



# EFFECTIVE WARM- UPS

# What Warm-Ups Are NOT

- Something to do while people start to arrive
- Singing a fun song for the first few minutes of rehearsal
- An opportunity for a volunteer to be in front of the chorus
- Just a few minutes

# The Purpose of Warm-Ups


- The most important part of the rehearsal
- Where your chorus learns skills
  - *Everything we do in warm-ups, we do theoretically so that we DON'T have to address it during song rehearsal*
- PITCH!!!! We will talk about this later

# What are we warming up?

- Singing mechanism
- Bodies (relax)
- Brains
- Performance skills



# WARM-UP PROCESS



START WITH  
SOMETHING QUIET  
AND FOCUSED

# First: Body alignment

- Your body is an instrument – generator, vibrator, resonator
- Proper alignment (ears, shoulders, feet line up, etc)
  - *BUT with relaxation that allows for performance*

# Next: Breathing

- Power the generator
- Low, 4-point breaths
- In 4, out 4, etc.
- In 4, out 4 puffs, then out 4, etc.
- Always performing!!!!



# Next: Breath – supported, simple unison singing

- (We don't sing harmony until we can sing in unison)
- Bubbling, bubbling, bubbling, bubbling, bubbling
  - *Using the air from the generator to produce supported sound*
- Bubble 1-5-1
- In 4, bubble out 4
- Always performing!!!!

# Rehearsing for Pitch

- Singers sing on pitch through:
  - *Mental focus*
  - *Good singing mechanism*
- Singers do NOT sing on pitch through:
  - *Tightening up their bodies*
  - *Pointing up*

# Exercises to work on pitch

- Every note goes up.
- No humming of the given pitch; hear it mentally, as high as possible
- Raise a note a half step over 16 counts
- Half the chorus sings a pedal, half the chorus sings a scale..... Meet a little higher
- Always Performing!!!!

# Next: Breath, moving slowly to open sound – still no vowels!

- Now that breath is established – move around a little more
- Bubble 1-2-3-2-1-7-1 (up by half steps)
- Same thing, on “ng” – encourage space
- Same thing, on “vvv” – encourage forward resonance
- Always performing!!!!!!

# All the while: encourage relaxation

- Tongue relaxation – keep tongue forward
- Jaw relaxation – keep jaw hinges loose
- Throat relaxation – soft palate low
- Guys may check these things... as long as they are:
  - *Always Performing!!!*

# Next: Open up to narrow vowels - still unison

- Transition from bubbling, ng, vv – to “ooh” or “ee”
  - *Narrow vowels are easier to set in the mechanism*
- Try the earlier exercise 1-2-3-2-1-7-1 on one of those vowels now
- Always performing!!!

# Next: Open up to open vowels

- One of the hardest steps..... must preserve the beauty of the narrow vowels
- Ooh-Ee-Aw up by half steps
- Try it in 5ths
- Always performing!!!!

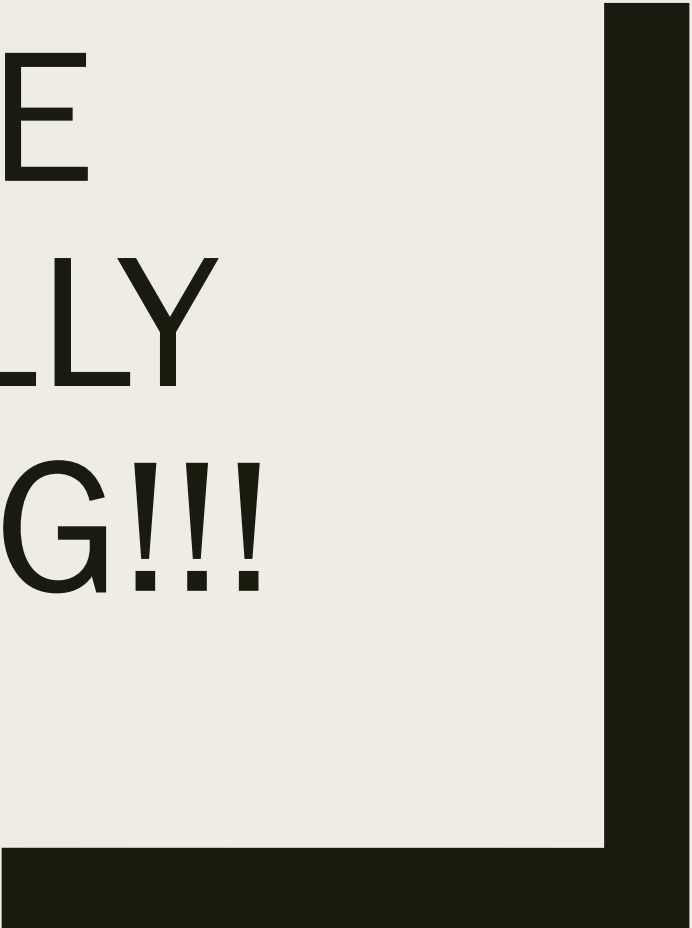

# Next: HARMONY!!!

- Build a chord from the bottom up
  - *Go back as far in the mechanism process as you need to; ooh, ng, bubble, etc.*
- On a chord, exercise with minimal movement, switching between vowels
  - *Start with narrow, then open up, preserving the sound*
- Always performing!!!!



# Next: WORDS!!!

- Once all of the vowels (narrow and open) are set, introduce words
  - *Tag, polecat, etc.*
- Always performing!!!



NOW YOU'RE  
THEORETICALLY  
READY TO SING!!!

- Body Alignment
- Breathing
- Supported unison singing on neutral sound (good time for pitch work)
- Supported unison singing with motion
- Open up to vowels (narrow, then open)
- Harmony on vowels
- Words
- All the time, encouraging relaxation
- ALWAYS PERFORMING!!!!