

How Firm Is Your Foundation?

Region 4 Chorus Chaos 2, The Sequel June 14 & 15, 2024

Kim Wonders, International Faculty, Master Director Metro Nashville Chorus

HANDOUT #2

Class Objective: To provide singers vocal techniques and exercises to assist them in developing a firm foundation of proper vocal skills for singing.

Resources

Judging Category Description Book - Sweet Adelines, International

The Perfect Blend - Timothy Seelig

Sing, Baby, Sing!: A Springboard to Artistry, by Darlene Rogers, Dale Syverson & Peggy Gram

The Complete Choral Warm-up Book, by Russell Robinson & Jay Althouse

Developing a Firm Foundation for Singing

- Proper vocal production is the foundation upon which good sound is built.
- It is the first and foremost requisite to producing unit sound.

The Five Elements of Vocal Production

1. Posture

Correct posture is fundamental for proper breathing for singing.

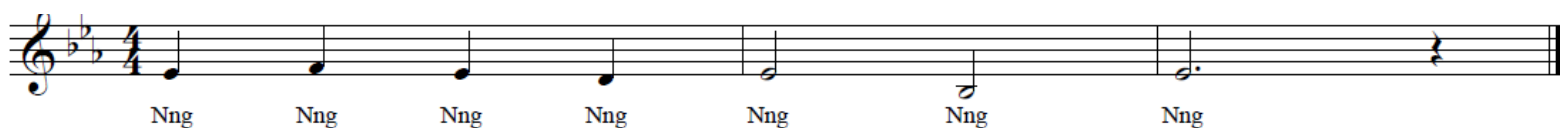
2. Breathing

There is no shortcut to proper breathing, it is the foundation of good singing.
Breathing Exercise

3. Phonation

The action of the vocal chords in speaking and singing

Warm Up #4 - Nng to AH



Reminders

- Start on Eb and repeat, going up by half steps
- Keep the jaw relaxed
- Shift to AH when you get to G as the starting note and keep the sound consistent
- No dump age on the low note!

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Warm Up #10 - Ooh-Ooh-Ooh

Musical notation for Warm Up #10 - Ooh-Ooh-Ooh. The notation is in treble clef, key of D major (two sharps), and 4/4 time. It consists of a single staff with a melodic line. The notes are: D4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter). The lyrics are: Ooh Ooh Ooh Ooh Oo - - - - - Oh Ooh.

Reminders

- Good for register break, resonance and freeing up the upper resonance.
- The first four Ooh's should be lifted and buoyant
- Focus on a seamless sound from low to high.
- Open to OH on the highest note when you get higher.
- Think about making the sound travel on this exercise.
- Source: *Sing Baby, Sing*

Warm Up #27 Vee-Voh- Vee

Musical notation for Warm Up #27 Vee-Voh- Vee. The notation is in treble clef, key of D major (two sharps), and 4/4 time. It consists of a single staff with a melodic line. The notes are: D4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter). The lyrics are: Vee Voh Vee Ve - ee Vo - oh Vee.

Reminders

- The 'V' brings the sound forward.
- Work on keeping the sound connected on the 2nd measure.
- Maintain the singing space as you ascend.

Warm Up #37 - Zee-Eh-AH

Musical notation for Warm Up #37 - Zee-Eh-AH. The notation is in treble clef, key of D major (two sharps), and 4/4 time. It consists of a single staff with a melodic line. The notes are: D4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter). The lyrics are: Zee Eh Eh Ah Ah - a - a - a - a - a - a - a - a - a - Ah.

Reminders

- Great interval work for ear training
- Zee Brings the sound forward.
- Strive for connection of sound.

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5. Articulation

The process by which sounds are shaped

Warm Up #25 - Zing-Uh-Mah-Mah

Musical notation for Warm Up #25 - Zing-Uh-Mah-Mah. The notation is on a single staff in 4/4 time, starting with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes and eighth notes. The lyrics are: Zing Uh Mah Mah Zing Uh Mah Mah Zing Uh Mah Mah Zing Uh Mah Mah Zing Zing Zing.

