

Rise and Shine

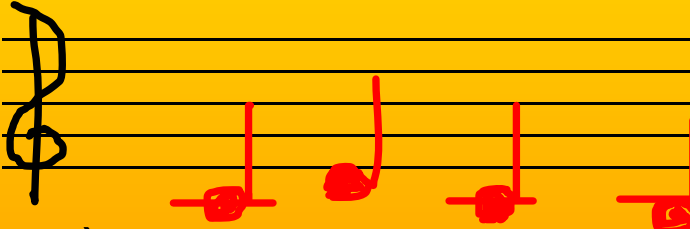
By Laura Pallas

Engage the Body...

Engage the Mind

(Great Singers do BOTH)

It's all about AIR!

- Sh Fh Sss
- Breathe count to 10 (on “ssss”)
- Panting (slow)
- Breathe count to 20 (on “ssss”)
- Panting (med)
- On “zzz”

- Panting (fast)
- “Wind wheel”
- Sh Sh Ha Ha (up by $\frac{1}{2}$ steps)

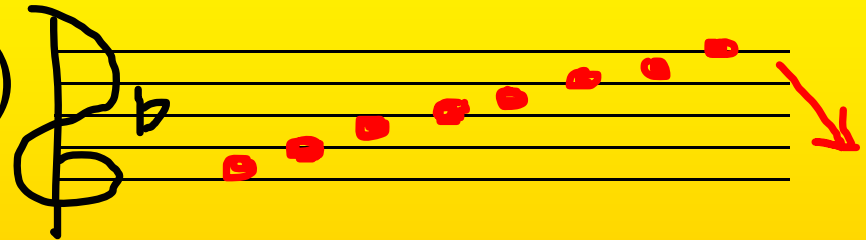
Support

- Hold your breath
 - a) with closed throat
 - b) with an open throat
- Now sustain a note with open throat
- Belly up to the bar
- Casting for air and reeling it in

Let's Flex that Tongue!

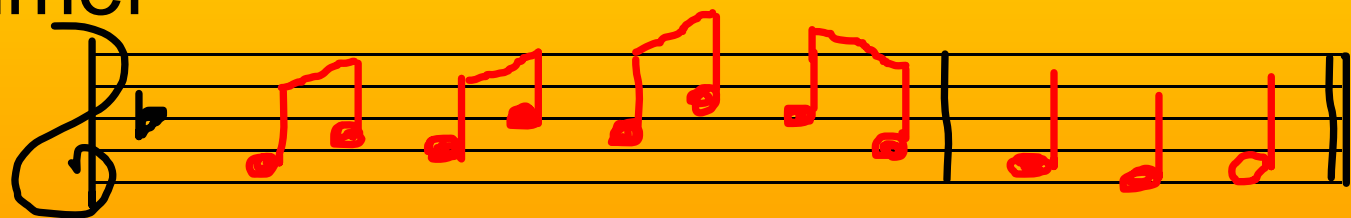
- Stretch on “ae” as in “bad”

- “Ca” (up) “La” (down)



- Diphthongs “AH EE” (up) “EH EE” (down)

- “Swimmer”



See the swimmer swimming in the deep blue sea

Feed the Resonance

- Bung “AH”, Bung “EH”
... “EE”, “OH”, “OO”
- “Moon”
(same vowels as above)
- “I can sing – series”

Musical notation for two exercises. The first exercise, 'Bung AH', shows a treble clef staff with a B-flat key signature and a bass clef staff. The treble staff has a quarter note on G4 labeled 'Bung' and a half note on A4 labeled 'AH'. The bass staff has a quarter note on G3 and a half note on A3. The second exercise, 'AH EH EE OH OO', shows a treble clef staff with a B-flat key signature and a bass clef staff. The treble staff has five quarter notes on G4, F4, E4, D4, and C4, each with a vowel label below it. The bass staff has five quarter notes on G3, F3, E3, D3, and C3, each with a vowel label below it.

Musical notation for the sentence 'I can sing and match my voice with you'. It features a treble clef staff with a B-flat key signature and a bass clef staff. The treble staff contains a sequence of notes corresponding to the lyrics: I (G4), can (A4), sing (B4), and (C5), match (B4), my (A4), voice (G4), with (F4), you (E4). The bass staff contains a sequence of notes: I (G3), can (F3), sing (E3), and (D3), match (C3), my (B2), voice (A2), with (G2), you (F2).

Flexibility

- Trill - 123456565654321

Se saw so

- Waterfall – Nee, Nay, Nah, No, Noo

- Grounding – 1 1 1 3 1

Ya Ya Ya Di Da

- Jump – 1 3 1 5 1 87654321

I Love to Dance and Sing

Unison Singing

Rose, Rose, Rose, Rose, will I ever see
thee wed?

I will marry at thy will, Sire at thy will

4 Part Exercises

- The Un-Named Exercise
 - a) 3 notes unison then tenor up octave
 - b) All down the scale (tenor octave above)
 - c) Peel off (tenor with finish)
 - d) “Moon” exercise
 - e) Bung then into vowel
 - f) “Moon” again
 - g) swap bari and lead
- I can sing and match my voice with you

- Suspensions
- Syncopation

A handwritten musical score in 4/4 time, featuring a treble and bass clef. The melody is written in red ink on a five-line staff. The lyrics are 'Noo noo' in the first measure, 'noo' in the second, 'noo noo' in the third, and 'noo' in the fourth. The score illustrates various musical techniques: a suspension of the second note in the first measure, syncopation in the second measure, and a syncopated eighth note in the third measure. The bass line consists of quarter notes and rests.

Measure	Lyrics	Notes (Treble)	Notes (Bass)
1	Noo noo	G4 (quarter), A4 (quarter), B4 (quarter), A4 (quarter)	G2 (quarter), G2 (quarter)
2	noo	G4 (quarter), A4 (quarter), B4 (quarter), A4 (quarter)	G2 (quarter), G2 (quarter)
3	noo noo	G4 (quarter), A4 (quarter), B4 (quarter), A4 (quarter)	G2 (quarter), G2 (quarter)
4	noo	G4 (quarter), A4 (quarter), B4 (quarter), A4 (quarter)	G2 (quarter), G2 (quarter)