

VOCAL PEDAGOGY

FOR THE CHORAL

REHEARSAL

PED.A.GO.GY

THE METHOD AND PRACTICE OF
TEACHING, ESPECIALLY AS AN ACADEMIC
SUBJECT OR THEORETICAL CONCEPT.

ALIGNMENT

**FIND AND FEEL BALANCE IN THESE
FIVE POINTS: FEET, KNEES, HIP,
CHEST/SHOULDERS HEAD**

“CHEST 3 / 4 HIGH”

**“TAILBONE TUCKED, POINTING TO
THE EARTH”**

**“BRING THE CHIN TOWARDS THE
LARYNX”**

**JAW, TONGUE,
SOFT PALATE**

“RELEASE THE JAW”

“TIP OF THE TONGUE TOUCHING THE BOTTOM GUMS”

“STROKE THE BEARD” AND SAY “BLAH BLAH ETC.”

SING PHRASES ON “YA YA YA” TO FEEL THE SENSATION OF YAWNING TO FEEL TO THE SOFT PALATE LIFT

CLOSE NOSTRILS AND SING TO FEEL SOFT PALATE LIFT

BREATHING

**WITH CHEST 3 / 4 HIGH, PLACE
THUMB ON BELLY BUTTON, PANT
WITH TONGUE OUT OF THE MOUTH.
FEEL THE NATURAL BREATHING
MECHANISM LOW IN THE BODY**

**BODY MAPS THE DIAPHRAGM.
INHALE, RIBS TRAVEL OUT,
DIAPHRAGM FLATTENS. EXHALE,
RIBS TRAVEL IN, DIAPHRAGM
RAISES.**

**GOAL: TRAIN THE RIBS TO FLOAT
AND ALLOW TO FULL BREATHE WITH
SIMPLY THE RELEASE OF THE BELLY.**

**SITTING IN A CHAIR, FOLD FORWARD
WITH THE ELBOWS ON THE KNEES,
HEAD IS FORWARD. INHALE TO THE
NOSE. FEEL THE PELVIC VISCERA
(STOMACH) EXPANDING ON THE
INHALE AND CONTRACTING ON THE
EXHALE.**

**SKIING EXERCISE, FEEL THE
MOVEMENT ON THE AIR.**

**INHALE, SUSPEND, EXHALE - 4
SECONDS, 4 SECOND, 8 SECONDS.
INCREASE.**

**LIP TRILL. IF THE LIPS DO NOT
TRILL, THERE IS NOT ENOUGH AIR
PASSING THROUGH.**

VOCAL ONSET

**CONNECTS THE INITIATION OF
SOUND FROM THE BELLY TO CLEAN
ONSET WITH THE VOCAL FOLDS.**

**SAY “A-HA” AND “AND
FURTHERMORE” TO FEEL THE
GLOTTAL STROKE.**

**PANT TO FEEL THE INITIATION OF
BREATHE FROM THE BELLY.**

**COMBINE THE TWO: 1) ANY VOWEL,
55-44-22-1 OR 2) 1-3-5-3-1**

**EXPERIMENT WITH THE EXTREMES.
FIND THE MIDDLE, BALANCED ONSET.
ENSURE THE JAW IS RELEASED.**

RESONANCE

MM-NN-NG

MING! DING! DII-AA! (5, 5, 5 4 3 2 1), ENSURE THE RELEASE OF THE JAW, TONGUE FORWARD ON THE “AH” VOWEL.

IMITATE THE RESONANCE OF THE VIOLIN - VIOLA-CELLO-DOUBLE BASS.

VOCAL REGISTERS

VOCAL EXPLORATION: A-HAA! A-HOO! A-HEE!

WOMEN: SILENT EXERCISES. USE THE AIR TO SUPPORT THE SOUND, NOT NECK TENSION.

MEN: START IN FALSETTO, IS INTO THE BREAK. ENSURE THE LARYNX. POSITION IS RELAXED!

INTONATION EXERCISE

**GIVE A C MAJOR CHORD ROOT-BASS,
5TH-TENOR, 3RD-ALTO, 8VE-
SOPRANO. [VI-VE-VA-VO-VU]
(N.Z.M), MOVE UP AND DOWN BY
SEMI-TONE. TRY ALSO MAJOR 7,
DOMINANT 7, HALF-DIMINISHED,
FULLY DIMINISHED.**

**SOLFEGE EXERCISE -DO, DO-RE-DO,
DO-RE-MI-RE-DO ETC, MAKE THEM
UP!**

MENTAL FOCUS

**A SHORT GROUP MEDITATION
FOCUSING THE MIND WITH DEEP
BREATHING.**

**VISIONING EXERCISES, SETTING OF
INTENTION FOR REHEARSAL OR
PERFORMANCE.**

**CREATE GROUP AFFIRMATION: “MY
VOICE IS POWERFUL AND
EXPRESSIVE!”**

