

Exercise 1 Warming Up

* [1]

Va va va va vi vi vi vi va va va va va va va va va va vi vi vi vi va

5 A E A D C#m Bm7 E7

va va va va vi vi vi vi va va va va vi vi vi vi va va va va

9 Bb F Eb Bb Cm Gm F7

Va va va va vi vi vi vi va va va va va va va va va va vi vi vi vi va

13 Bb F Bb Eb Dm Cm7 F7

Va va va va vi vi vi vi va va va va vi vi vi vi va va va va va

17 B F# E B C#m G#m F#7

Va va va va vi vi vi vi va va va va va va va va va va vi vi vi vi va

Exercise 1

This is a simple warm-up exercise in a semiquaver pattern, designed to get the voice moving. We are not aiming to make a lot of sound here, just to sing lightly and rhythmically, well within ourselves. We are lubricating the voice and getting the bellows going. The vowels we use here, are 'aah' as in 'part', and 'i' as in

'bit'. I like to use the consonant 'v' in front of the vowel – 'vaah' and 'vi' – because that helps to keep the tongue flat, with the tip just behind the lower front teeth. Do not overemphasize the consonant, and keep your mouth comfortably relaxed, neither too tense, nor too slack. Feel the different shape of the vowels in the mouth.

Exercise 2

This is a slow, downy exercise, changing the vowel to 'aah' on each note, with a forward lip-shape, though you were between them, and 'aah', keeping your tongue flat. Vowels because the extremes of lip movement, very closed, and 'aah'. Breathe after every note, your stomach muscles, you sing through

* These numbers refer to tracks on the CD

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The musical score for Exercise 1 is written in 2/4 time and consists of five systems of music. Each system features a semiquaver pattern on a single staff. The chords and lyrics for each system are as follows:

- System 1 (Measures 1-4):** Key signature: A major. Chords: A, E, D, A, Bm, F#m, E7, A. Lyrics: Va va va va vi vi vi vi va va va va va va va va vi vi vi vi va va va va va va.
- System 2 (Measures 5-8):** Key signature: A major. Chords: A, E, A, D, C#m, Bm7, E7, A. Lyrics: va va va va vi vi vi vi va va va va vi vi vi vi va va va va vi vi vi vi va va va va va va.
- System 3 (Measures 9-12):** Key signature: Bb major. Chords: Bb, F, Eb, Bb, Cm, Gm, F7, Bb. Lyrics: Va va va va vi vi vi vi va va va va va va va va vi vi vi vi va va va va va va.
- System 4 (Measures 13-16):** Key signature: Bb major. Chords: Bb, F, Bb, Eb, Dm, Cm7, F7, Bb. Lyrics: va va va va vi vi vi vi va va va va vi vi vi vi va va va va vi vi vi vi va va va va va va.
- System 5 (Measures 17-20):** Key signature: B major. Chords: B, F#, E, B, C#m, G#m, F#7, B. Lyrics: Va va va va vi vi vi vi va va va va va va va va vi vi vi vi va va va va va va.

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Exercise 2

This is a slow, downward scale, changing the vowel sound from 'oo' to 'aah' on each note. Make a forward lip-shape for 'oo', almost as though you were holding a straw between them, and then open to 'aah', keeping your lips forward and your tongue flat. We use these vowels because they are at opposite extremes of lip movement – 'oo' very closed, and 'aah' wide open. Breathe after every other note. Pull your stomach muscles slowly in, as you sing through 'oo' to 'aah.'

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