

## “How the Voice Makes Music”

### The Basics

- Define the parts of music.
  1. [MELODY](#) is the roadway that carries the main idea.
  2. [HARMONY](#) is the support structure for the roadway.
  3. [RHYTHM](#) is a pattern - repeated or random.
  4. [TEMPO](#) determines the speed of the pattern.
  5. [DYNAMICS](#) bring music alive.
- Sound isn't music without all of these parts. Music is three dimensional. Without one of the parts the sound is only two dimensional
  - [MELODY](#) & [HARMONY](#) give music vertical space.
  - [RHYTHM](#) & [TEMPO](#) give music horizontal space.
  - [DYNAMICS](#) give music depth.

### A Guided Tour

- Singing starts with an [INHALE \(BREATH\)](#).
  - [AIR](#) is free...use plenty.
  - The diaphragm is an [INVOLUNTARY](#) muscle.
    - **You do not sing from your diaphragm!**
    - It divides your torso between the thoracic (heart & lung cavity) and the abdominal (digestive) cavity.
    - To sing with support means that you allow your diaphragm room to do its work. [The epigastrium does the work.](#)
  - The key to support is [RELAXATION](#).
    - Support is achieved by allowing the diaphragm to move freely.
    - Open the abdominal cavity fully to give the diaphragm room.
  - Exercise: Breathe in for 8 counts (ah)...blow out for sixteen. (Use the back of your hand to feel when breath is gone.)

- Vocal sound begins in [LARYNX](#). (see diagrams)
  - All sound is the result of [VIBRATION](#).
    - Drums – drum head.
    - Cymbals – metal plate.
    - Saxophone – reed.
    - Guitar or piano – string.
    - Trumpet – lips in mouth piece.
    - Vocal sound is caused by vibrations from the [VOCAL CHORDS](#).
      - The larynx is about the diameter of a quarter.
      - Its vibrations are created by the same process as the trumpet.
      - If the vocal folds are stretched too tightly, they can't vibrate.
      - If there isn't enough air moving through the larynx, the vocal chords won't vibrate.
  - Exercise: Buzz the lips and slide from low notes to high notes. If the buzzing stops, then there isn't enough air flowing through the larynx.
- Woofers and Tweeters
  - Surrounding the larynx is the [PHARYNX](#).  
Another name for the **pharynx is the throat**. The pharynx is part of the system that delivers food and drink to the stomach, sounds from the vocal cords to the mouth, and air from the nose to the lungs. **It is a muscular tube that starts behind the nose and stretches about five inches down through the neck to the esophagus -- the tube that carries food to the stomach. The mouth and lower down, the larynx, open into the front of the pharynx.**
    - Resonance is the creation of [OVERTONES](#).
      - All instruments need a resonating chamber. The voice begins its resonance here.
    - While we may think that it is a large tube, we know it's best not to swallow a penny.
    - Contractions in the [ABDOMINAL WALL](#) lead to contraction in the pharynx and larynx. Closing off the resonator reduces overtones.
  - Care of the pharynx and larynx.
    - Water, water and some more water.
    - No cough drops, throat sprays, etc.
    - H<sub>2</sub>O
    - Tea doesn't hurt, but it doesn't help, either.
    - Agua does help, however.
    - No coughing.
    - Have I offered you some water?

## Nasality

- Connected to the larynx is the [MOUTH](#) & [NASAL CAVITY](#) These are the last step in resonating vocal sound.
  - If you sound “nasal”, it’s because you’re not using your [NOSE](#)
- Exercise: Hum a melody you know well and pinch your nose while you hum. If the sound stops, you’re using your nasal cavity.
- The Straight Scoop on Vibrato
  - Vibrato produces a [SOOTHING](#) warm sound to a single note.
  - It’s the result of all of the above working together.
  - Good vibrato doesn’t draw attention to itself.
  - Exercise: Bend over at the waist (place your hands just above your knees to support yourself) and sing a well known song using the vowel “eh” or “ah”. Begin the singing by taking a breath over 4 counts. Keep the abdominal wall extended during the entire phrase (exhale). After singing a few lines, slowly stand up while continuing to sing. Vibrato will make itself evident when the abdominal wall muscles and diaphragm come into equilibrium...which in turn relaxes the pharynx and fully opens the larynx.
- The Leg Bone’s Connected to the Jaw Bone, The Jaw Bone’s Connected to the Vocal Bone...
  - All vowels in singing have the same basic [MOUTH SHAPE](#)
    - Eh...what did you mean by that.
    - Smiling while you sing allows the sound to be [PROJECTED](#)
  - Exercise: Sing through vowels on a single pitch using “h” to end each syllable.
- **The two most important elements of producing good vocal tone are:**
  - [HYDRATION](#)
  - [RELAXATION](#)

## CHART READING

## EAR TRAINING