

VOICE/VOCAL TRAINING

Introduction:

Vocal training exercises are necessary for aspiring vocalists who want to become professional singers or simply preserve their singing voices. Read on to learn how to train your voice at home.

What Is Vocal Training?

Vocal training is the practice of training your vocal cords and learning breath control to improve the quality, range, and stamina of your singing voice. Voice training combines vocal exercises and warm-ups geared to enhance the sound of your singing voice while preventing vocal injury and strain.

Benefits of Vocal Training

1. Better sound: Vocal training helps coordinate your larynx muscles, which helps even out your vocal tone and condition your throat muscles, improving the sound of your singing voice.
2. Increased stamina: Misusing your vocal cords may lead to damage over time, and early conditioning can help increase your vocal stamina. The more you train your voice, the longer you can use it without straining it. Learn how to handle vocal strain.
3. Voice control: Training your voice can improve your breath and tone control as you sing. The right vocal warm-ups and exercises strengthen the amount of control you have over your vocal cords, potentially expanding your range and command of different vocal techniques.
 - ✓ Reduces strain
 - ✓ Improves fullness of upper register
 - ✓ Helps to eliminate vocal fatigue

How to Train Your Voice

1. Warm-up properly. A vocal warm-up can help prepare your voice for singing (or even public speaking). Always warm up before performing or practicing singing to prevent injury and ensure the best vocal sound. Use a piano or music app to practice matching pitch, breathing, and mouth acoustics as you work through your vocal scales. Practice vowel sounds and watch the shape of your mouth as you say each of these letters. Keep your face relaxed as you project your voice.
2. Work on breath control. Vocalists can do many different breathing exercises to help breath control, specifically diaphragmatic breathing, which focuses on breathing through the diaphragm. Proper breathing techniques can help a singer control the vibration of their vocal folds and expand their lung capacity.
3. Find your vocal range. Vocal range is the scope of notes—from the lowest note to the highest note—that a vocalist can comfortably sing in their chest voice, which are the notes you can project from your chest. Different vocal ranges (also called vocal types) include soprano, alto, tenor, baritone, and bass. Finding your vocal range will help determine what kinds of songs you can sing comfortably.

4. Record your voice. Pick songs that fall within your most comfortable range, then record yourself singing them. Enunciate your words and work on your volume as you sing. Play the recording back and listen to your tone, cadence, and pitch. Listen to the song's original recording, then listen to your recording as a comparison, noting any spots of weakness such as breath or tone. Take extra time to practice those areas.

5. Emote and enunciate. Singing with emotion and enunciating your words improves your singing voice and enhances your performance, allowing you to connect to the audience.

6. Sing confidently. Project your voice with confidence but accept that you may sing poorly at first. All good singing takes practice, but believing in yourself is the first step.

1. Basics:

- Breath In/Out
- Yawn
- Gentle Cough
- Lipro
- Head Shaking
- Head with Lipro Shaking

VOCAL SCALING:

1. Major Scale:

Doh Re Mi Fa So La Ti Doh'

2. Pentatonic Scale:

Doh Re Mi So La Doh'

1 2 3 4 5 6

PENTATONIC TRIANGLE:

1

1 2 1

1 2 3 2 1

1 2 3 5 3 2 1

1 2 3 5 6 5 3 2 1

(Oh Oh Oh)

MINOR PENTATONIC TRIANGLE:

5

5 1 5

5 1 2 1 5

5 1 2 3 2 1 5

5 1 2 3 4 3 2 1 5

(Ah Ah Ah)

NOTES SEPARATION:

(Be deliberate about separating your notes)

- ✓ Slacking of Notes
- ✓ Breathing Notes Separation

PENTATONIC SCALE TWO OCTAVES:

Doh Re Mi So La Doh | Re Mi So La Do La So Mi Re Doh | La So Mi Re Doh

CHROMATIC SCALES:

(Semitone apart; neighboring notes)

Usually from one note to the same note an octave higher or lower.

Chromatic Scales can be deemed as one of the most challenging musical scales, and are also great pitching exercises for budding singers to practise with!

The reason why they are so challenging is because when we sing this scale, we are effectively singing all the notes on the piano, black and white keys included! This means that we are singing in semitones, and this is extremely beneficial to our pitching and hearing ability, because we would then be able to pitch and also detect smaller variations in pitch!

If we write the chromatic scale out in solfege, it would look like this:

1 (Doh), 1# (Di), 2 (Re), 2# (Ri), 3 (Mi), 4 (Fa), 4# (Fi), 5 (Sol)

5# (Si), 6 (La), 6# (Li), 7 (Ti), 1 (High Doh)

One point to note: Each sharp note has its equivalent name in 'flats'. For example, a 1# (Di) note would also be called 2b (Ra), and they both refer to the same note. This is what we would call enharmonic notes, meaning notes with different names but exactly the same sound or pitch.

In the same way, here are the various enharmonic notes in a chromatic scale:

1) 1# (Di) = 2b (Ra)

2) 2# (Ri) = 3b (Meh)

3) 4# (Fi) = 5b (Seh)

4) 5# (Si) = 6b (Leh)

5) 6# (Li) = 7b (Teh)

Do Ra Re Me Mi Fa Se So Le La Te Ti Do

Tips for Training Your Voice Safely:

1. Maintain good posture. 2. Keep practice brief.
3. Stay hydrated. 4. Work with a vocal coach.

Shalom!