



**Chamber/Concert Choir Virtual Learning**

# **High School Vocal Technique**

**May 15, 2020**



High School Chamber/Concert Choir  
Lesson: May 15, 2020

**Objective/Learning Target: students will learn about the fundamentals of vocal technique**

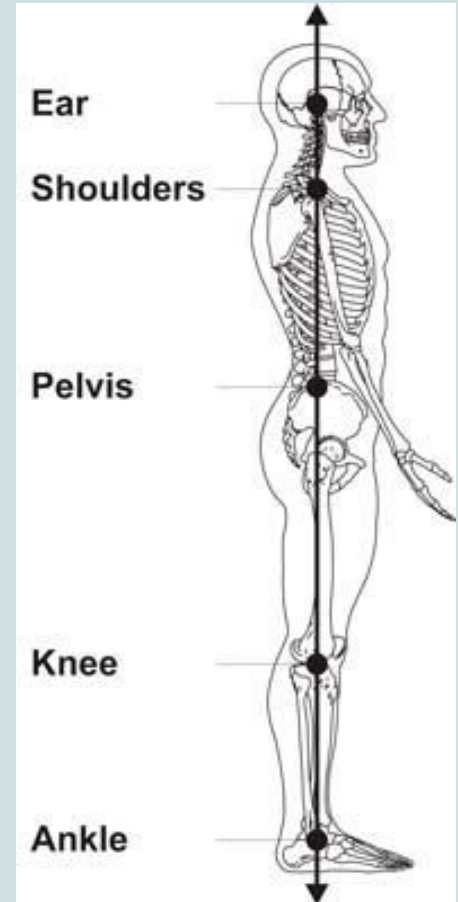
# BELL WORK

- Think about the warm ups and vocal technique work you do in choir.
  - What do they focus on?
  - What has been helpful for you and the choir?
  - What could be better?

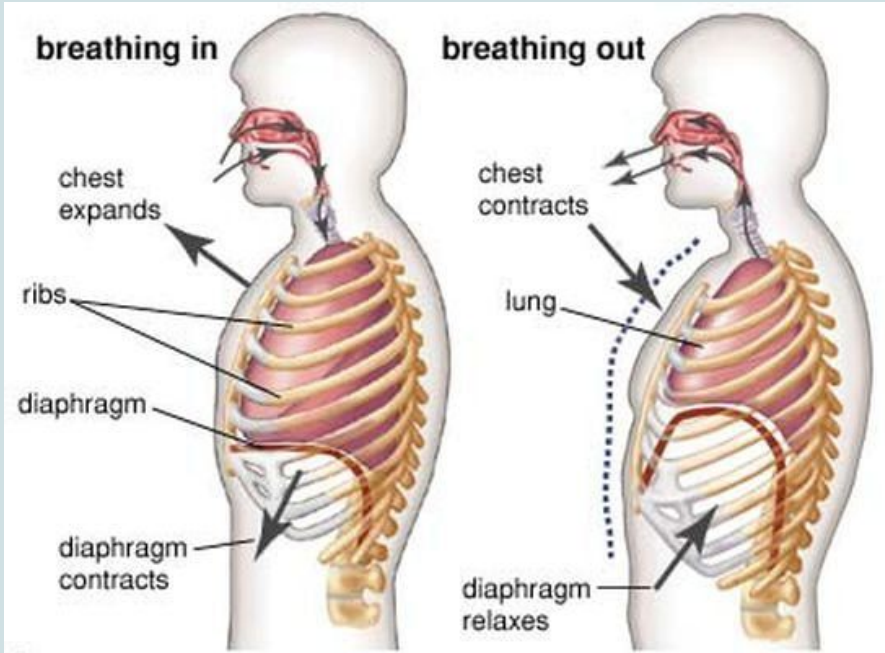


# POSTURE

1. Since our bodies are our instruments, it is very important to be aware of the correct body alignment
2. Before you sing:
  - a. Feet should be shoulder width apart
  - b. Knees should be relaxed (not locked)
  - c. Pelvis should be balanced
  - d. Shoulders relaxed and back
  - e. Sternum slightly lifted
  - f. Head should be aligned with neck



# BREATHING



- Breathing is how we work our instrument!
- We must learn how to take full breaths that help our singing.
- This video shows a great full breath!
  - [Breathing Video](#)

