



# Singing Basics

By Free Knowledge Mission



# What We'll Cover

- Benefits
- When can I find time
- Where to start
- Terminology
- Health & Posture
- Breathing
- Chest Voice
- Middle Voice
- Head Voice
- Warm Up Exercises
- Practice



# Benefits of Singing

- Fun and Entertaining
- Community
- Top skill people want to learn
- Improves posture
- Gateway to learning an instrument or composing music
- Increase Neuroplasticity in your brain
- Music compliments Math skills



## When to find time

- You'll only need 2-5 minutes a day. Don't recommend over 60 minutes a day.
- Sing in the shower or the car
- Sing to your children
- Join a choir
- Download podcasts or Youtube videos on you commute
- Practice breathing at work



# Terminology

Vibrato – Slight rapid variation of pitch when singing a note

Resonance - Deep and full sound

Descending/Ascending Major Triad – Chord used when practicing a scale

Descending/Ascending Arpeggio Scale – Chords played in succession



# Health & Posture

## Health

- Diet, Exercise, Sleep
- Drink Water
- Find your vocal cords
- Learn about your tongue

## Posture

- Standup straight - Head straight & shoulders back
  - If you don't it's similar to a kink in a hose
- Stretch



# Breathing

At least 80 percent of your singing – Gas in your car

Breathe with your diaphragm – Find the bottom of your ribs

- Exhalation – Expand and collapse for 10, 20, 30 seconds

Only take in as much as you need – don't over or under breathe

Try Yoga or Meditation - box breathing (5 seconds in, hold 5 seconds, 5 seconds out, hold five seconds) repeat 5 times. Increase the time and repetition.



## Chest Voice – 3 tips

Regular voice we use when speaking – Lower range (La, La, La, La, La)

- Feel vibration in chest

It's not about pushing; it's about support

- Constricts your throat

It's not about louder; it's about resonance

- Strained and pitchy
- Sound like your shouting

Low Crying Sound – Ma Ma Ma





# Middle Voice

Mixed voice – In between chest voice and head voice

Strengthen head voice

Lighten chest voice – Bah, Bah, Bah, Bah, Bah, Baha

Exercise – Twang

- Wah, Wah, Wah



# Head Voice

Higher range – Sounds breathy, weaker, and thinner

- Buzzing on top of head or near your eyes and nose

Do a pre yawn stretch – Practice with “Nor, Nor, Nor”

Whoop, Whoop, Whoop descending scale

Middle or Mixed voice – In between chest voice and head voice



# Warm Up Exercises

- Shake it off – Release your tension
- Stretch out your tongue
  - Stick out your tongue like the doctor
  - Roll tongue 5 times each direction
- Bubbles over the hill – low, medium, high then the whole range
- Ring for resonance – Mm Mmm over the hill
- Perform a scale with Go, Gee, Ga, Goo – G opens the throat + plus vowels sounds
- Lazify your jaw and tongue – blah, blah, blah
- Opera over the hill – Siren – NG sound



# Practice

Find a coach you like on YouTube

Practice the scales they teach you

Find your favorite music artist in your range

Practice Happy Birthday



# References

[The Songbird Tree](#)