

VOICE LESSONS

STEP BY STEP TECHNIQUE AND THEORY

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Section 1

LESSON 1

SINGING TECHNIQUE

Correct Posture

Our body is our instrument, and aligning the body correctly can help produce better sound.

1. Place feet about shoulder width apart. One foot can be slightly more forward than the other.
2. Bend the knees slightly.
3. Move your weight a little forward onto your toes, keeping knees bent. Imagine you are a skier going down a slight hill.
4. Lift your shoulders up, back and down, and feel them locking into place.
5. Elongate your spine by stretching the top of your head toward the ceiling.
6. Point your chin level or a little down.

Correct Breathing

Breathing is the most important part of singing. All of the support for our voice comes from our air.

1. Take a low, deep breath through your nose, focusing on filling air into your lower back first, then filling forward and up. Then exhale through your mouth.
2. Repeat three times slowly.
3. Repeat steps 1-2 multiple times a day.

“A” Vowel

Good vowel shapes and sounds are a very important part of singing clearly and making a full sound.

1. Sing an “ah” sound on any note with your jaw relaxed and the tip of your tongue behind your bottom teeth.
2. Imagine that the roof of your mouth is lifting in the back of your throat as you sing.
3. Check your posture, making sure the chin isn’t lifting up.

LESSON 2

SINGING TECHNIQUE

Posture Check

Deep Breathing

Ah Vowel (ah) (Examples: fall, come, often)

MUSIC THEORY

Musical Alphabet

Music notes/tones are named after letters in the alphabet. We use one of the letters, A - G, for each tone. Rhythm notes (like a quarter note) are assigned to each tone to create a song.

Clefs and Staves

Music is written on lines and spaces called a staff. Each staff has five lines and four spaces. A clef indicates which notes (A-G) will be on which lines and spaces. The two main clefs are treble clef and bass clef. The treble clef indicates higher notes, and the bass clef indicates lower notes. When we put the treble staff and bass staff together, it forms the Grand Staff.

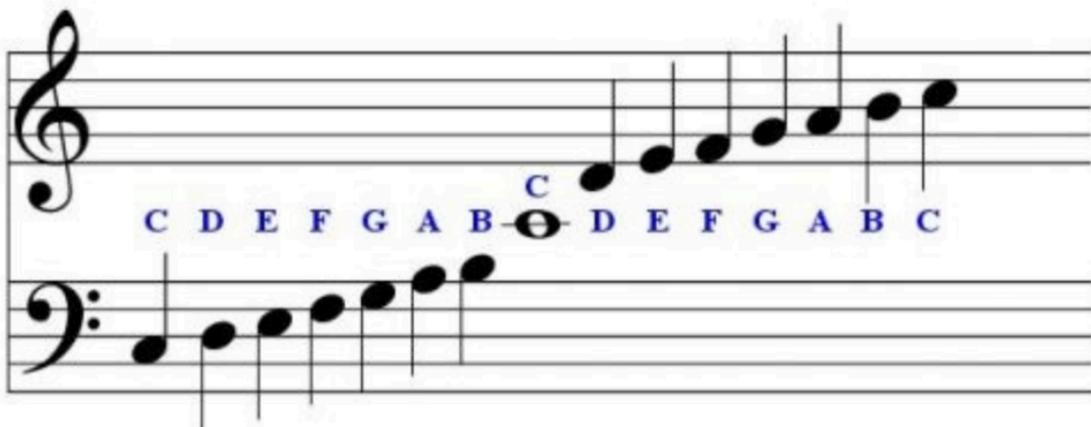
Treble Clef



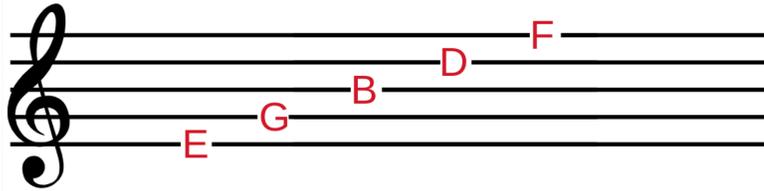
Bass Clef



The Grand Staff

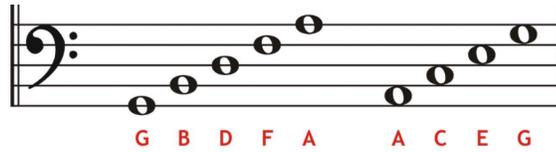
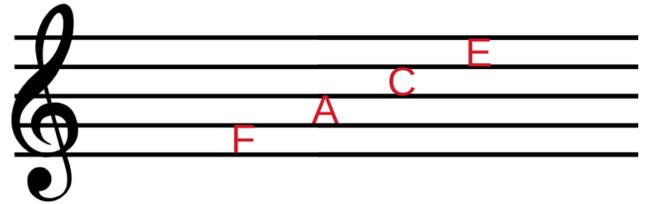


