



# Contents

Foreword . . . . .	5
Chapter 1: Introduction . . . . .	7
Chapter 2: Posture. . . . .	11
Chapter 3: Breathing . . . . .	17
Chapter 4: The Vocal Cords . . . . .	27
Chapter 5: Tone . . . . .	35
Chapter 6: Vowels . . . . .	45
Chapter 7: Consonants . . . . .	55
Chapter 8: Intonation . . . . .	61
Chapter 9: Phrasing . . . . .	69
Chapter 10: Recap. . . . .	77
Glossary . . . . .	83
Respiratory System Diagram . . . . .	87
About the Author . . . . .	88

Here are a few interesting (at least to me) items about the vocal cords (not chords).

The vocal cords are located inside your larynx, protected by the *thyroid cartilage* or “Adam’s apple.” They are actually ligaments controlled by muscles that surround them, making them longer or shorter, thinner or thicker, depending on the signal your brain sends to them in order to produce the pitch you want to sing. You don’t have any actual control over the cords. Through a complicated process that’s way beyond me, you think the pitch with what I like to call your “inner ear.” That message is sent from your brain to the cords, and the adjustment in the length and thickness of the cords happens instantly to produce the correct pitch. The cords are connected together in front to the inside of the thyroid cartilage and at the back to two little cartilage called *corniculates*. These sit on top of two sort of pyramid-shaped cartilage called arytenoids, which are pretty amazing little things. They can slide open to allow you to breathe by creating a space between the cords called the *glottis*. They slide together to bring the cords next to each other, or *approximate*, so that air can pass through the tiny opening between them, causing them to vibrate and create sound. And they can snug tightly against each other, causing the cords to cut off the flow of air by sealing the *trachea*, or windpipe, which is how you hold your breath.

## What Do the Vocal Cords Do?

The most important function of your vocal cords, surprisingly, is **not** making sound. Actually, that’s way down the list of things the cords are responsible for doing. Their primary purpose is to protect the lungs from letting anything other than air pass through them. That’s why you cough when you accidentally inhale the smallest amount of liquid. Also why people who smoke coughed when they first started, and most still do on occasion now. Smoke obviously is a foreign substance that does not belong in the lungs, and the vocal cords know this. That’s why they try to keep out smoke by coughing. **So don’t smoke!** But you already knew that. Enough said.

## PRACTICE SHEET

<b>b + oh + ee</b>	<b>boy</b>
<b>n + ah + oo</b>	<b>now</b>
<b>s + eh + ee</b>	<b>say</b>
<b>fl + ah + ee</b>	<b>fly</b>
<b>f + ee + oo</b>	<b>few</b>
<b>ee + oh + k</b>	<b>yoke</b>
<b>bl + oh + oo</b>	<b>blow</b>
<b>ah + oo + t</b>	<b>out</b>
<b>oo + eh + t</b>	<b>wet</b>
<b>ee + ah + n</b>	<b>yawn</b>
<b>oo + ee + d</b>	<b>weed</b>
<b>ee + eh + t</b>	<b>yet</b>
<b>f + eh + ee + th</b>	<b>faith</b>
<b>n + ah + ee + t</b>	<b>night</b>
<b>ee + ah + oo</b>	<b>yow</b>
<b>oo + ah + oo</b>	<b>wow</b>
<b>oo + eh + ee</b>	<b>way</b>
<b>oo + ah + ee</b>	<b>why</b>