

Building a Good Foundation: STRETCH ⇌ STAND ⇌ BREATHE ⇌ SING!

CONTENTS

Singing Is A Healthy Thing to Do: Why?	2
Vocal Top 10 for Any Vocal Style	3
Stretch	5
Stand and Breathe	7
Sing	8
Manuscript Paper for Notes of All Sorts	10
Warmup Exercises	
i. Core/Resonance & Vowels	
ii. Agility	
iii. More Agility, Tongue Tamers & Diction Details	
iv. Contemporary	
v. Mix-It-Up	
Diction	11
Your Amazing Inside Instrument	13
Bio-Blurb: Carol Joy Evans	14
Music Reading Fundamentals.....	15
Intro to Musical Signs, Symbols and Directions	17
Whew! Let’s Review: Signs, Symbols and Directions	19
Breaking It Down: Whole→Half→Quarter→Eighth→Sixteenth.....	21
• Anatomy of a Song	
An Overview: One Amazing Instrument – Many Styles.....	22
Good Things for the Voice	23
Bad Things for the Voice	24
My Throat is Killing Me! Dealing with Sore Throats	25
For Your Growing Artistry	26
• Repertoire (“Rep”) List: Songs You Know or In Progress	27
• Basic Character Worksheet: On Stage = In Character	28
• Stagecraft: Some Basics for Moving Onstage	30
• Performance Ops: Sip-n-Sing, Sounds of the Season Soiree, Spring Sing Recital	31