## Exercise: 1-3-1 Glide

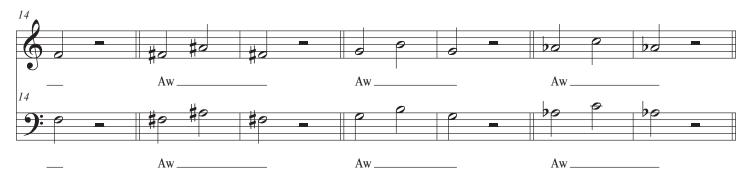
This exercise is designed to help free and warm up your voice as you begin your practice.

1-3-1 refers to Do-Mi-Do, or the 1st, 3rd, and 1st notes in a major scale.

Glide smoothly between the notes, inhaling calmly at the rests.







Now, reverse direction.

Try repeating the exercise on another vowel, such as Ee or O.