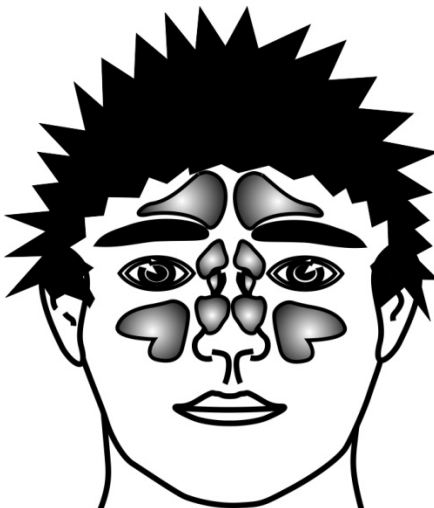


1.3 Voice placement

When singers speak of voice placement, they mean the intensive use of the top resonators for producing a sound.



We don't think about it when we speak.
Words come out of our mouth and that's it.

But when you sing, your voice should "ring", which means that your rather dull speaking voice needs more sound. I'm not talking of loudness. That comes in later.

You produce sound by letting the tone resonate, or more precisely, by letting the air resonate in your top resonators (resonating cavities) mentioned before: your paranasal sinuses, your frontal sinuses and all the other tiny cavities in your head. Know that letting your voice resonate in your top resonators only, without adding anything else, is often called singing in head voice.

Your voice sounds very cute then, a little high and very quiet, though, which means you only use part of your voice.

Actually, this part of your voice is the gist of the matter:

Without voice placement you cannot sing beautifully.

Never ever forget that.

1.4 Support

Now, if you want to increase the beautiful sound you achieved by practicing your voice placement you must add an “amplifier“.

The so-called voice support will increase your sound and add more volume to your voice.

What does that mean?

If you inhale properly, air fills your body and widens it.

Then, if you start speaking or singing, you normally simply release the energy until your body is “empty” and then you inhale once again.

Your body loses energy just like an air mattress loses air!



That is wrong!

So what does “support“ mean?

“Support your tone“ means:

While you sing you always try to keep your muscles tensed at the energetic level you achieved after you inhaled properly.

That way your instrument maintains its shape, your resonators stay alive and our voice remains energetic.

That is it.

2 THE 10 MINUTE WORKOUT PROGRAM

2.1 Exercise 1: Warming up and voice placement exercise

Before you start, be sure you change your voice from “speaking” to “singing”.

Be it sports or singing, any good workout starts with a warming up exercise.

Inhale deeply as described before and then softly and in a low voice sing the vowels A E I O U on the first three notes of a scale up and down again, and while you do, put your finger to the root of your nose.

Imagine your tones float away like soap bubbles.

