

Singing for Performance

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Hello! Hope you're feeling well.

So I'd like us to continue focusing on vocal technique and developing your agility.

Just to go over what agility is again, vocal agility is how easily you are able to sing between notes. Good agility means running up and down the scale between registers and intervals, with no tension or strain.

Similar to how a trained athlete might be able to do 100 press ups without much effort, trained singers are able to sing from the bottom to the top of the scale and anything in between with little effort. This is all rooted in breath control. Yes! I'm always going on about this! But it really is the key to proper technique.

Deep breath then pull your tummy in when hitting those high notes.

Have a go at singing your highest note beginning with a deep breath in, now let the note out as you pull in your tummy.

Let's study the song **Chandelier** by **Sia** (oh yes, it's every singer's favourite!)

Chorus:

I'm gonna swing from the chandelier. (*Inhale*)

From the Chandelier. (*Tummy in*)

I'm gonna live, like tomorrow doesn't exist.

Like it doesn't exist.

(*Inhale*)

I'm gonna fly like a bird through the night, feel my tears as they dry

(*Inhale*)

I'm gonna swing from the chandelier, from the chandelier.

Focus on really controlling that breath in as you approach those high notes.

Stomach **out** when you inhale (before you sing) and stomach **in** when you reach that high note at the top. It's as simple as that.

I chose this song because it is *very* high and difficult. You're exercising all of your diaphragm technique in order to achieve perfect agility and correct pitch.

Try to breathe naturally whilst singing and don't overthink it too much. As long as your breath is coming from your core and never your chest or your throat, your technique should improve.

Your ability to breathe correctly is fundamental to singing, within that, there is more to explore.

Jaw and tongue placement, understanding your vocal range and understanding the difference between your registers. Chest voice, mixed voice and head voice (falsetto).

These are all things that we will explore over time but for now, practice using your diaphragm correctly whilst singing, until it feels effortless.