Ledger Line Notes in Treble Clef

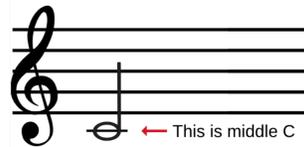


Every Good Boy Deserves Fudge

Ledger Space Notes in Treble Clef



The note that falls right in the middle of the bass clef and the treble clef is a “C”. We call this note middle C.



Time Signatures and Measures

Bar lines are used in music to break the music into measures. Each measure can have a certain number of counts. A time signature tells us how many counts are allowed in each measure.



YOU SING

1. Clap and count out loud the rhythm of the following song.
2. Sing the song with the words.



VOCALISE

Ahs Up

LESSON 3

SINGING TECHNIQUE

Posture Check

Deep Breathing

NEW Stretching

Keeping the upper body relaxed helps make singing easier and avoids tension in our voice. Keep the neck and shoulders relaxed while singing.

1. Stretch and relax your neck and shoulders before singing.

Ah Vowel

NEW Three Ms

Learn the three “M” exercises. You will do one each week.

MUSIC THEORY

Rests

Rests are signs that indicate beats of silence.



Quarter Rest - rest for one beat.



Half Rest - rest for two beats.



Whole Rest - rest for four beats.

YOU SING

1. Clap and count out loud the rhythm of the following song.
2. Sing the song with the words.

I am middle C, Off the staff but I don't mind. I get my own line I'm middle C.

VOCALISE

Ahs Up

NEW - *Ahs Down*

LESSON 4

SINGING TECHNIQUE

Posture Check

Stretching

Deep Breathing

A Vowel - Practice a long "A" diphthong (Examples: take, make, rate)

M Exercise

MUSIC THEORY

Repeat Sign

A repeat sign at the end of a song means to repeat the song again.



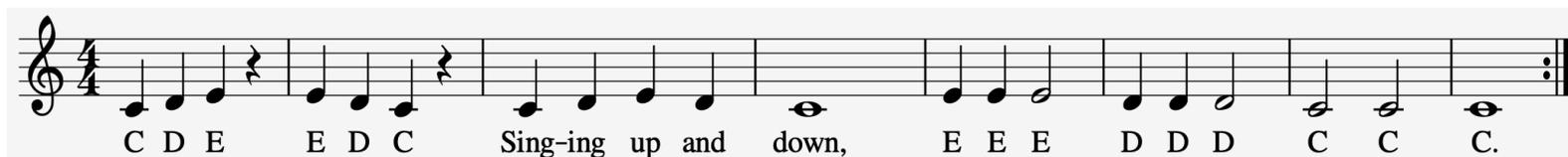
New Notes

D and E are the next two notes above middle C.



YOU SING

1. Count in your head or out loud the rhythm of the following song.
2. Sing the song with the words.



VOCALISE

Ahs Up

Ahs Down

Reminder:
Practice your low
breathing multiple times
a day!

LESSON 5

SINGING TECHNIQUE

Posture Check
Stretching
Deep Breathing
A Vowel
M Exercise

MUSIC THEORY

Rhythm
New rhythm



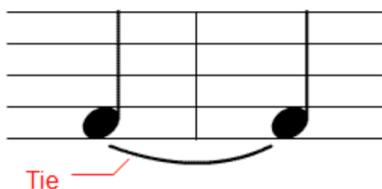
Dotted *Half Note* - a dotted half note is held for three beats.

New time signature - each measure will have three beats.



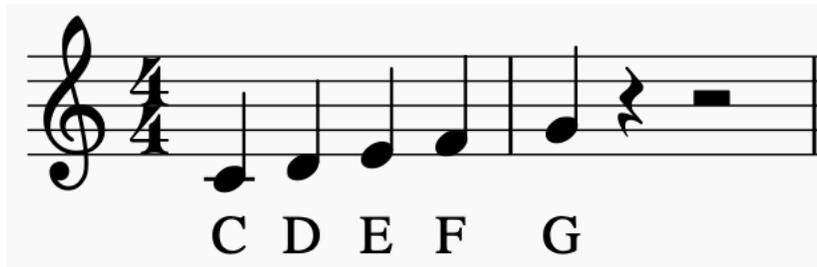
Ties

Ties are curved lines that hold two notes on the same line or space together. The note is held for the combined value of both notes.



