



## VIPs Live Coaching Session Notes 19th February 2020

### Technique of the week: Power - Breath Management for Singing

Overview of the fundamentals:

1. Goals of Vocal Coaching - to create a singer's toolkit that empowers you to make all sounds efficiently whilst promoting vocal health, stamina & longevity.
2. How does it, feel, look & sound is how we learn & track our voice development/skills.

#### PREP Steps =

P = Perspective - Attitude/Mindset

R = Relax/Release tension - **Singer's Stretches** /Meditate/Mindfulness/Breath Focus

E = Exercise/Execute/Engage - In practice or performance

P = Perform/Practice/Play

Check out this blog post for more info:

<https://www.bignotesgetvotes.com/prep-steps-to-develop-your-singing-performance-ability/>

#### Core Sound Production Components:

Power = Breath / Source = Larynx & True Vocal Folds / Filter = Vocal Tract (throat, oral cavity, nasal passages)

- Breath (Power) draws the true vocal folds (TVFs) into vibration

- True Vocal Fold vibration (Source) generates a pitch & overtones
- Vocal tract resonance (Filter) processes the frequency components of the voice into patterns recognised as vowels, consonants & voice quality.

Check out these vids for a visual aid in understanding the anatomy of breathing & making sound:

<https://youtu.be/b89RSYCaUBo> - Sound production & larynx anatomy basics

[https://youtu.be/LpXstUTg\\_Rc](https://youtu.be/LpXstUTg_Rc) - Breathing - the diaphragm in action

### **Steps for Better Breath Management**

1. Work out what you are doing - Get aware! (check for neutral posture, be observant as to how you breathing generally & whilst singing)
2. Release any tension in your throat (silent giggle), abs & the rest of your body (singers stretches) and allow your rib cage to expand 360 degrees.
3. Engage your breath by doing exercises that strengthen your intercostal muscles (the ones that live in between our ribs) & in turn the ability to control the release of your breath in a steady stream of air pressure based on the task at hand (ie: high note or low note, particular voice quality) by controlling how much air you take in & release.

For example: (Use a metronome set to 80bpm or just go with seconds & time yourself)

1. Take a breath in then hiss expelling air slowly & aim to get up to 24 counts/seconds to help control the release of air.
2. Take 10 sips of breath then hiss expelling air slowly & aim to get up to 24 seconds to help control the release of air.

Lastly, get some context by singing through a song. Use the song study checklist to prompt you on how to use “breath marking” when studying a song.

You can also challenge yourself by opting to breathe differently than the artist originally does (if you are using a cover as a song study) OR challenge yourself by using the breath as a stylistic tool. ie: percussively.

I will also look to share my Better Breath Management videos with you soon if you want to focus on each of these elements with a tutorial as a trigger.

Any questions, yell out!!!

### **What's Next/Notes**

- The session notes & video replays will be posted on my website:  
<https://www.bignotesgetvotes.com/live-coaching-session-12th-feb-2020/>
- Look out for the next Scale of the Week coming via email on Sunday
- Next weeks FB live coaching session will focus on Source for singing - your true vocal folds!
- Any Q's use the #question in the group or email me!!