# WARM UP

- Warming up your voice before singing is so important! Just like stretching before a workout.
- Warm up checklist:
  - Posture
  - Breathing
  - Middle voice
  - Upper voice
  - Lower voice
  - Diction
  - Listening exercise
    - Tuning



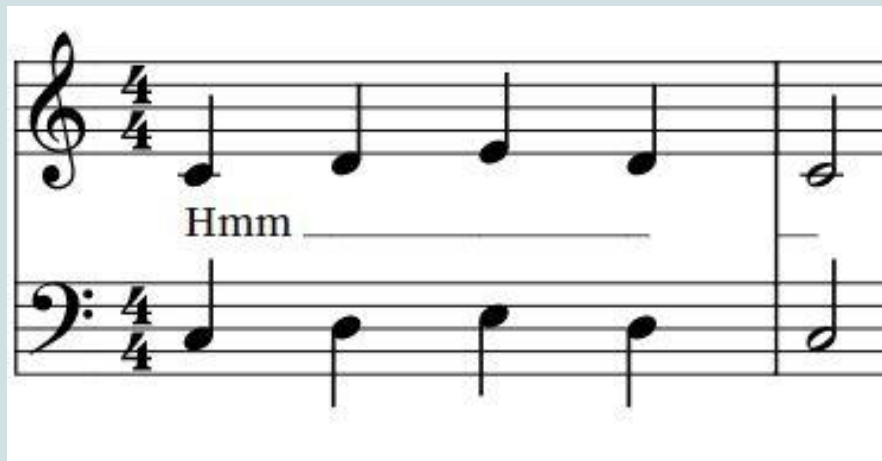
## Goals for warm up:

1. Helps group focus
2. Engages listening
3. Teaches technique
4. Ear Training
5. Promotes healthy singing

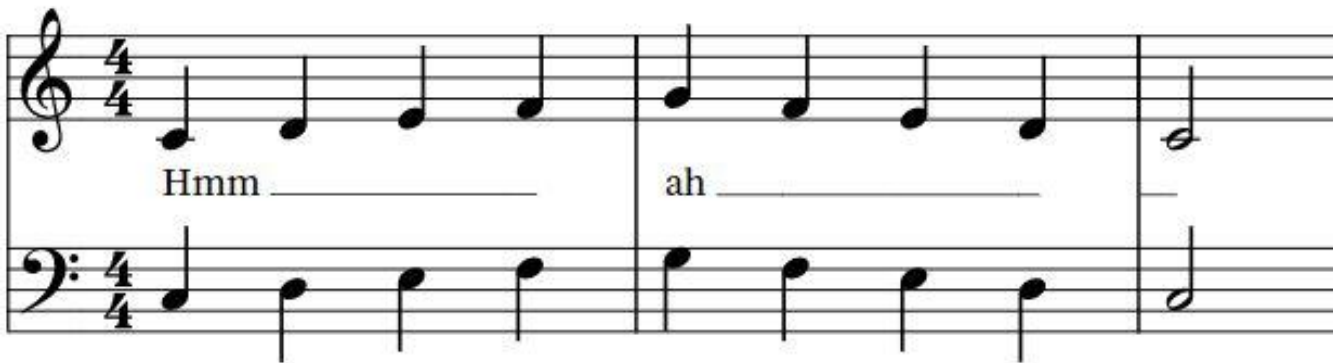
# WARM UP- MIDDLE VOICE

Here are a couple of options for warming up your middle voice. Go up and down by half steps.

When you “hmm” there should be space in the back teeth



Musical notation for a warm-up exercise in 4/4 time. The exercise consists of two staves: a treble staff and a bass staff. The treble staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4. The bass staff contains a sequence of notes: G3, F3, E3, D3, C3, B2, A2. A vocal line labeled "Hmm" is written above the treble staff, spanning the duration of the notes.

