C.S.I. Craft of Singing Intelligently

Problem	Exercise/Cure
Posture	Eyes level with floor (don't lead with chin)
Slouching, leaning at waist	Alexander technique (feet apart, head pulled up by crown
Tension	shoulders back & relaxed, hands at sides
	pelvis titled under
Support / Breath	upper hand breathing (your hand on theirs on their belly)
Runs out of breath quickly	"bubble" or motorcycles to engage mid section
Sound is thin	keep shoulders uninvolved by having them lie on floor
	Think of nose belt or bellows to keep upper body still
	Breathe down the back of the throat
	circle arm (lift ribs as you cross arm in front, exhale on "s" for 20 secs.
	m,m,m, (3x, 3x 7x)
	blow into fist (L. hand on stomach, 4 stoccato, then 4 steady)
Air Flow/Connected Sound	ss -ff-sh, with body motions (no break in sound)
Words/syllable choppy, detached	check posture
Vocal line lacks forward motion/energy	check breathing
Not enough air moving through the voice	think of pushing toy boat away with air stream
Phrase endings drop off	slide pitches on outside of crystal bowl
Words are clear but lack connection	mah, may, me, moh, moo, sing through "m"
Need to use more air	Lean over & pant to engage belly
	Think of sausage with fewer links
	paint wall with breath, never letting breath leave wall
	stretch rubber band through whole phrase
	sing song without consonants
	visualize singing over hill instead of hopping
Clarity/poor diction	Use speech-like delivery
Mushy or overproduced	Speak 3 times, then sing
Sound stays back in the mouth	use frontal consonants & keep air moving through them
In tune but not ringing due to placement	easy hum, start above break, cross over & back
Too much jaw movement/lip tension	relax the jaw, but don't drop it, cradle their face
Tongue pulled back, depressed, or arched	Thoh thah thee thah thoh keep tongue on bottom lip (565 454 343 232 1)
	Sing We Together Round (1.123.1. 2.5.1… etc.)
	ABC's (12312342345 etc.)
	Kah kay kee koh koo

Width/Resonance	Relax the throat
Thin, weak, or brittle sounding voice	sing to your neighbor (2, then4, then 8 etc.)
Strong but piercing sound	3-D singing
Voice has an edge to it	Keep the floor & ceiling in the sound
Voice could stick out of an ensemble	Use your imagination
	Bubble any line, then sing with same air movement & forard placement
	contrast 54321 (any syllable) sing narrow, sind wider, sing to walls
	sing small "a", capital A, then outlined A
	find their best vowel, ask how ti feels & duplicate in other vowels
Lift/Space/Spin	Relaxed, noiseless breath
some under-pitch singing	"Too Low" (8877665544332211)
Not enough space so upper notes sound jammed	Inverted cone of Freedom
Lid on the sound	make sounds in front of teeth
Tuning issues	"I Love to be with you"
Pitch/space spirals down on sustained notes	Tornado
Lazy sounds	Prepare & maintain space
Break in register	Slide pitches down over break, keeping head resonance
	"Gimme a break" (clarity & space)
	"lee lee lee lee lee" (555554321,slide up to 5 & back to 1)
	Sigh to relax throat, siren to open resonators
	"ee" 135 to get ring, warm air behind sound to get connection
Vibrato/Scooping	check for breath support
Scooping at onset, uprepared starts	Breathe above the note
Shakey pitches before ends of phrases	Make smooth movement with body
	land on top of pitch, not hanging on bottom
Voice lacks focus	sing out to finger/ sing to hairline
breathy sound	make aware of various resonance chambers
air escapes without sound	go for "Jerry Lewis" sound
	"ng" to bring sound forward (13.35.58...531-switch to ah on 8)
	Mee-oh,ee oh ee oh ee oh ee (554433221)
	visualize cockatiel raising head feathers as you go lower
	feel resonance in the mask
	"guhg, guhg, guhg"