

Tip of the week! 26 mei 2020

This weeks tip is about a very basic technique in singing, breath support or "ademsteun" in Dutch.

What exactly is breath support and why is this so crucial?

The very first lesson I always ask my students what they already know about breath support and the answer is always something like "breath support is singing through your belly". Of course there's some truth in this answer but there's no air inside the belly (only in some unfortunate circumstances) and your belly itself cannot sing ;)

The reason your belly "grows" is the descending diaphragm that pulls down the lungs and pushes aside the organs within your belly. When you learn to control the diaphragm (by using your rib muscles) you have control over the lungs and the amount of air that flows past the vocal chords. By controlling the amount of air you get to sing long phrases without having to gasp for air, more volume and it's easier to reach the higher notes.

That's why it's called breath SUPPORT.

So Breath Support actually means Diaphragm control

In the next VocalBlog I will give you some breath support exercises

Have Fun!