

Singing 101

A Contemporary Approach to Singing

Karen Farnum Surmani



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P.O. Box 10003
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About the DVD



The *Singing 101* DVD contains all the instruction in the book plus video demonstrations of the songs and exercises. Be sure to take full advantage of the method by following along with the book as you watch the DVD. MP3 audio tracks of the examples in the book are also provided for listening and singing along. To access the MP3 files, follow the instructions in the DVD-ROM menu.

Vocalizing

Practicing vocalization exercises is one of the best ways to build better singing technique. Vocalizing will help you gently condition the vocal cords and improve the range and flexibility of the vocal mechanism.


It is always a good idea to gently warm up the voice before singing a song. Vocal exercises warm up the voice just like stretching movements warm up the body before running or working out. By moving your voice through its entire range and preparing for the rigors of performing, you can protect your voice from strain.





Exercise Set 1

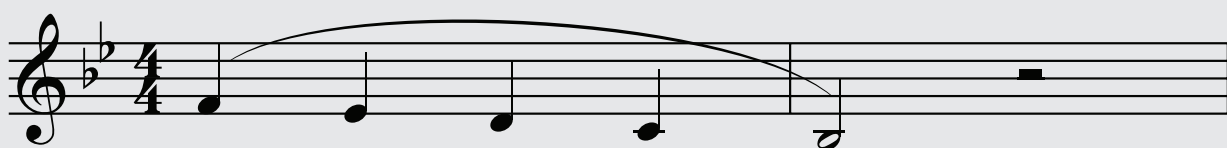
Before singing these exercises, whisper each vowel to feel its natural formation within the mouth. Smoothly connect any alternating vowels in the exercises with as little movement as possible. Then sing the exercises, continuing to feed breath evenly into the tone. Repeat, aiming the singing tone at the lips.

The curved lines, or *phrase marks*, over the notes in exercises 2–5 are an indication to sing the notes within each marking in one breath.

1. 
Hah _____ mm

2. 
a. Ah _____
b. O _____
c. Ah - O Ah - O Ah - O Ah

3. 
Mm _____

4. 
a. Oo _____
b. O _____

5. 
1 2 3 4 5 4 3 2 1