

Tip of the week! April 1st 2013

This weeks tip is about Correct Posture

Your posture during singing is very important. Unlike other instruments the vocal instrument is located inside the body, inside the larynx. Your whole body can affect the sound of your instrument and so it is important to stay in the (up)right position. The posture must be such that the lungs can fill, the respiratory muscles can relax and the diaphragm can "dance" up and down. It may feel somewhat unnatural at first but you shouldn't feel uncomfortable.

The Correct Posture:

feet on "hip width" (to the ladies: you're not that big, come on)
60 percent of your body weight is on the front of your feet, you lean a bit forwards

knees unlocked

pelvis slightly tilted

shoulders are pulled back and down

be aware of the shoulders especially while you inhale as they tend to rise

And last but definitely not least: the head is straight on the neck as if a small string pulls your head up, starting from your crown, the larynx should be able to move freely.

Singing requires an active attitude. Here are some exercises you can use to check your posture and get warmed up at the same time

Neck:

Hang your head forward and slowly lift your head while your neck stays "long", put a hand in the neck to make sure your neck stays long.

Upright position:

Stand up straight with a lifted sternum (borstbeen), arms up and stretched out, now slowly let your arms down but keep the sternum lifted.

Lean with your back against the wall, feet slightly off the wall, arms at your sides. Now, without using your hands, come off the wall. You feel your muscles work especially the abdominal muscles. If you do it right you stand in the correct upright position. Have fun!