

Warm-Up Your Sound!

Creating a vocal launch pad for successful rehearsal and performances.

What is your purpose?

- Focus the singers
- Set the tone for the rehearsal
- Communicate themes
- Highlight skills required for the rehearsal's music
- Establish the ensemble sound

Build Your Own Routine

- Sequential building/reinforcement of the fundamentals of singing:
 - Posture
 - Breath
 - Phonation
 - Resonation
 - Articulation

Build Your Own Routine

- Choose exercises that move from simple to complex
 - Limited range (54321)
 - Descending stepwise to begin
 - Unison – Harmony

Play!

- Vocal exploration works with adults as well as children.
- Connecting the physical to the vocal wherever possible adds to the movement skill set.
- Allowing for creative play frees the singer to explore personal expressiveness from the start of the rehearsal.

Ineffective Ensemble Warm-ups

- Focus on individual vocal skill building
 - better setting for these exercises would be the PVI, voice lesson follow-up
- Methodically-executed without vocal freedom and physicality
- Performed without input from the director
 - Strictly routine; not coached

Sample Warm-up Routine

- Posture –
 - Stretches, shoulder rolls, buoyancy checks, marionette strings
- Breathing – Phonation
 - Inhale through nose to 8 count, hold for 4 count, exhale for 8 ssss
 - 3, 3, 7 counts on sh
 - sss,fff,chh with movement.

Sample Warm-up Routine

- Phonation –
 - Bubbles/lip trill exploration – painting walls/motorcycles of varying sizes ☺
 - Sirens
 - 54321 descend first Ha Ma Ma Ma Ma (ala Roland Wyatt)

Sample Warm-up Routine

- Resonation/Articulation –
 - Zuma - expand the range
 - Spooky Ooos (ala Sing Baby Sing)
 - Wah – ee – minor mode tuning – stretch the lows
 - Mini-mini.... – articulators, tempo, energized vocal line
 - Mo mo's - vocal flexibility/taking the weight out of the lows (Sing Baby Sing)
 - Rose, Rose (singing rounds)
 - We-We's – unisons, vowel match, octave lock, move to harmony

Resources

- <https://www.blendspace.com/lessons/qj7LaKipP1HNGQ/choral-warmups>
- SAI members only Education Center!