



Weekly VIPs Live Coaching Session Notes 26th February 2020

Overview of Live Coaching Sessions to date

1. Creative Focus -
<https://www.bignotesgetvotes.com/live-coaching-session-15th-jan-2020/>
2. Intro to fundamentals -
<https://www.bignotesgetvotes.com/live-coaching-session-22nd-jan-2020/>
3. Assessing your voice -
<https://www.bignotesgetvotes.com/live-coaching-session-29th-jan-2020/>
4. Practice Plan overview -
<https://www.bignotesgetvotes.com/live-coaching-session-5th-feb-2020/>
5. Practice Plan run through -
<https://www.bignotesgetvotes.com/live-coaching-session-12th-feb-2020/>
6. Breath Management - POWER -
<https://www.bignotesgetvotes.com/live-coaching-session-19th-feb-2020/>
7. Larynx/Vocal Folds = SOURCE - today's session

2. Technique of the week - Source - Primal Sounds to access different Tonal/Voice Qualities

Anatomy

We looked at the vocal folds in action using this vid: <https://youtu.be/b89RSYCaUBo>

- Review info on the False Vocal Folds - chat about these in 22nd January as intro to fundamentals

- True Vocal Folds - these produce the sound & are very pliable when hydrated & the surrounding muscles are free of tension & agile through practice to co-ordinate the entire make up which consist of 4 layers in two distinct sections:

Body = Muscle / Ligaments & Cover - Skin & SLP Pliant Layer (SLP = superficial lamina propria)

The Body Cover is an ingredient (depending on whether it's Stiff, Slack, Thick, Thin) in these sonic recipes as part of the 13 vocal structures that come together to mke sound.

We are just focussing on the end product - the voice/tonal qualities & we are going to use primal sounds to access them.

Primal Sounds to access different Tonal Qualities

- **Speech quality** - heard in every day speaking of TV/radio announcers or when you use your phone voice. In singing, it is often labelled as “chest’ voice & produces a very conversational quality used often in pop & folk songs. Think Frank Sinatra, Adele or Courtney Barnett for the extreme! Her delivery barely sounds sung. Find it by singing Happy Birthday as if in a group at a birthday party after a few drinks!
- **Falsetto quality** - a breathy voice usually heard in children’s voices, boys choirs & some older women’s speaking voices with a “hooty” sound quality, think Julia Child or for a breathy example - Marilyn Monroe. Find it by singing Happy Birthday like a small shy child.
- **Sob/Cry quality** - **Sob** is heard in mournful conversation or crying (sobbing) & singing of lullabies. **Cry Quality** - Sob’s “cousin” - same sensation but with a higher larynx position - the tone sounds sweet & clear. Cry can be heard in Pop/Commercial singing (ie: Bruno Mars, Ariana Grande) & in early music & folk music. You might like to think of it as “head” voice. Find it by singing Happy Birthday as if you are sobbing (use a lower pitch for ease of finding the sensation & in Cry, cry using a higher pitch for ease of finding the sensation or whimper like a dog.

- **Twang quality (Nasalised & Oral)** - great for adding to your speaking voice when in noisy environments for ease of projection & in singing can be heard in American country music, gospel, R&B & Musical Theatre. Find it by cackling like a witch (yeah-heh-heh-heh-heh!), Neighing like a horse (Naya-ae-ae-ae), imitating a bag pipe or my favourite, mimicking an Australian accent (Maaeeeyyyy-te!)
- **Opera quality** - heard in Opera singing & "Legit" - a lighter variant sometimes used in musical theatre. This quality is sometimes a combination of Twang, Speech & Sob but variations of the "recipe" can also include Falsetto & Cry quality depending on the sound you are wanting or style you are singing.
- **Belt quality** - "happy yelling!" Often used in Pop, Musical Theatre, Gospel & R & B. Find it by standing up & saying "Yay!" as if you are cheering at a concert/sports game!

HOMEWORK:

Please try all of these in your speaking voice AND then sing through using Happy Birthday. Send me vids if you want me to check.

What's Next/Notes

- The session notes & video replays will be posted on my website:
<https://www.bignotesgetvotes.com/live-coaching-session-26th-feb-2020/>
- Look out for an extra email this week inviting you to the Creative Action Plan Workshop. It will be on Saturday 29th of February from 10am - 12pm.
- Another Scale of the Week coming via email on Sunday
- Next weeks FB live coaching session will focus on your Filter for singing - your true vocal tract!
- Any Q's use the #question in the group or email me!!