under the notes.
- Staff 2:** Chords: Eb7, Bb, Bb7. Humming lines are placed under the notes.
- Staff 3:** Chords: F7, Eb7, Bb. Humming lines are placed under the notes.
- Staff 4:** Chords: Bb, Eb7, Bb, Bb7. Humming lines are placed under the notes.
- Staff 5:** Chords: Eb7, Bb, Bb7. Humming lines are placed under the notes.
- Staff 6:** Chords: F7, Eb7, Bb. Humming lines are placed under the notes.

B. "Getting Ready to Sing" Lila Mori (CD)

1. 
Thee oh ee oh ee Thee oh ee oh ee Thee oh ee oh ee


2. 
Me me meh mah moh moo


C. "The Contemporary Vocalist Improvement Course" Jeannie Deva (CD)

1. 
Ah


2. 
Ah


D. "Daily Workout for a Beautiful Voice" Charlotte Adams (Video)


1. 
Thoh ay ah

2. 
Oo ah


E. "Voice Lessons to Go" Ariella Vaccarino (CD)


1. 
Brr

2. 
Brr

3. 

J. "The Contemporary Singer" Anne Peckham (Book & CD)

1. 

2. 
Woh
Ee Oo

K. "Vocal Technique" Dena Murray (Book & CD)

1. 
Ah Ee Ah Ee Ah Ee Ah Ee Ah Ee Ah Ee Ah

L. "The Total Singer" Liza Popeil (Book, Tape & Video)

1. 
What you do to me Yeah, What you do to me.

M. "Sing Baby Sing" Darlene Rogers, Dale Syverson, Peggy Gram (CD)

1. 
Ee Eh Ah----- Ee Eh Ah ----- Ee Eh Ah ----- Ee Eh Ah-----

2. 
Lah Beh Dah Meh Nee Poh Too Lah Beh

3. 
Oo Oo Oo Oo Oooo-----

CAR TOYS

1. Sing one note on open vowel, repeat 3 times, improving resonance and tone each time.
2. Sound effects: siren, ambulance, child's "whee", motorcycle, train, ghost.
3. One pitch, one vowel let it travel from bright to dark and back.
4. Familiar melody or part sing in as many styles as you can imagine. Oscar Mayer commercial ditty sung as:
 - a. Gilbert and Sullivan Operetta
 - b. Blues
 - c. Broadway Show Tune
 - d. Torch Song
 - e. Country
 - f. You get the idea
5. Choose a melody or part and move it up by half steps and sing it in every key.
6. Try your hand at composing a melody. Hum, sing or bubble and change direction when you recognize a song.
7. Try pitch bending. Slide your note up a third and hit every note in between. Go the other way. Alter the interval.
8. Choose an old familiar song and cluck it like a chicken.
 - a. Clementine
 - b. You Are My Sunshine
 - c. Let Me Call You Sweetheart
 - d. Beethoven's Fifth
9. Sing one note and vary the dynamics as you sustain.
 - a. start soft and crescendo
 - b. start loud and decrescendo
 - c. start soft crescendo to loud and decrescendo back to soft
 - d. start loud and decresc. to soft and cresc. back to loud
10. Sing a note in a comfortable range with a nice vowel and hold it as long as you can. Time it or count to measure how long you are able to sustain the tone?

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