

VOCAL WARM UP



- 1 Breathe right out _wait for the need to breathe in _then feel the breath drawn into the base of the lungs _comfortably deep only. Let it out smoothly. Twice more. Think of energy coming in with breath.
- 2 Breathe and convert it into a steady hum.
- 3 Let the breath bring the vibration of the hum into the mouth.
- 4 Next breath hum more firmly and open to Ahhhhhhhhhhhhh.
- 5 Say NG and move the voice up and down the scale like a siren.
- 6 Say NG and open out the sound to Ah
- 7 Use the vocal scale OO OH AW AH AY EE. Place various consonants before it and after it.
 - i. i.e. Toon Tohn Tawn Tahn Tayn Teen
 - ii. Chooz Chohz Chawz Chahz Chayz Cheez etc.
- 8 To help projection hold the diaphragm and roll the R _RRRRRRR or say ZZZ then HOE HOE HOE feeling the power from the muscle.
- 9 Bounce the lips on B B B Bah, B B B Bah P P P Pah, P P P Pah
- 10 Say quickly Liver Liver Liver Lill Lill Lill 5 times.