

Practice Routine 1

This text lesson outlines your first lessons and practice routine.

I encourage you to refer to this and use it to guide you in your daily practice. You can print it out as well as save it to your “favorites” on your student page for easy reference.

As these are your first Practice Routine directions, I’ve included many extra aspects of information, tips and directions.

Please be sure to read everything here – it will help to answer various questions you may have at this point, including some important information about using the Video Exchange (VE) Feature of the school.

Vocal Warm-Ups & Cool-Downs

HOW LONG TO PRACTICE ROUTINE 1: Minimum time – one week.

If you want to take longer with this routine, that’s fine. Even though these are warm-ups, for now, think of them as your first vocal exercises. They will help your voice right away and assist you in discovering and releasing certain muscle tensions and bad habits (if you have them).

You will feel the improvement in your voice after your first time through this routine. You will feel even more difference in your voice with each successive day of practice. Please be sure to sing at least one song after this warm-up routine.

PRACTICE TIME: As long as you wish and have available time each day. You can repeat any that you’re still learning or feel you wish to do for a longer period of time. If you can, do the entire routine daily. For best results: Usually a vocal routine of a minimum of 20-minutes, done as close to daily as possible, will show the best results in your voice.

Remember: The voice responds best to a regular exercise routine.

Vocal muscles are like any others. They prefer regular exercise. It would be better to exercise your voice even for just 15 minutes or close to that every day, than to do one hour every few days.

1 **Your First Step:** If you have not yet done so, please start off by watching each of the video lessons found in the first section called: **“Getting Started.”**

2 **The Vocal Warm-Ups:** My vocal warm-ups are your first exercises. They will help to awaken your voice and make singing songs easier and better. They help develop specific vocal muscles and resonance areas that in turn enhance your vocal tone and improve your ease of singing. Later, they’ll act as your pre-rehearsal, pre-performance vocal warm-ups (use them for that purpose now if you’re already rehearsing and performing).

- In the section: “Vocal Warm-Ups & Cool-Downs,” watch the video lessons starting from the first one.

As you move forward with each exercise video, work with me to become familiar with each. These exercises are simple, but require repetition to learn and do correctly. As you continue to improve your approach with each from day to day and the more you practice them, the better the result.

- Work with each warm-up sequentially in the order you find them in.
- Use the information videos to learn each and then practice with my coaching videos. To receive the most benefit, keep referring to the video lessons on how to do each until you are sure you have fully learned them.
- NOTE: These warm-up exercises can be done standing or seated.

3 **Singing Songs: As much time as you wish.**

After you do these warm-ups, please be sure to sing a song. To test the results of the warm-ups, you can also sing a song (or part of one) before the warm-up exercises and then again afterwards.

It is up to you how much time you want to spend working on songs. If you feel you are not yet up to working on songs, this can wait until some later point in your development. However, I always encourage singing songs for the joy of it.

As you work with the various warm-ups and vocal exercises in my school, you’ll feel the difference in your singing voice. Additional to any other reason you may have for

working on songs, singing songs as you progress with my exercise video lessons is your way to determine any improvements.

If you don't yet know a lot of songs, start off finding a simple song that you like. And if you don't know the words, find them on the Internet (you can do a search for the lyrics by typing "lyrics" and the name of the song into your Internet Browser).

Need accompaniment for your songs?

If you are singing a song previously recorded by someone else (called a "cover tune"), YouTube has a very large Karaoke library if you need instrumental accompaniment. Just go to www.YouTube.com. Once there, type in "(name of the song) Karaoke." Hopefully they have what you're looking for. And a great source of downloadable accompaniments that are excellent quality and very inexpensive (plus you can preview the track prior to purchase) is: www.Karaoke_version.com

When to Move On

Once you have practiced this routine over several days to a week, have learned how and can do each of the warm-ups with personally noticeable vocal improvement, move on to Routine 2 (found at the beginning of the "Quick Fix Exercises" section). You can always choose to do some or all of them to begin any of your next vocal practice routines.

When ready, move on to Practice Routine 2.

Additional Information: How Long Should You Warm-Up?

Your vocal needs can change from day to day based upon how much sleep you've had, the quality of your nutrition (or lack of), how well your body is hydrated and other factors.

When using these exercises as a pre-rehearsal warm-up, the better you can do each warm-up exercise and notice how your voice responds to each, you can create your own warm-up routine. The result you're looking for should be obvious to you: Your voice will be responsive, limber and ready to use in singing songs.

Warm-ups should also be done prior to any singing of songs; prior to rehearsals and performances.

VIDEO EXCHANGE INSTRUCTIONS

You can send me a video exchange (VE) of any warm-up you wish to receive help with. First, please make sure you've referred to my coaching videos as well as the other video exchanges I've had with other students so that you can use the tips I provide them as well.

Also, practice each enough to give yourself a chance to learn it. This is a step-by-step development and I don't expect anyone to "get it" from the first time of practice.

"La-Ga Series #1:" The main warm-up exercise VE I usually like to see from anyone at this point is the "La-Ga Series 1." This exercise is a doorway to many important fundamentals of vocal development. When you video yourself doing this exercise, use the video accompaniment. Go through each syllable combination for about 6 keys and then switch to the next combination of syllables. In this way, you'll show me all of the different syllable combinations within about 3 minutes.

I'm looking for how well you have understood and can apply the directions of the exercise as well as how limber and relaxed you have gotten your tongue. This takes some practice and referring to the directions (and my coaching of other student VEs) before you send me a VE, unless you're really stuck and need faster feedback from me.

HOW TO DO ANY VIDEO EXCHANGE (VE)

- 1) Say your name.
- 2) Let me know what you've been practicing, and for how many days/weeks you've been practicing that series of exercises.
- 3) Let me know if you have any questions; notice any improvements, have any particular difficulties with what you've been practicing
- 4) If this is a VE of an exercise: Use the video piano accompaniment (when there is one) and show me about 2 minutes of the exercise.
- 5) If this is a VE of a song: Usually I just need a verse and chorus of the song – unless there is some reason to show me the entire song.
- 6) NOTE: Normally, please send only up to 2 VEs per week. To best help you, in my VE response, I will give you suggestions on what next to practice and include in your next VE submissions. Customarily I film my VE responses every 7 to 9 days depending on my touring, teaching and recording studio schedule.