

Fundamentals of Better Singing

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Hilltop, Minnesota Chapter
Association of District Champions
Great Northern Union Chorus

- I. Elements of Voiced Sound
 - A. Power supply
 - B. Oscillator
 - C. Resonators
 - D. Articulators
- II. Posture and Breathing
 - A. Posture
 - 1. Chest
 - 2. Ribs
 - 3. Pelvis
 - 4. Head/neck
 - 5. Lower body
 - B. Inhaling
 - 1. Chest breathing
 - 2. Rib breathing
 - 3. Diaphragm breathing
 - C. Exhaling with sound
 - 1. Focused air stream
 - 2. Singing on the breath
 - 3. Support
 - D. Relaxation
 - 1. Find your tension spots
 - 2. Relaxing your tension spots
 - 3. Relaxation with intensity
- III. Making sound
 - A. Connection with air flow
 - B. Low larynx
 - C. Voices
 - 1. Head voice
 - 2. Chest voice
 - 3. Mixing
 - 4. Transition between voices
 - 5. Large interval skips
- IV. Resonance
 - A. Sources of resonance
 - 1. Mouth
 - 2. Throat
 - 3. Chest
 - B. Open resonance chambers
 - C. Role of the soft palate
 - D. Resonance inhibitors
 - 1. Throat
 - 2. Soft palate
 - 3. Tongue
 - 4. Lips
 - 5. Proper position and behavior
- V. Articulation
 - A. Vowels
 - 1. Primary vowels
 - 2. Diphthongs
 - B. Consonants
 - 1. Singable consonants
 - 2. Non-singable
 - a. Inserting into vowel stream
 - b. Lyrical and emotional use
 - c. Consonant traps
- VI. Miscellaneous
 - A. Vibrato and tremolo
 - B. The “bright/dark” trap
 - C. Corruption at range extremes
 - D. Quality
 - 1. Well supported
 - 2. Freely produced
 - 3. Resonant
- VII. Vocal health
 - A. Hydration
 - B. Smoking
 - C. Alcohol and caffeine
 - D. Rest/fatigue
 - E. Drugs
 - 1. Antihistamines
 - 2. Beta blockers
 - 3. Stimulants/depressants
 - F. Throat clearing
 - G. Warm-ups
 - H. Rehearsal content and organization
 - I. Sing every day!
 - J. Speaking habits
 - 1. Posture
 - 2. Breathing
 - 3. Pitch