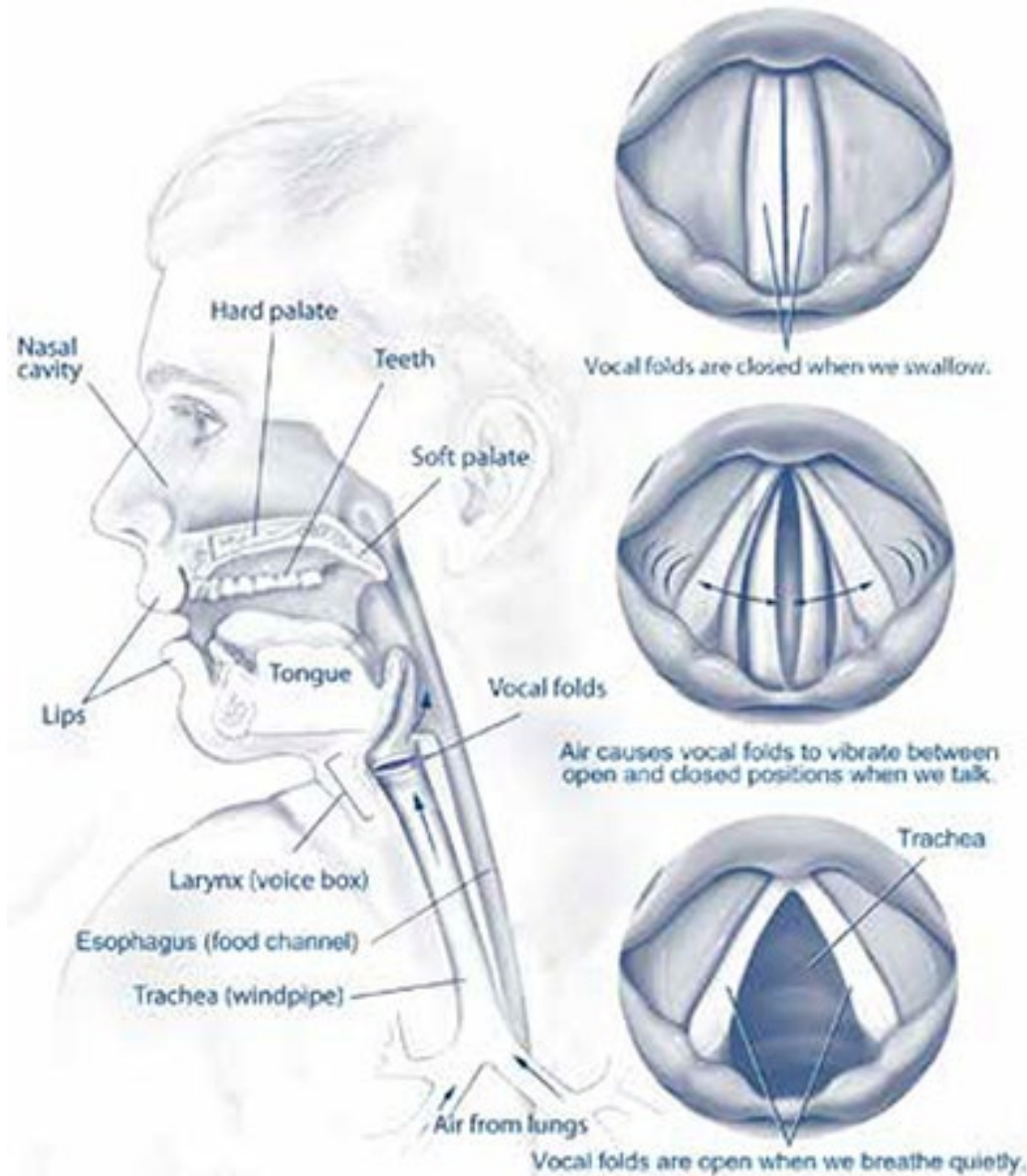


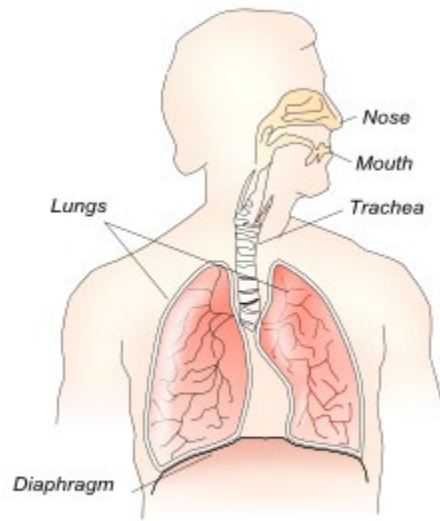
## WHAT IS THE VOICE?

The sound of your voice is produced by vibration of the vocal folds (aka vocal cords), which are two bands of smooth muscle tissue that are positioned opposite each other in the larynx. The larynx is located between the base of the tongue and the top of the trachea, which is the passageway to the lungs (see figure).

When you are not speaking, the vocal folds are open so that you can breathe. When it's time to speak, however, the brain orchestrates a series of events. The vocal folds snap together while air from the lungs blows past, making them vibrate. The vibrations produce sound waves that travel through the throat, nose, and mouth, which act as resonating cavities to modulate the sound. The quality of your voice - its pitch, volume, and tone - is determined by the size and shape of the vocal folds and the resonating cavities. This is why people's voices sound so different.



## THE PHYSICS OF BREATHING



[http://commons.wikimedia.org/wiki/Image:Respiratory\\_system.svg](http://commons.wikimedia.org/wiki/Image:Respiratory_system.svg)

Needless to say, effective breathing technique is essential to good singing. Part of the process of studying voice is developing an acute awareness of the actions involved in breathing and exploring them in depth. A teacher is essential to helping a student gain control and thus confidence and trust in his or her own breath, and to guide him or her toward a greater understanding of the potential that breath carries for him or her as a performer.

The mechanism of breathing can be summarized in this way:

