

ADVANCED VOICE EXERCIS

To shout:

Use a low pitch.
Use full breath support.
Lack of hard glottal attack.

To strengthen the muscles of the larynx.

Sustain tones at different pitch levels for as long as you can.
Do this twice a day.
Use the “o” sound.
Use 5 different notes matched to a pitch pipe.

To warm up:

Sustain the “ee” sound as long as possible on a comfortable higher sound.

A stretching exercise:

Glide from your highest note to you lowest note on the “o” sound without any pitch or voice breaks.
Do the same thing except go from low to high.
Choose five notes in your upper range and sustain on “o” for as long as possible. Do each one two times.

To cool down:

It’s often a good idea to cool down your voice after a performance.
Repeat the warm-up but do it as softly as you possibly can.

When practicing you should time yourself – 8 seconds, 15 seconds, etc. Each time try to set your goal a little higher than the last baseline.
The longer you can sustain a tone the better your voice quality.

Speaking and Singing:

When you are a singer your speaking pitch and your singing pitch must match.
Don’t lower your speaking voice if you have a higher singing voice.

From a lecture by Wilbur J. Gould, M.D. April, 1985