Teach Yourself To Sing

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All exercises in this book should be sung starting with the notes shown and then progressively raising the notes in the exercise by a half step on each repetition. For example, an

exercise which begins on the note C will progress to start on the note C#, then in the next repetition, D, D#, and so on. Continue to sing as high a pitch as is comfortable. Do exercise the upper ranges of your voice and encourage it to grow, but do not attempt to sing the exercises when you are experiencing vocal strain. The number of each exercise refers to the number of the musical example below.

- 1. Keeping the same gentle, no-pressure feeling used for the Speech-Chant, sing "Hah-Mm," sustaining it on the given pitch. Keep feeding the breath into the tone, maintaining a smooth exhalation.
- 2. The very tiny distance between the notes in this exercise has a massage-like effect on the vocal cords, making it an excellent way to start the warm-up process. Whisper the vowels, be very sensitive and note the minute movements inside the mouth. Begin slowly, then do the exercise several times, varying the *tempo* (or speed). Start with "Ah" the first time you sing the exercise, then "O." Finally combine the sound as "Ah-O."
- 3. This exercise uses the humming sound "Mm." The lips are together, but the back molars should be slightly apart. Keep the space open in the throat. The tone should be placed in the mouth; try aiming the sound at the lips. Be careful not to allow it to become too nasal. Keep a consistent energy level.
- 4. Whisper the vowel first, then sing the exercise. Try to match the vowel on each note to the vowel preceding it.
- 5. No singing, please! Just speak this one on pitch, saying the numbers.

