

Equalizing the Vowels

AH

EH

EE

OH

OO

Untrained Singers

AH

EH

EE

OH

OO

Equalizing Vowels and Consonants - Wall of Sound

FIT

AS

A

FIDDLE

AND

READY

Picket Fence of Sound

FIT

A

S

A

FIDDLE

A

NDR

RE

ADY

RESONATION

Betty Clipman

Region 10 Crusin' on the Coast
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Exercises That Help The Singer Relax & Resonate

When we vocalize we've often put in a full workday and are carrying lots of tension. Many of us keep everyday stress in the areas that need to be relaxed and free for good vocal production: the jaw and neck. It is difficult to sing with an open, relaxed throat and jaw if we have not prepared the body properly. Here are some techniques that will help release tension. For exercises 3, 4 and 5 refer to the photo of Betty on the facing page.

Exercise 1

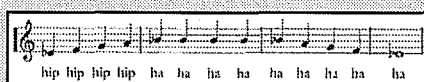
Using your fingertips, gently massage the temples, then down the sides of the face and at the jaw hinge. Relax and "let go." You may feel the urge to yawn. Massage underneath the chin, gently loosening the tongue muscles. With your face down, gently roll your head from side to side, keeping the shoulders relaxed and sternum high. Feel a stretch up the back of the neck. You should begin to feel more relaxed. Pretend you have fallen asleep in a comfortable easy chair. Let your jaw hang loose, totally relaxed. Good imager: Be on the verge of drooling.

Exercise 2

Make these sounds, which help activate the breathing and support muscles:

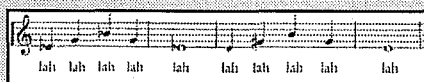
Hissing sound
"Whee" sound
S, f, ch sounds

Sing the following exercise slowly:



Exercise 3

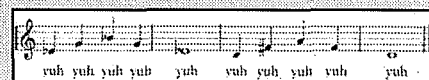
With arms raised, knuckles placed between the molars of the upper and lower jaws, elbows high, and using the inside smile, sing the following exercise. Let the jaw hang and use just the tongue. This exercise also loosens the front tongue muscles.



Exercise 4

To continue to reinforce a relaxed jaw and an open, relaxed throat, and to loosen the back tongue muscles, sing the following vocalize. The tip of the

tongue should be touching the lower gum ridge and the jaw should stay relaxed. The arm position and inside smile are the same as in exercise 3.



Repeat exercise #4, using the vowel sounds: ah, eh, ee, eh, ah. Repeat again, using the vowel sounds: ah, oh, oo, oh, ah.

Exercise 5

For the final exercise, use the same arm position, inside smile and good posture. Keep the tip of the tongue touching the lower gum ridge. Allow the tongue to move freely and keep it relaxed so that movement from one vowel to the next is smooth and clear. Get the feeling of singing the vowels with the jaw relaxed, the molars apart, the inside smile and the sternum high and wide. Memorize that feeling.