Reminders

- Good for articulation.
- The 'Z' brings the sound forward.
- Try to keep the consonants forward.
- Work for a consistent sound on the last three 'Zings'.

Source: *The Complete Choral Warm-up Handbook* by Russell Robinson & Jay Althouse

Warm Up #28 Minnie Minnie

Musical notation for Warm Up #28 Minnie Minnie. The notation is on a single staff in 4/4 time, starting with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes and eighth notes. The lyrics are: Min-nie Min-ie Min-nie - Min-nie Ming Ming Ming Ming What-a pi-ty What-a pi-ty What What What What.

Musical notation for Warm Up #28 Minnie Minnie (continued). The notation is on a single staff in 4/4 time, starting with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes and eighth notes. The lyrics are: Zoom Zoom Zoom Zoom Za - ah - ah - ah Ah.

Reminders

- The 'M' brings the sound forward.
- In the 2nd measure keep the sound connected, don't sing hard 'T's.
- Keep the sound connected on the 'ZA-AH'.

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INTERVAL EXERCISES

Warmup #32 Scale Pattern

1 1 2 1 1 2 3 2 1 1 2 3 4 3 2 1 1 2 3 4 5 4 3 2 1 1 2 3 4 5 6 5 4 3 2 1 1 2 3 4 5 6

7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 7 6 5 4 3 2 1 8 8 7 8 8 7 6 7 8 8 7 6 5 6 7 8 8 7 6 5 4 5 6 7 8 8 7

6 5 4 3 4 5 6 7 8 8 7 6 5 4 3 2 3 4 5 6 7 8 8 7 6 5 4 3 2 1 2 3 4 5 6 7 8

Reminders

- Great interval work and ear training
- Don't breath after '1', keep '1' part of the journey, not a destination
- Good exercise for developing 'sneak' breathing

Warmup #34 12345-88-7

1 2 3 4 5 8 8 se-ven se-ven 6 6 5 4 4 3 3-3-3 - 2 2 1 4 4 3 6 6 5

4 4 3 3 - 3 - 3 - 2 2 1

Reminders

- Good for ear training
- Remember to sing 2, 3, 6, 7, on the high side
- Sing the descending pattern with lift

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Warmup #35 12345-54321

1 2 3 4 5 5 4 3-2 1 1 5 4 5 3 5 2 5 1 5 4 5 3 2 1 1 5 4 5 3 5 2 5 1 5 4 5 6 7 8

Reminders

- Good interval work for ear training
- Careful to not sing heavy on the '1'
- Good exercise for explaining off-beat in measures 3-6
- Add variations with clapping on '1' or '5'

Warmup #33 1-3-5-8-5-3-1

one three five eight five three one one four six eight six four one

two four five seven five four two one three five eight five three one

eight five three one three five eight Eight six four one four six eight

seven five four two four five seven eight five three one three five eight.

Reminders

- Good for ear training
- Focus on singing the arpeggio with air and lift
- Keep the sound connected

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Warmup #36 Chromatic

Musical notation for Warmup #36 Chromatic, featuring a single treble clef staff in 4/4 time. The melody consists of a series of half-steps, both ascending and descending, with lyrics underneath. The lyrics are: "Sing - the half - steps on - the air - and let them rise with glee Keep the air flow con - stant and des - cend re - luc - tant - ly".

Reminders

- Great interval work for ear training
- The words remind us to sing the descending pattern with lift and air
- Source: *Sing Baby, Sing*

Warmup #38 When I Sing

Musical notation for Warmup #38 When I Sing, featuring two staves: Tenor Lead (treble clef) and Bari Bass (bass clef). The key signature is two sharps (F# and C#) and the time signature is 4/4. The Tenor Lead part has four measures with lyrics: "When I sing my voice takes wings and flies high!". The Bari Bass part has four measures with lyrics: "When I sing my voice takes wings and flies high!". The Tenor Lead part has a fermata over the final note of the first phrase and a whole note for the second phrase. The Bari Bass part has a fermata over the final note of the first phrase and a whole note for the second phrase.

Reminders

- Bases hold "When, voice, flies high"; Baris hold "voice", flies high.
- Great for interval work and tuning
- Good exercise to practice sneak breathing and vowel matching