

LOW VOICE VOWELS

Say these vowels after a *hum*. Focus the sound around your lips and nose; the facial mask. Use mid-section breath support. Practice the words for homework.

ME-ME ONE	NE-NE ONE	ZE-ZE ONE	ZIM-ZIM ONE
ME-ME TWO	NE-NE TWO	ZE-ZE TWO	ZIM-ZIM TWO
ME-ME THREE	NE-NE THREE	ZE-ZE THREE	ZIM-ZIM THREE
ME-ME FOUR	NE-NE FOUR	ZE-ZE FOUR	ZIM-ZIM FOUR
ME-ME FIVE	NE-NE FIVE	ZE-ZE FIVE	ZIM-ZIM FIVE
ME-ME SIX	NE-NE SIX	ZE-ZE SIX	ZIM-ZIM SIX
ME-ME SEVEN	NE-NE SEVEN	ZE-ZE SEVEN	ZIM-ZIM SEVEN
ME-ME EIGHT	NE-NE EIGHT	ZE-ZE EIGHT	ZIM-ZIM EIGHT
ME-ME NINE	NE-NE NINE	ZE-ZE NINE	ZIM-ZIM NINE
ME-ME TEN	NE-NE TEN	ZE-ZE TEN	ZIM-ZIM TEN

From Dr. Morton Cooper