## Exercise: 1-5-1 Glide

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

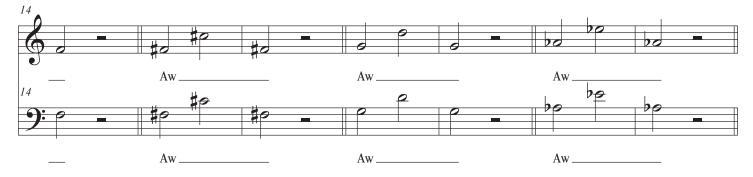
Do this exercise after you've completed the 1-3-1 Glide.

1-5-1 refers to Do-Sol-Do, or the 1st, 5th, and again 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.