Receiving various signals from the nervous system, the diaphragmatic muscles contract and the diaphragm moves downward. As the diaphragm depresses, it creates a vacuum in the lungs and air rushes in to fill that vacuum. During exhalation, the diaphragm relaxes and rises and lung volume decreases, creating a positive pressure difference, and air rushes out.

The **diaphragm** is a shelf of muscle and tendon that extends across the bottom of the ribcage, dividing the torso in two. Above is the thorax (chest), with the lungs and heart, below is the abdomen. The **lungs** are made of a soft, elastic, spongy tissue. As the ribcage and diaphragm move, the lungs are stretched, drawing air into the lung (inhalation), or the lungs are compressed, pushing the air out (exhalation). Often mistakenly called the diaphragm by singers and by some teachers, the **abdominal muscles** are linked with the breath when they are used to "support the breath" or when they stretch as the belly distends due to the action of the diaphragm.

Sources: <https://www.nidcd.nih.gov/health/taking-care-your-voice> <https://www.singwise.com/articles/anatomy-of-the-voice>

## VOCAL WARM UP VIDEOS

How Not to Strain Your Voice When Singing

<https://youtu.be/pbj6n10hGvo?si=hOKabwKsvR7tvXZC><https://youtu.be/pbj6n10hGvo?si=hOKabwKsvR7tvXZC>

Vocal Straw Exercises [https://youtu.be/eC\\_BFfTzhYE?si=j\\_rCqq\\_umIEIWS\\_W](https://youtu.be/eC_BFfTzhYE?si=j_rCqq_umIEIWS_W)

Lip Trills Warm Up Exercise <https://youtu.be/pbj6n10hGvo?si=QWriy0iYa2MT9d41>

10 Minute Daily Vocal Workout <https://youtu.be/1XHxezdnL0A?si=ImYH-UmOwF9S-lWp>

## SONG PLAYLIST

<https://youtube.com/playlist?list=PLN8UWY30SBNyL-vAUPkCDkXLitkJlPN4L&si=1bzcGO488rUyUfx2>