

Tip of the week! 9 juni 2020

This weeks tip is about exercising Breath Support, PART TWO

As promised, I will point out some of my favorite exercises. Last weeks VocalBlog! I gave away the first ones. I hope everything worked out well for you. This week I will add some exercises for the breath support.

First exercise

For this exercise you need a stopwatch.

Inhale en slowly exhale while you say "ssss" (the sound you make when you ask for silence)

Time your "ssss".

Now do this again but make sure you use the respiratory muscles to support your breathing. Time your "ssss" and compare. Is there a difference in length?

Second exercise

The same exercise can also be done on one continuous tone on any vowel you want. Note that the tone does not change or fluctuate. Once you hear the tone change start over. Is there a difference in time length between Sss and the vowel?

Third exercise

Breath in for 4 seconds (open your mouth), hold your breath for 4 seconds and breath out for 4 seconds.

Make sure your throat feels relaxed, do not constrict while holding your breath.

With these exercises you gain control over the air that's leaving your lungs. You will soon feel the difference. High notes become more steady, easier to reach, you will gain more volume and it becomes easier to sing long phrases.

Have Fun!