

# Vocal Warm Ups and Exercises (Part 2)

## The Orsino Singers

Begin with some breathing and/or some of the first sheet of warm ups  
 Feel the expansion, shoulders low and relaxed  
 Use sss, shh, fff sounds and feel the muscles working

Any exercise to aah should also be practised on all five vowels:  
 A (as in CAR), O (as in HOT), E (as in FAIR),  
 I (as in MEET), U (as in COOL)

- 1 Relaxed shoulders, springy knees
- 2 Breathe in good time
- 3 Smooth, long lines

Sing very long phrases - all seven notes should be one gesture  
 Don't stop on the final minim - keep moving forwards  
 Hold the minim for two full beats, breathe rhythmically on beat 3 then start the next phrase  
 Spinning plate/ironing gestures may help phrasing

Each phrase is still a single gesture  
 Slide between the first two notes - each note should be connected to the next  
 Bob or gesture downwards between the first note and the second  
 Keep singing through the final minim so the phrase lands fully

Variation:  
 S,T sing upper part,  
 A,B sing lower part

Follow all advice for third exercise on sheet 1 (space inside mouth, tongue resting flat etc)  
 Slide between the first two notes, keeping them super connected to each other  
 Bob/gesture downwards on the rising octave as usual

Pay attention to the first quaver in the second bar of each phrase  
 All quavers should be very rhythmic  
 Once you are confident you're singing in time you can omit the clap,  
 but **feel** the missing beat

Tonguetwisters!

Repeat with different words at the same or different pitches

Take a **good** breath (keeping shoulders low and relaxed, inflating around your middle)



- \* Popocatépetl
  - \* Red leather/yellow leather
  - \* I wish to wear/my Irish wristwatch
  - \* [your favourite here]
- Sing either the whole phrase on each note or for longer phrases break into two halves

As well as getting yourself moving and warming up your tongue and jaw, tuning is a real challenge on tongue twisters. As you remain on each note for some time keep an ear out for whether the note is drifting. Most people will tend to go flat, so keep it up! It can be enlightening to work out where you go out of tune (for many people the semitones C-B and F-E will be danger moments). You might like to check yourself against a piano or record yourself, then work on the problem areas

A, E, O are the five Italian vowels (reminder on page 1)

Repeat, going up a semitone each time

