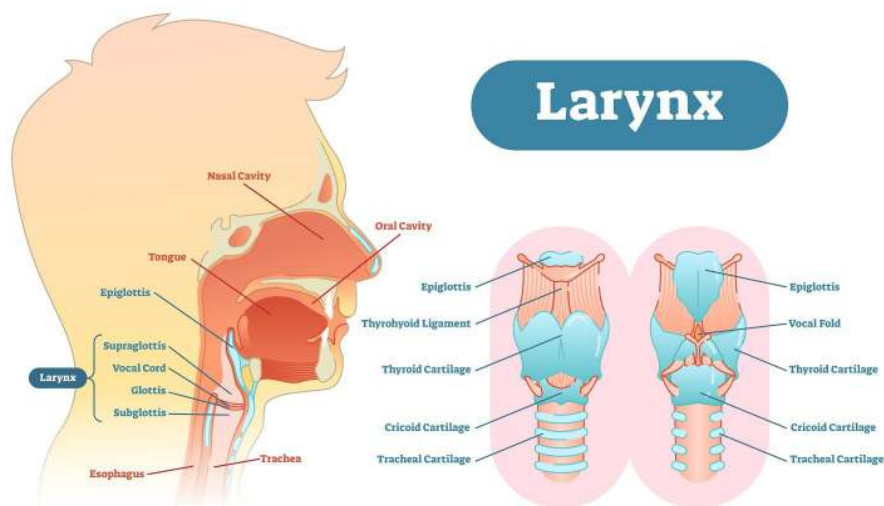




Weekly VIPs Live Coaching Session Notes 11th March 2020

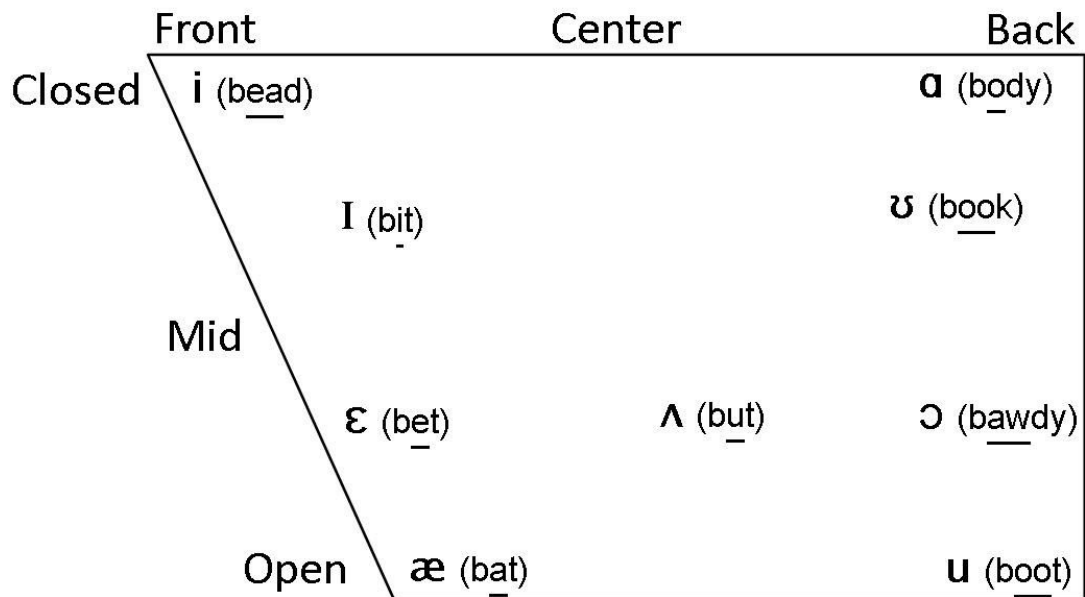
Technique of the week - Filter - how to access resonance & projection easily

1. Anatomy - What/where is your vocal tract? See key structures & diagram below.



2. Default settings - can be heard in your speaking voice
 3. Key structures in the vocal tract for changing the resonance space
- Jaw, Tongue, Lips, Larynx, Soft Palate, AES, False Vocal Folds
- Check out the IPA chart to see where vowels sounds are created based on the placement of the tongue & where that directs the sound.

Simple Vowel Phonetic Chart



3. Function - use your Voice Qualities to help you play around with the space - Sob, Twang at the two ends of the scale for brightness/dark tones & articulation/diction to assist with projection.

4. Demonstrated Sob & Twang on VoicePrint. Explained frequency correlation with the vocal tract - check out VoicePrint if you are interested in using this in your own practice.

- iPad - <https://apps.apple.com/nz/app/voiceprint-estill-voice-training/id1222358365>
- PC/Mac - <https://store.estillvoice.com/collections/clinical-software/products/voiceprint-plu-s-cd-mac-edition>
- Estill Voiceprint Intro video - <https://www.youtube.com/watch?v=Le7FL3rFU54>

Videos/Resources:

Singing in the MRI - <https://www.youtube.com/watch?v=J3TwTb-T044>

This is the best resource for checking out the vocal tract in action.

He is using slightly different terminology than we use but you can see the correlations:

- Light mix = Cry Quality (Head Voice) with Twang
- Forward = Belt/Speech quality with Nasalised Twang
- Opera = Opera - Sob Quality in this demo
- Rock = Belt/Oral Twang

What's Next:

- Two more weekly live sessions in March & from May we will switch to monthly workshops - let me know if there is anything you want to deep dive into!
- Voice Qualities in Action page

I am creating a Voice Qualities in Action page on my website that I will link you to.

This will demonstrate in context the different qualities.

You can see that a phrase is often made up of many voice qualities from syllable to syllable.

Try emulating the sounds using these examples & then singing "Happy Birthday" or your own songs you are workshopping to try them out in a different way.

Always use the most comfortable vocal effort at the vocal folds & monitor your effort levels overall.

- Did you get a chance to look at the Better Breath Management Training Series
- How are your daily practices going?
- Now is the time to uplevel your care as the season changes - lookout for the Get Gig Fit 30 Day Action Plan in April to assist. These will be hosted on my BNGV social platforms & on YouTube so please follow/like over there.

- www.instagram.com/bignotesgetvotes

- www.facebook.com/bignotesgetvotes

- www.youtube.com/c/BigNotesGetVotesCherieMathieson
- Any Q's use the #question in the group or email me!!
- Here is the link to the session:
<https://www.bignotesgetvotes.com/live-coaching-session-11th-march-2020/>