New Notes

F and G are the next two notes above D and E.



YOU SING

1. Count in your head or out loud the rhythm of the following song.
2. Sing the song with the words.



VOCALISE

Ahs Up
Ahs Down

LESSON 6

SINGING TECHNIQUE

Posture Check

Stretching

Breathing

A and Ah Vowel

NEW Shhh

Breathing exercise, see how long you can hold the “shhh” sound

M Exercise

NEW Warm Up Song

Every week we will sing a seasonal song to warm up our words, voices and breathing.

Hydration

Staying hydrated is very important for good singing. Make sure to drink enough water every day. If you have a performance, make sure to hydrate the day before.

MUSIC THEORY

Flash Cards

Review all music theory with flash cards.

VOCALISE

Ahs Up

Ahs Down

NEW - Ahs Skip Up

NEW - Ahs Skip Down

LESSON 7

SINGING TECHNIQUE

Posture Check

Stretching

Breathing

NEW Sighs - make an airy sighing sound from high to low while relaxing

Shhh

A and Ah Vowel

M Exercise

Warm Up Song

MUSIC THEORY

Ear Training

Distinguish between ascending, descending and repeating sounds.

Flash Cards

Review all music theory with flash cards.

VOCALISE

Ahs Up

Ahs Down

Ahs Skip Up

Ahs Skip Down

Reminder:
Stay hydrated!
Drink water!

CHALLENGE:
Memorize a song!

LESSON 8

SINGING TECHNIQUE

P, S, B, S (posture, stretching, breathing, sighs)

A and Ah Vowel

Shh

M Exercise

Warm Up Song

MUSIC THEORY

Ear Training

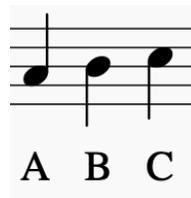
Distinguish between ascending, descending and repeating sounds.

Flash Cards

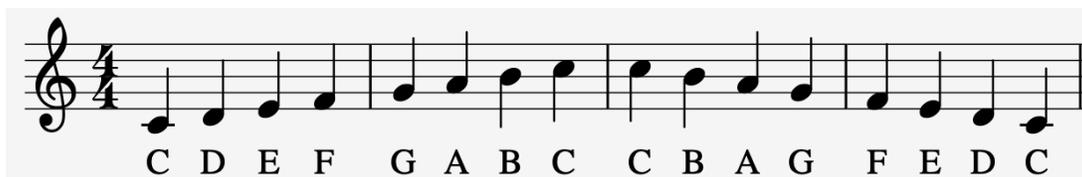
Review all music theory with flash cards.

New Notes

We are going to learn the notes A and B on the staff, and a new place for C.



1. Sing the following song.



VOCALISE

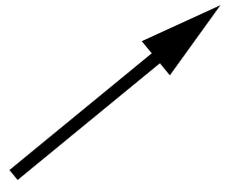
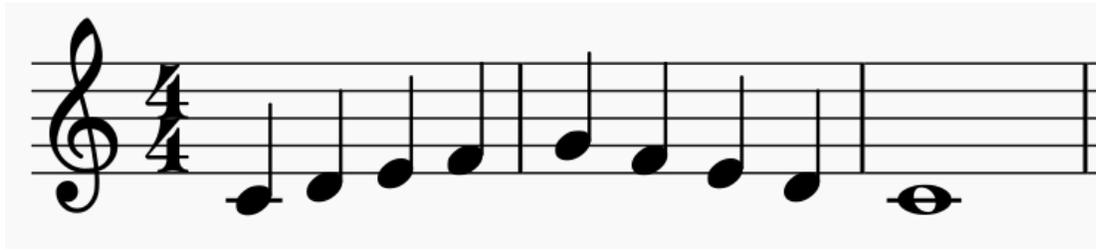
Ahs Up

Ahs Down

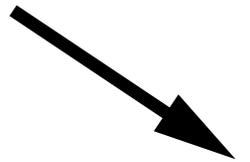
Ahs Skip Up

Ahs Skip Down

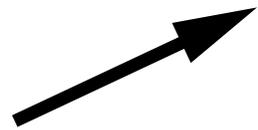
Ahs Up



Ahs Down



Ahs Skip Up



Ahs Skip Down

