

# 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.

The musical score is written for voice and piano in 4/4 time. It consists of three systems of staves. Each system has a treble and bass staff. The notes are half notes, and the rests are half notes. The exercise is designed to be performed with a vowel sound 'Aw' during the notes and rests.

**System 1 (Measures 1-6):**

- Measure 1: Treble (C4), Bass (C4), Aw
- Measure 2: Treble (D4), Bass (D4), Aw
- Measure 3: Treble (E4), Bass (E4), Aw
- Measure 4: Treble (F4), Bass (F4), Aw
- Measure 5: Treble (G4), Bass (G4), Aw
- Measure 6: Treble (A4), Bass (A4), Aw

**System 2 (Measures 7-10):**

- Measure 7: Treble (B4), Bass (B4), Aw
- Measure 8: Treble (C5), Bass (C5), Aw
- Measure 9: Treble (B4), Bass (B4), Aw
- Measure 10: Treble (A4), Bass (A4), Aw

**System 3 (Measures 11-14):**

- Measure 11: Treble (G4), Bass (G4), Aw
- Measure 12: Treble (F4), Bass (F4), Aw
- Measure 13: Treble (E4), Bass (E4), Aw
- Measure 14: Treble (D4), Bass (D4), Aw

Now, reverse direction.

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