

# Foundations of Singing – Part 1

## Lesson Outline

[SingingResults.com](http://SingingResults.com)

	Week/Lesson 1	Week/Lesson 2	Week/Lesson 3	Week/Lesson 4
Physical Freedom/Awareness	See lesson for details	Head/neck; string from head & chest	Standing vs sitting	Ragdoll; sing laying on back (knees up, neck support); put hands on abdomen & chest – key not to let collapse too quickly.
Motivational/Purpose		Dreams/goals	Grandmother – use program like life depends on it.	Other programs didn't apply – use this one and get started now. Quotes from singing books? “vocal wisdom”
Breath control	Square breathing	Horselips & evenrude	Tongue trill	Straw
Vocabulary	Staff, ledger lines Treble clef ¼, ½, 1 note, rest, Interval, pitch Meter, Tempo Diaphragm	Arpeggio Chord Triad	Bass clef extended ledger lines	Legato Staccato a form of articulation Onset (instead of attack) Release (let gut go when done) Distinction/diction/clarity Consonants/vowels
Musicianship <ul style="list-style-type: none"> <li>▪ Rhythm basics</li> <li>▪ Intervals</li> <li>▪ Key/Time signatures</li> <li>▪ Scales</li> <li>▪ Special Topics</li> </ul>	1/4, 1/2, 1 notes & rests 2nds 4/4 1,2,3,2,1 1121, 12321, 1234321, ...	1/8 <sup>th</sup> , 1/16 <sup>th</sup> notes & rests 5ths, 3rds, octave 3/4 123454321 13531 1358531 (3/4 time) 1355321 (3/4 time)	4th 2/4 151413121 515253545	6ths, 7ths 6/8 1234567887654321 181716151413121 (hard ones) 818283848586878
Vocal Topics <ul style="list-style-type: none"> <li>▪ Regular topics?</li> <li>▪ Pronunciation/articulation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Humming, resonance points and tongue position</li> <li>▪ Relaxed</li> <li>▪ Larynx position</li> <li>▪ Chin position</li> </ul>	Lip trills Posture  Back vowels: Vowel focus “ah”, “aw”	Tongue trills  Back vowels: Focus: “oo” “u” “oh”	Consonant smears (t's-> s & w) It's wide – it swide It's not – it snot Want you – wan chew Ice wear – I swear  Light searly dawn Light slast gleaming Amazing grace – chlike me  Central vowels: Focus: uh, er
Exercises	Humm...	Mmm, mah....	Mah, moo, moh...	Exercises in legato thus far, now introduce staccato

### Key principles: (to bring out each lesson)

- Regular use (practice, exercises)
- Relaxed
- Awareness – paying attention, feeling, hearing...
- Commitment and scheduling time – 30 days to establish a habit