

Vocal Warm Ups and Exercises

The Orsino Singers

Begin with some breathing
 Feel the expansion, shoulders low and relaxed
 Use sss, shh, fff sounds and feel the muscles working

Variations: bbbrrr (lip trill)
 rrrrrr (tongue trill)
 nngg (open mouthed hum)

- 1 Relaxed shoulders
- 2 Springy knees
- 3 Breathe in in good time
- 4 Inflate all around stomach, keep shoulders relaxed

Sing with lips closed and puffy cheeks - only a little air should escape
 SLIDE up and down (glissando)
 Feel the soft lower part of your stomach drawing up and in as air flows
 Yawny stretch at the back of the mouth increases as the pitch rises

Treat each phrase as a single gesture, not a series of disconnected notes
 Positive sound, but nice and gentle - don't explode onto 'AH'
 Use all five vowels: A (as in CAR), O (as in HOT), E (as in FAIR), I (as in MEET), U (as in COOL)

Maximise space inside the mouth - gasp with surprise, feel the soft palate rise
 Tongue resting flat and relaxed behind back teeth
 Smooth between notes - imagine sliding as in the first exercise
 Think downwards and stay grounded on the middle note of each group (gesture/bob downwards)
 No 'do a deer' vowels - lots of space and depth in the mouth

Four groups to A
 Four groups to O
 Continue on UH if comfortable
 (repeat with A, E, I)

