



# EMERALD

CHORAL ACADEMY

## Vehicular Warm-Ups: Making the Most of the “Choral Commute”

Ryan Bede, M.M. - Baritone  
Voice Faculty - Belmont University & Lipscomb University

Friday, March 31, 2023  
7:00pm PST

### Six Essential Warm-Up Components

1. Focus (the brain)
  - Prior to departure - release distractions
  - Visualization/concentration
  - Reflection on last rehearsal/practice session
  - Listening (suggest recorded practice)
  
2. Posture/alignment (the body)
  - Foundation of good tone and artistry
  - Improper alignment can cause:
    - intonation problems
    - “flat” timbre of tone
    - breath issues
  - Release head forward (nose-head/chin-head)
  - Twist/stretch torso
  - Liberate each joint
  - ALLOW/RELEASE
  - “Rule #76”
  
3. Breath (the generator/power source)
  - 4-step cycle
  - Don’t “look thin”
  - Puppy pant

- 2x4, 2x6, 2x8
  - Garcia exercise
  - Air through both the nose and mouth=
  - Efficient release
4. Vocal Folds (phonation/origin of sound)
- Relaxed, natural function
  - Perceived “ideal” = tension?
  - Equilibrium in the larynx
  - Move from hypo- to full function
  - Neutrally low
  - Lip trill/tongue trill/“raspberry”
  - Hum [n] [m] [ŋ]
  - Balanced onset
5. Registration, resonance and articulation (“ROS”)
- Unified sound = balance of heavy & light mechanism
  - Registration differences (modes vs. head/chest, full/falsetto, what is mix?)
  - Work “middle-down” to start
  - Siren/train whistle/sighs = register connection
  - Space between molars vs. frontal space
  - Sing both “extremes”, find the middle ground
  - “Low is high, high is low”
  - [k] [g] [t] [d] [p] [b]
  - Tongue/jaw stretches
6. Artistry and expression (“finish the hat”)
- *Messa di voce*
  - “Every note begins with a moment of *piano*”
  - Recorded text, speak expressively, visualization

### **Suggested vocal exercises**

*Peer Gynt* [m]

5-3-4-2-3-1-2-lower 7-1-5-1

‘guh’ 1-3-5-8-5-3-1

[dju] 1-3-5-8-7-8-8-5-3-1

[wi-o] 5-3-4-2-3-1-2-lower 7-1

“Bella signora”

‘Meow meow meow’

[i] 54321 [e] 5654321 [a] 567654321

[si - se - sa]

### **The “tool kit”**

- straw (varying material/length/diameter)
- water bottle
- gauze pad (2x2 or 3x3)
- hard candy
- pencil

### **“Cool your jets”: The Return Trip**

1. Straw phonation
  - a. Pitch glides (ascending/descending)
  - b. “Motorboat”
  - c. Hum 1-3-1
  - d. [m-i-m-e-m-a-m-o-m-u]
  - e. Gentle vocal fry
  - f. Floaty [u] five-note descending

### **Suggested resources**

Voice Science Works - LOTS of wonderful tools

[www.voicescienceworks.org](http://www.voicescienceworks.org)

Vehicular vocalizing to start your day (Dr. Kari Ragan) - NW Voice Conference 2020

<https://www.youtube.com/watch?v=Liw8ZpBbiYI>

Ragan, Kari and Mara Kapsner-Smith. “Vehicular Vocalizing to Start Your Day”. *Journal Of Singing* 76, No.2 (November/December 2019): 165-170