

Practice Routine 9

This text lesson outlines your ninth series of lessons and practice routine.

Use this as the reference guide for your next steps and your daily practice. You can print it out as well as save it to your “favorites” on your student page for easy reference.

Working with Style

Congratulations for reaching this point in the curriculum!

Your Practice Routine: This is the stage where you will not only be working with the vocal exercises of Working With Style BUT you can pick and choose any of the earlier vocal exercises or vocal exercise routines WHILE you work with the ones found here. Below you will find Routines 9A and 9B.

My different “families” of vocal exercises have a continuously progressive effect. When, after achieving certain levels of development you return to earlier vocal exercises, they offer you whole new stages of growth.

So, feel free to mix it up. You can work for a while only with the three sections here:

Vibrato & Straight Tone - Sustain, Crescendo & Decrescendo - Power & Belt, and then mix and match with any earlier section of vocal exercises, or alternate right away.

By sending me some VEs of yourself doing exercises from Working With Style I can help you make these decisions, but you can try out different practice plans for yourself as well.

How Long to Practice: This is really up to you now. As mentioned, your voice will continue to improve the more you continue to work with the various exercises and the more you move “back and forth” with the different vocal exercise routines in my entire curriculum and then work on application within your songs. How much can you improve? The door is open for discovery. Usually a person’s potential is far more than they ever thought it to be.

Working with Style



Watch: Musical Style Versus Singer Style (2 parts)

Watch: Studying Other Singers

Watch: Basics: Pronunciation and Vowels

Watch: Working with Shadow Vowels

Watch: Singing the Blues

The Rib Cage Exercises: At this point, I'm hoping you are ready to end your practicing of the Rib Cage Exercises 2 and 3 completely. If and when this is the case, practice 4 sets (4 repetitions per set) of Rib Cage Exercise 4 for about 3 weeks and then you're done with all rib cage exercises unless you feel the desire to do any of them. Maintenance of the muscles will occur through application only at this stage.

New Practice Routine 9A

Practice this Routine for approximately 7-10 days.

1

Practice: Rib Cage Exercise 4 – 4 sets (4 repetitions per set)

2

Practice: Vibrato & Straight Tone – all 5 exercises

3

Watch: Your Practice Routine, When to Move On

New Practice Routine 9B

Sustain, Crescendo & Decrescendo – Power & Belt

Practice this Routine for about 5 to 10 days.

Once you become familiar with the new exercises below, begin mixing up your vocal exercise routine with ones from earlier sections of the curriculum.

1 Practice: Rib Cage Exercise 4 – 4 sets (4 repetitions per set)

2 Practice: Sustain, Crescendo & Decrescendo – 3 exercises

3 Watch: The Secret to Power & Belt

4 Practice: Power & Belt – 1 exercise

5 Watch: Your Practice Routine, When to Move On

WHEN TO MOVE ON TO PRACTICE ROUTINE 10: You can move on to Practice Routine 10 found in the section: “Singing Embellishments,” when:

- ✓ You have practiced the 2 routines of Routine 9
- ✓ Your rib cage expansion technique applied to the exercises is stable
- ✓ Your stomach is relaxed and not held tense nor is it pushing in as you sing
- ✓ You are not pulling up or pushing down for pitch
- ✓ Moving around your range feels free
- ✓ You notice your voice is more resonant and strong without throat muscle tension
- ✓ You are able to use volume without tension in tongue, neck or throat