

SINGING



BEGINNERS GUIDE

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BEGINNERS GUIDE TO SINGING

This is your beginners guide to SINGING - an introduction to the basics.

The aim of this 10 point Cheat Sheet is to give you a good understanding of how singing happens in your body and how best to use and protect your voice.

These are the basic principles I have used through years of singing and when recording and playing shows for myself and for others - and they have worked so, so well for me.

Your voice is unique so it's important to find what works best for you. This guide will help!

#1

This is the most obvious, but probably the most important point: **As a singer your instrument is in your body**, so however you are - physically, emotionally, what you eat or drink, your rest/sleep - all of this can have a real effect on your singing voice.

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Take good care of yourself – especially if you are in the lead up to a show or a recording when you want your voice to be in the best shape it can possibly be.

#2

Your vocal instrument is made up of multiple parts in your body but **there are 3 main parts used in singing** and these are:

- your diaphragm
- your vocal cords (or vocal folds)
- your areas of resonance - your mouth, your head, your chest (where the sound is formed in your body)

#3

The main function of your diaphragm area is all about your breath.

In everyday life, we use shallow breathing or chest breathing (we usually just breathe in to our chest).

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For singing, you need to use deep breathing, right in to your abdomen, and use this as a powerhouse you draw from for the strength and projection in your voice.

In this way your breath is "supporting your voice" – and this is where the expression "singing from your diaphragm" comes from.

#4

Sound is made when your breath is passing out of your body through your vocals cords, which are located in your larynx (or voice box) in your throat. Vocal cords are extremely delicate muscles, often described as "tissue like". It's important not to stress or strain them.

#5

Your mouth is where the words you sing are articulated and pronounced.

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Areas of your head, and also your chest, are where resonance happens, where the warmth and fullness of the sound is formed.

#6

Both shouting and whispering can be very damaging to your voice.

If you feel strain, the best thing is to avoid talking and rest your voice completely.

#7

It's really important to **keep your vocal cords hydrated**, because they work best when they are moist.

This basically means that you need to drink plenty of water and drink it regularly.

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#8

Get a daily vocal exercise routine to improve your range, pitch and ability. Make sure to have a warm up routine before rehearsals, shows and recordings.

Warming up before shows, rehearsals or recording - when demand on your voice is more intense - means that you can deliver a great vocal performance from the start and right through.

#9

If your voice is tired, one trick that is helpful to use is steam - it's really hydrating for your voice.

#10

Be YOU! Get to know your own voice and what you uniquely have to offer as a singer. Be freely, confidently, uniquely, expressively YOU!