

VOCAL WARM-UP for NRC

by Jan Smith Studios

WARM-UP NOTES:

- Should be done 20-30 minutes prior to singing
- Should be done for a total of 15 minutes *minimum* to truly warm you up
- Are about control and feel, not sound and volume
- Don't push, *these should NOT be loud!* Focus on how things *feel* rather than how they sound. If your face is scrunching, you're probably straining. Work your way up gradually.

1. Aerobic Activity // 1 - 2 Minutes

- Singing is very physical and your vocal cords are part of your body! You want to get your blood and oxygen flowing to the necessary areas. So get moving.
- Do jumping jacks, running in place or something similar.

2. Hiss // 1 Minute

- Take a deep, diaphragmatic breath in through your nose. You can place a hand on your tummy to make sure it doesn't collapse on exhale, but your chest does.
- Release a soft, hissing sound like a snake (ssss) until you run out of breath. Repeat.

3. Buzz // 1 - 2 Minutes

- Take a deep breath in through your nostrils and release a buzzing sound (zzz- like an insect or dental drill)
- Gently and gradually spiral upwards into your falsetto/head voice, remembering to come back down. Buzz around for a couple of minutes.

4. Motorboat** // 3 Minutes

- Take a deep breath in through your nostrils release a lip trill/motorboat sound.
- Gently and gradually spiral up into your falsetto/head voice, occasionally coming down.
- 'Sing' anything you want - scales, parts of songs, sing along with your favorite artists, etc.

****This particular exercise can be done on its own, at any time, for healthy vocal conditioning.**

5. Siren // 1 Minute

- With a closed mouth hum sound, start on the lowest note you can hit *comfortably*.
- Slowly slide upward from bottom of your range to the top and back down in a bell-shaped curve formation.

6. Car Crank // 1 - 2 Minutes

- With a closed mouth hum sound, just like the Siren, slide seamlessly from bottom of your range to the very top, and then back down again, but *quickly!*
- The goal is to go all the way from the bottom to the top of your range and back down again as quickly as you can, traveling the whole distance. Don't get stuck in the middle.

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7. Chant 🇪🇬 // 1 Minute

- With an open mouth ahh sound, choose a note that's comfortable in your range. Sing a straight-line note, do a small little rivet or slight jump (½ step or less), and then sing the same straight-line note again. Choose another note and start again.
- Referenced as a middle eastern chant, or a "tiny Tarzan yodel", just tighter and more specific, not spanning as much interval space. This exercise increases our vocal control.

8. Hum 🎵 // 5 - 7 Minutes

- Hum *always only* in your head voice/falsetto.
- Hum anything that will be moving you upward in pitch, remembering to come back down lower from time to time.

9. Vowels 📖 // 5 - 7 Minutes

- Round your mouth like there's an egg in it, making a vowel sound. Gently and gradually slide or spiral upward in pitch, coming back down from time-to-time.
- Spend time on each vowel sound - AHH, EHH, EEE, OHH, OOO.

🧊 COOL-DOWN NOTES:

- Should be done immediately after singing or performing for best vocal health

1. Vowels 📖 // 5 - 7 Minutes

- Whenever possible, start back here where you left off - AHH, EHH, EEE, OHH, OOO.
- *This time* starting at the highest point in your voice or range and gradually spiraling or sliding downward or descending in pitch each time.

2. Descending Hum 🎵 // 10 Minutes

- Start humming high in your head voice/falsetto, moving gradually downward in pitch.
- IF you can't do the vowel part of the cool down, do this humming piece twice as long.

3. Backward Sigh 🧠 // 3 Minutes

- Take a deep diaphragmatic breath in through your nose then release a gentle sigh on a closed mouth hum

4. Deep Breaths 🧠 // 1 Minute

- Take a deep, full diaphragmatic breath in through your nostrils
- Exhale fully through your mouth