



Singing Lesson 2

By Free Knowledge Mission



Agenda

Ways we Learn

What is a Vibrato

Proper Health

Warm Ups

Where are my Vocal Chords

Mixed Voice

Find your voice

Chest Voice

Voice type

Stage Fright

Diaphragmatic Support

Continued Lessons



Ways to Learn

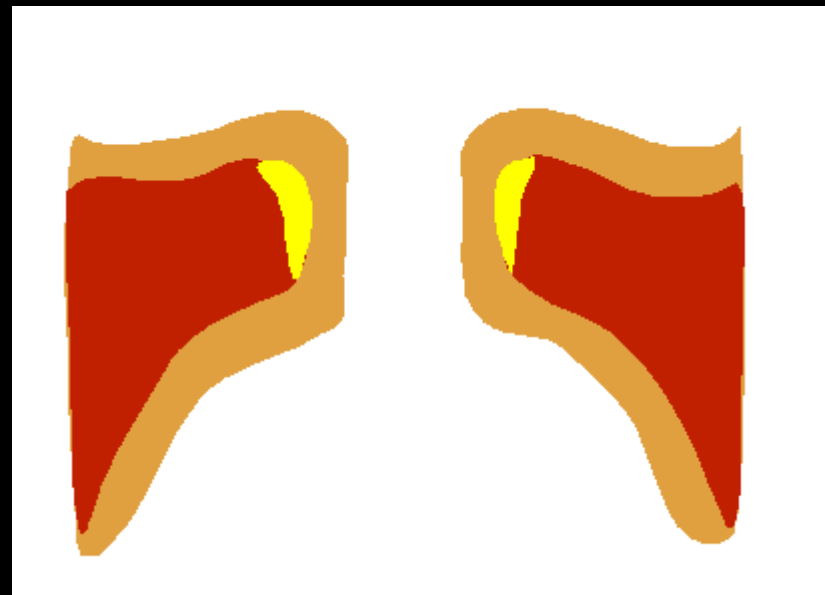
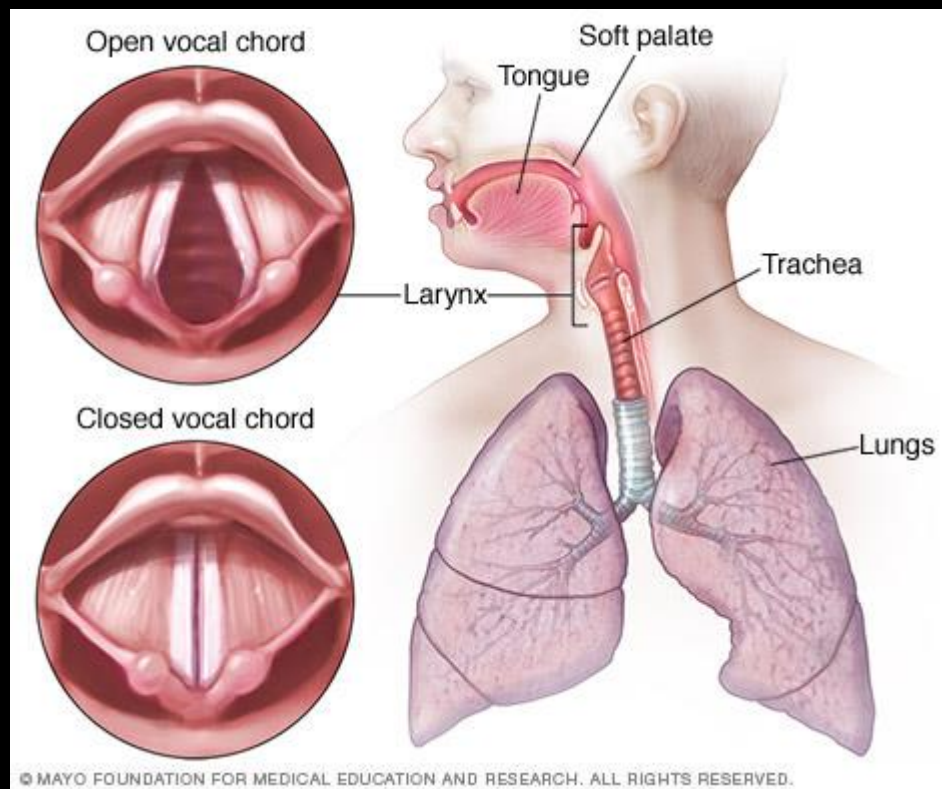
- Learn on your own through YouTube
 - Learn one or many methods
 - Be careful not to damage your vocal chords by getting carried away or practicing improper technique
- Find a coaching styles \$50 - \$150 an hour
 - Ken Tamplin – Open throat technique – 90 video playlist – Talk about my top ten
 - SLS – Speech Level singing
- Most Importantly – Perfect practice make habit



Steps in Learning

- Unconscious Incompetent – I don't know what I'm doing and I don't know where I'm going
- Conscious Incompetent – I know what I want but I still can't do it.
- Conscious Competent – I know what I want and with practice I know how to get there.
- Unconscious Competent – I know what I want and it's second nature.