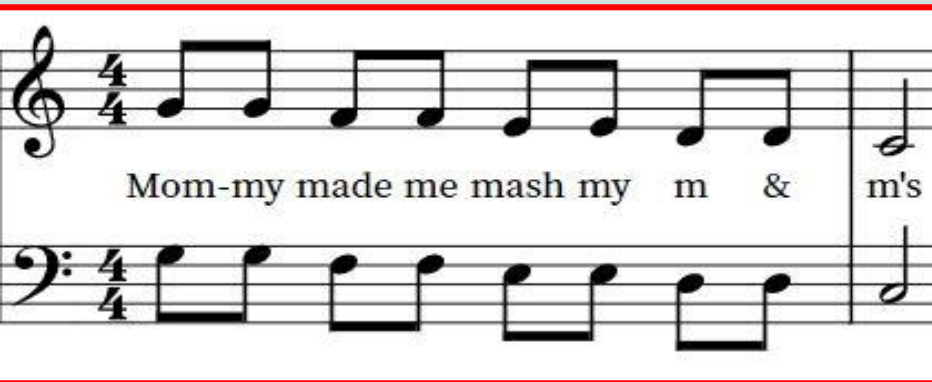


Musical notation for a warm-up exercise in 4/4 time. The exercise consists of two staves: a treble staff and a bass staff. The treble staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4. The bass staff contains a sequence of notes: G3, F3, E3, D3, C3, B2, A2. A vocal line labeled "Hmm" is written above the treble staff, spanning the duration of the notes. A second vocal line labeled "ah" is written above the treble staff, spanning the duration of the notes.

You can change these exercises to any vowel, oo, oh, ee, ah, eh, etc.

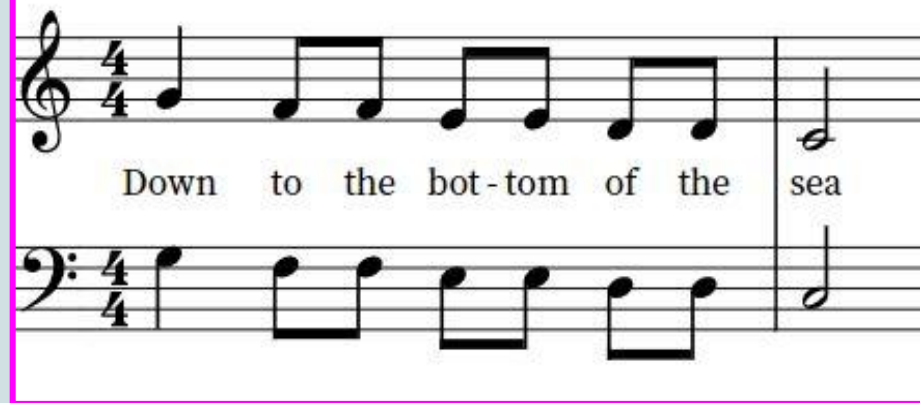
# WARM UP- LOWER VOICE & DICTION

Here are some lower extensions to warm up your lower voice. Go down by half steps. The exercises with words also doubles as diction warm ups. Our diction should be crisp and energized.



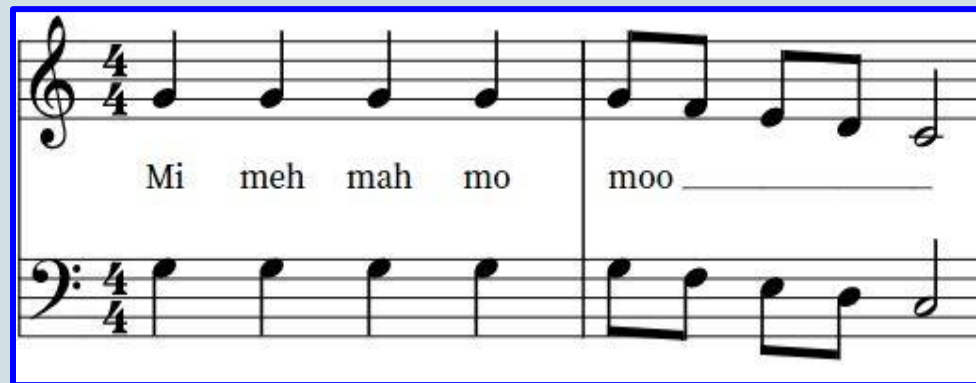
Mom-my made me mash my m & m's

This musical exercise is written in 4/4 time. The melody is on a treble clef staff, and the bass line is on a bass clef staff. The melody consists of a series of quarter notes: G4, A4, B4, C5, B4, A4, G4. The lyrics are 'Mom-my made me mash my m & m's'.



Down to the bot-tom of the sea

This musical exercise is written in 4/4 time. The melody is on a treble clef staff, and the bass line is on a bass clef staff. The melody consists of a series of quarter notes: G4, A4, B4, C5, B4, A4, G4. The lyrics are 'Down to the bot-tom of the sea'.



Mi meh mah mo moo

This musical exercise is written in 4/4 time. The melody is on a treble clef staff, and the bass line is on a bass clef staff. The melody consists of a series of quarter notes: G4, A4, B4, C5, B4, A4, G4. The lyrics are 'Mi meh mah mo moo'.

