

SANTA MONICA HIGH SCHOOL THEATRE

Vocal Warmup Exercises - Winter 2006

Annie

1. Physical (Loosens up the body and vocal chamber)

- A. Chopping, either direction. Massaging, either direction.
- B. Stretching and jaw massages.
- C. Breathing Exercises (This will help you sustain long notes!)

2. Establishing Head Tone Placement/Opening Throat

- A. Glissando down from a high note in your **head voice** softly and lightly. This should be done on an "ahh" with sound production remaining high.
- B. 5-4-3-2-1 on
 - 1) Mm-ah, Mm-ah, Mm-ah, Mm-ah, Mm-ah
 - 2) Mm-oh, Mm-oh, Mm-oh, Mm-oh, Mm-oh
 - 3) Mm-oo, Mm-oo, Mm-oo, Mm-oo, Mm-oo
 - 4) Hm-m-m-m-m
 - 5) Nee-ee-ee-ee-ee
 - 6) Nee-ee-ay-ay-ah
- C. 1-3-2-4-3-5-4-2-1 on 1) ah-ah-ah-ah-ah-ah-ah-ah
- D. 5-4-4-3-3-2-2-1-1 on any of the above exercises

3. Vitality and Animation:

(Facial animation, personal communication and expression)

- A. 1-3-5-3-1 on
 - 1) Ya-ha-ha-ha-ha
 - 2) Nee-ay-ah-ah-ah *(Note jaw placement)
- B. 1-3-5-8-5-3-1 on -- same as above

*on both exercises holding the top note is the point of this exercise.

4. Articulation and Diction:

- A. 1-3-2-4-3-5-4-6-5-7-6-8-7-9-8, 10-8-9-7-8-6-7-5-6-4-5-3-4-2-[1-3-5- b 7]
on: bum-ble-bee-ee, etc... (top range alto/sop sing on ah-ah-ah-ah-ah)
We always harmonize the last chord on [1-3-5- b7]
- B. 1-1-b3-b3-1, 1-5-5-5-5-5, 5-3-1 on:
ma-ny-mum-bling-mi-ce, are-ma-king-mid-nite-music-in-the-moon-lite, mi-tee-ni-ce!
- C. Red-leather, yellow-leather, etc... on a famous tune.

5. Building Range and Flexibility

- A. 1-2-3-4-5, b6, 5-4-3-2-1 on (Ee-ee-ee-ee-e, a, a-a-a-a-ah)
B. 1-3-5-8, 7-8-9, 8-7-6-5-4-3-2-1 on (Ya-a-a-a, a-a-a, a-a-a-a-a-ah)
C. 1-3-5-8, 8, 8-5-3-1 on (Ee-ee-ee-ee, ay, a-a-a-ah)
D. 1-2-3-2, 7-1-2-1, 6-7-1-6-5; 4-5-6-5, 3-4-5-4, 2-3-4-2-1 on (ah)

6. Perfecting Sound and Resonance (Establishing a good tone)

- A. Nee-ay-ah-ay-ee on (softly on a sustained pitch) = bright vowels
B. Noo-oh-aw-oh-oo on (softly on a sustained pitch) = dark vowels
C. Mah-may-me-mo-mu on (softly on a sustained pitch) = M resonance
D. 5-8-5-3-1 on Ya-ah-ah-ah-ah (involve body & expression)
E. 1-3-5-8-5-3-1 on ah-ah-ah-ah-ah-ah (dropping jaw/higher)

F. 1-3-5, 4-6-8, 5-7-2, 8-5-3-1 on Ya-a-a, a-a-a, a-a-a, a-a-a-ah...
I IV V7 I ← Chord progression

7. Interval Relationships and Pitch Exercises

- A. Match random pitches to the piano.
B. m2, M2, m3, M3, P4, TT, P5, m6, M6, m7, M7, and P8 over 8 counts.
(We reach up, and skim down. Going down is always closer than up.)
C. Building a chord progression from a unison pitch:
Sop: C - F - F - E
Alto: G - A - B - C
Ten: E - C - D - G
Bass: C - F - G - C - then up by half step, etc...
D. Major mode (Ionian)
1, 1-2-1-2-3-2-1-2-3-4-3-2-1-2-3-4-5-4-3-2-1-2-3-4-5-6-5-4-3-2-1-2-3-4-5-6-7-6-5-4-3-2-1
(we do each series twice)
b. skipping 3's
c. skipping 4's
d. skipping 3's and 5's
e. skipping 5's and 6's
f. random cast shout out!
E. Aeolian (Minor mode) = (1-2-b3-4-5-b6-b7-8)
F. Phrygian = (1-b2-b3-4-5-b6-b7-8)