Where are my Vocal Chords?





Find Your Voice

Start with a artist in your range as an influence.

Build from pieces from everyone to add to your own unique style

Voice Type

Female

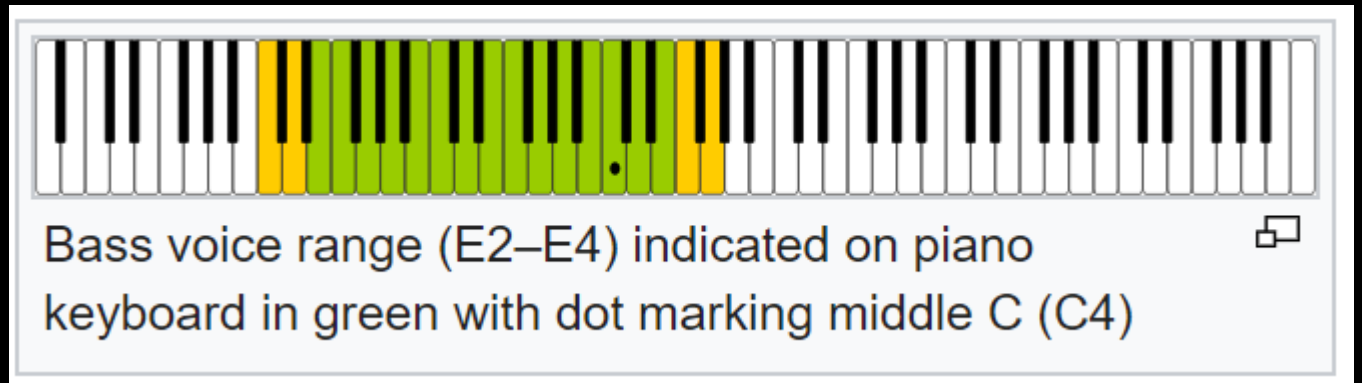
- Soprano
- Mezzo-Soprano
- Contralto

Men

- Countertenor
- Tenor
- Baritone
- Bass

Children

- Treble





Proper Health - Nutrition

Prevent a Cold or Flu – Mucus on the vocal chords

- Zinc Lozenges – Emergen C
- Vitamin C Chewable
- Probiotics
- Raw Garlic – On Toast
- Ginger – Tea
- Multi-Vitamin
- Vitamin D-3



Diaphragmatic Support

Most important component of singing

- You Lose 30 breath support percent by sitting
- Diaphragm is at the bottom of your ribs
- Abdominal cavity goes in and out



What is Vibrato

- State of Oscillation in your vocal cords – Start slow and speeds up and then resonances takes over
- Variation of a note or Signature of a note
- Can go up or down a semi-tone

Types

- 1) Diaphragmatic vibrato
- 2) A Vocal Trill vibrato
- 3) The Laryngeal vibrato
- 4) Caprino vibrato
- 5) A "Tremolo" vibrato
- 6) A "Natural" vibrato



Warm Up

- Practice a chord with on "AH" to open our throat
- "AH!" Like the Doctor wants to see our tonsils.
- Migrate up the scale, or ascending a passage, in this case, a scale. "Lah, ah, ah, AH, ah, ah, ahhhh..."



Mixed Voice

There is an area in the voice that has a passageway between our Chest/Call/Belting Register that connects this register with our Falsetto.

This area is called the Passaggio (or passageway from our chest / call register into our falsetto register).

Think of this like a leg or an arm. If we're going to kick a soccer ball, we employ the strength of our quad from the upper part of our leg and our calf from the lower part of our leg, however: we have a knee that connect the two. This knee is our "Passaggio."



Chest Voice

The foundation of singing – This is where you start building the foundation like a house before you add rooms to your house.

Belting voice if you were shouting at someone.



Stage Fright

Fears – Is this hurt me or embarrass me?

- What if everyone hates me?
- What if I forget the lyrics?
- What if I can hit the high note?
- What if my voice cracks?
- What if no one shows up?

Everyone wants to see you succeed. They're there to watch you and there for entertainment.

You'll have many times to practice and get more confident then it becomes second nature.



More to Cover

Head voice exercises

Cracking or Croaking

Sing without Tension

Open Throat

Nasal Voice

Increase vocal range



References

[Ken Tamplin](#)