



TECHNIQUE CHECKLIST

ALIGNMENT

Your body is stacked but not rigid (hips, ribs, chest and neck). Check that your chest is lifted and neck long but relaxed.

INHALE

Inhale through the mouth without gasping. The lower ribcage and belly should expand softly. Check that you're not raising the shoulders and expanding high into the chest or forcing the ribs out.

BREATH MANAGEMENT/SUPPORT

Please include breath control/support exercises in your warm up, this will help your body remember this for your song. You can refer back to the same exercises to check that you have the necessary support for the note/phrase you're tackling.

Working with the straw or balancing the airflow and pressure with VV/ZZ with relaxed lips is a great go to. Make sure the belly is moving flexibly but the ribcage isn't collapsing downwards.

SOFT PALATE

The general rule is that we want the soft palate lifted. This only changes if we're needing to modify the vowel higher in our mixed voice.

You can inhale on a little Kuh (feels like a small gasp) to feel the air hit your soft palate and notice the lift. Make sure you're not over-lifting (it'll feel stretchy towards the back of the roof of your mouth).

JAW & LIPS

How you use the jaw and lips can depend on what tone colour you're after but if you're experiencing strain I'd start by releasing the jaw downwards and relaxing the lips. This can feel particularly odd for EE (and obviously OO needs the lips to move inwards). Just watch out for tension in both the lips and the jaw and any tendency to move out of alignment (jaw jutting forward or pulling inwards).

TONGUE

Is the tip of your tongue resting behind your bottom front teeth unless it's being used to articulate? If not, remind him where he belongs.

We can often use the tongue to force the sound out (especially on higher notes) so keep him heavy and loose as an exercise if you feel he's "helping".

and this is important too...

What is your INTENTION for your voice?

You'll need to know what the end result is that you're after in order for your brain to instruct your body what to do.

Do you want a powerful strong chest dominant mix or do you want a softer breathier sound? They require a very different energy from the body, so make sure you know what you want.