

Basic Singing Technique

Body Posture...

The voice, is a beautiful and powerful expression of the human soul, engages the whole body. In order to have a WELL-SUPPORTED voice, you must stand up straight, with your shoulders relaxed, but back. Your chest should feel "high, but not rigid. Your back, head, and neck are straight, and your bottom is tucked slightly under you. Your feet are parallel and about shoulder-width apart. The basic attitude of your stance says, "I am here to sing, and you will pay attention to me."

A Relaxed Throat...

Believe it or not, singing does not begin in your throat; it begins down around your stomach area (see "exhalation" below). In order for sound to be produced correctly, you must concentrate on leaving your throat relaxed. You should never feel like the sound is beginning and remaining in your throat, and you should not feel tension in your vocal cords.

Support...

Down around your stomach area is a muscle called a diaphragm. It sits right under your ribs. When breathing in (called "inhalation"), this muscle moves down and your belly comes out. When singing out (exhalation), concentrate on keeping that muscle down as long as possible firming that abdominal muscle out. This is what creates a well-supported voice. It may take a while to get used to, but you'll get it. After a while, you will then learn to split your belly in half – allowing the top part to poof and push out while the bottom portion pulls in.

Focus...

Sing through your eyes and nose. When you are using your voice well, you will be able to feel vibrations in and around your nose, eyes, forehead, and your hard palate. These areas, as a group, are referred to as "resonance chambers." They help to shape the sound that you make. Also helpful in shaping the sound is your soft palate (the mushy part of the roof of your mouth that starts between your furthest teeth). Most of the time you want it raised up. There are many more body parts involved in resonance, but those are the basics.

Be Patient...

This all takes a while. Singing technique is, really, a life-long process that takes years to perfect. So, work hard at improving yourself, but be patient with yourself, too.

