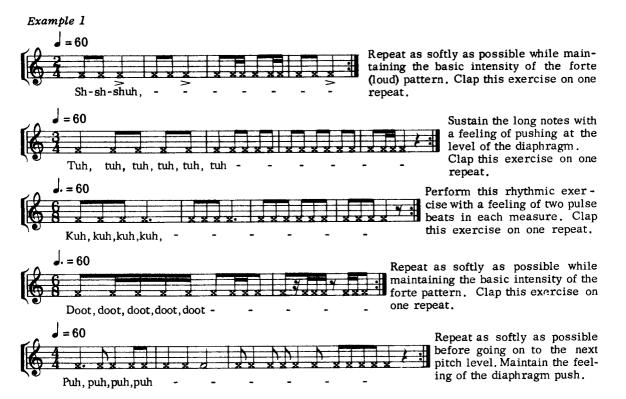1. Exercises on the consonant explosives p, t, k, and the aspirant s to establish the basic muscular action of singing.

Example 1

♩ = 60

Sh-sh-shuh, - - - - - - -

Repeat as softly as possible while maintaining the basic intensity of the forte (loud) pattern. Clap this exercise on one repeat.

♩ = 60

Tuh, tuh, tuh, tuh, tuh, tuh - - - - - -

Sustain the long notes with a feeling of pushing at the level of the diaphragm. Clap this exercise on one repeat.

♩. = 60

Kuh, kuh, kuh, kuh, - - - - - - -

Perform this rhythmic exercise with a feeling of two pulse beats in each measure. Clap this exercise on one repeat.

♩. = 60

Doot, doot, doot, doot, doot - - - - -

Repeat as softly as possible while maintaining the basic intensity of the forte pattern. Clap this exercise on one repeat.

♩ = 60

Puh, puh, puh, puh - - - - - -

Repeat as softly as possible before going on to the next pitch level. Maintain the feeling of the diaphragm push.

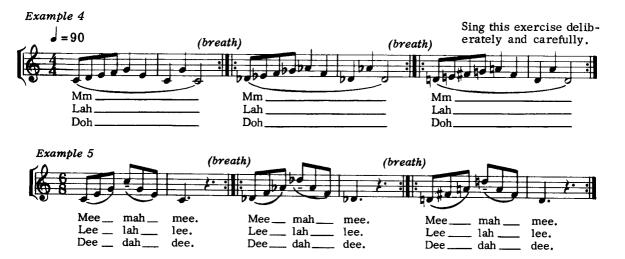2. Exercises to establish a basic vocal sound

We must now relate this basic muscular action to the production of vocal sound. We can accomplish this by applying the same principles to the exercises on the accented hum shown below. In this exercise be sure that each attack begins at the level of the diaphragm.

Example 2

Soprano and/or Tenor

♩ = 60

Mm, mm, mm, mm, - - - - -

Proceed up the chromatic scale by one-half step intervals. Do not rush the tempo.

Alto and/or Bass

♩ = 60

Mm, mm, mm, mm, - - - - -

Proceed up the chromatic scale by one-half step intervals. Do not rush the tempo.

The same basic feeling of vocal production should be experienced in the step wise scale passage below. Strive to produce a good sound on every note.

Example 3

♩ = 60 (Try to sing this phrase in one breath)

Mm - - - - - - - -
Loo - - - - - - - -
Doot - - - - - - - -

Continue up by one-half step intervals. Maintain the feeling of intensity at the level of the diaphragm.

In the legato passages below try to extend the feeling of the basic diaphragmatic attack throughout the length of the exercise. Take a full, deep breath between each two measure phrase.

Example 4

♩ = 90   *(breath)*   *(breath)*   Sing this exercise deliberately and carefully.

Mm _____   Mm _____   Mm _____
Lah _____   Lah _____   Lah _____
Doh _____   Doh _____   Doh _____

Example 5

(breath)   *(breath)*

Mee __ mah __ mee.   Mee __ mah __ mee.   Mee __ mah __ mee.
Lee __ lah __ lee.   Lee __ lah __ lee.   Lee __ lah __ lee.
Dee __ dah __ dee.   Dee __ dah __ dee.   Dee __ dah __ dee.

In this exercise it is important to lean on the high note of the phrase without attacking it. The action of the diaphragm should be felt as you ascend to the climax of the line.

3.   Exercises to coordinate basic vocal production with elementary vocal facility.

You must now apply these principles of basic vocal production to exercises which are designed to develop elementary vocal facility. In the vocalises which follow try to begin each attack at the level of the diaphragm. For fast passages, or groups of notes, there should be diaphragmatic action on the first note of the group. This muscular action should not be exaggerated, but it must occur to establish a good basic vocal sound. To check your progress in coordinating the diaphragm muscles with the rest of the vocal mechanism while you practice these exercises, place the three middle fingers of your right hand in the soft spot where you rib cage comes together and feel whether or not there is a slight protrusion at the moment of attack. If you do not feel this muscular action taking place, you can simulate this action by clearing your throat quietly or coughing lightly while your hand is at the soft spot. This is the support action that should take place while singing.

Example 6

etc.

Mah, mah, mah, mah - - - - - - - -
Lah, lah, lah, lah - - - - - - - -
Dah, dah, dah, dah - - - - - - - -

etc.

Mah, mah, mah - - - - - - - -
Lah, lah, lah - - - - - - - -
Dah, dah, dah - - - - - - - -

Mah, mah, mah, mah - - - - -   Mah, mah, mah, mah - - - - -
Lah, lah, lah, lah - - - - -   Lah, lah, lah, lah - - - - -
Dah, dah, dah, dah - - - - -   Dah, dah, dah, dah - - - - -