Our words are what separates us from other art forms. It is important to understand how to articulate our diction.



# WARM UP-UPPER VOICE

Make sure your jaw is relaxed and your tongue is flat and touching your bottom teeth. These can help you expand your range.

You can change the consonants and vowels to mix it up for practice.



Musical notation for an 'Ah' warm-up exercise. The piece is in 4/4 time and consists of two staves: a treble clef staff and a bass clef staff. The melody in the treble staff is a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4. The bass staff provides a simple accompaniment of eighth notes: G3, F3, E3, D3, C3, B2, A2, G2, F2, E2. The word 'Ah' is written below the treble staff, with a horizontal line extending across the first two measures.

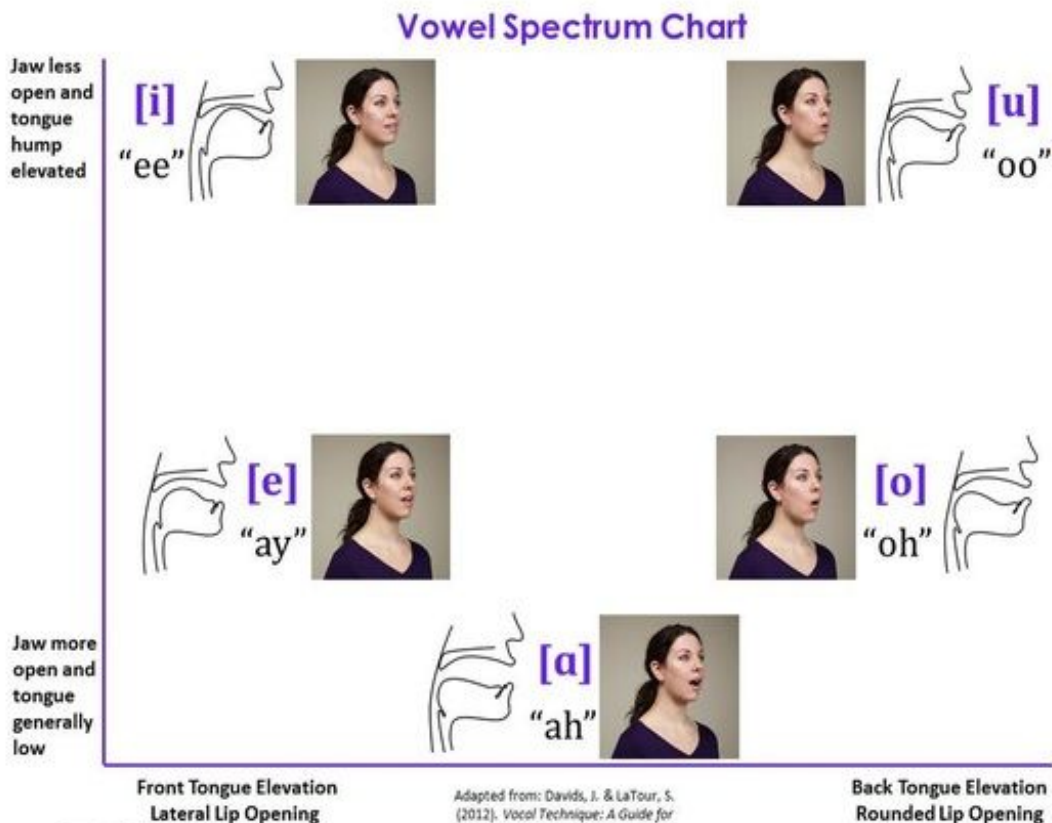


Musical notation for a vowel warm-up exercise. The piece is in 4/4 time and consists of two staves: a treble clef staff and a bass clef staff. The melody in the treble staff is: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), D4 (quarter), C4 (half). The bass staff provides a simple accompaniment of eighth notes: G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2. The words 'Zee ee Zee eh Zee ah ah ah' are written below the treble staff, aligned with the notes.

# VOWELS

Vowel shapes are important because they help us unify our sound in the choir.

This photo gives us great examples of our basic vowels and how they should be shaped.



# RESONANCE

Resonance is created with breath. It is a full and supported tone quality.

This choir demonstrates a very resonant tone.



This recording demonstrates a dark vowel tone. Listen to both and hear the differences.



# EXTRA PRACTICE

Check out this video for more information on resonance!

