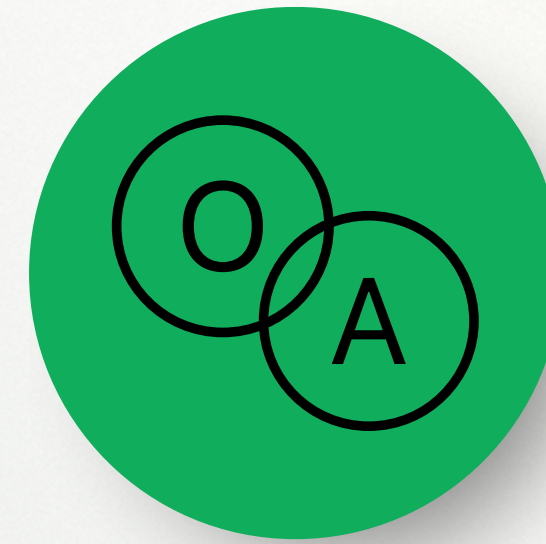
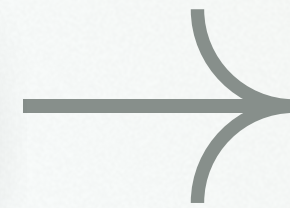


# VOCAL PRACTICE Cheat Sheet



## INNERVATION

The voice is involuntary - your central nervous system switches these systems ON and OFF depending on stimuli

## TONAL REFLEX

Our brains are wired for frequency - both internally and externally. Tone controls the physical setup of your voice

## FORMANTS

Vowels and pitch are intrinsically linked because the frequency of your pitch creates the harmonic of your vowel



# HOW THESE SYSTEMS ARE LINKED

## Innervation (physical)

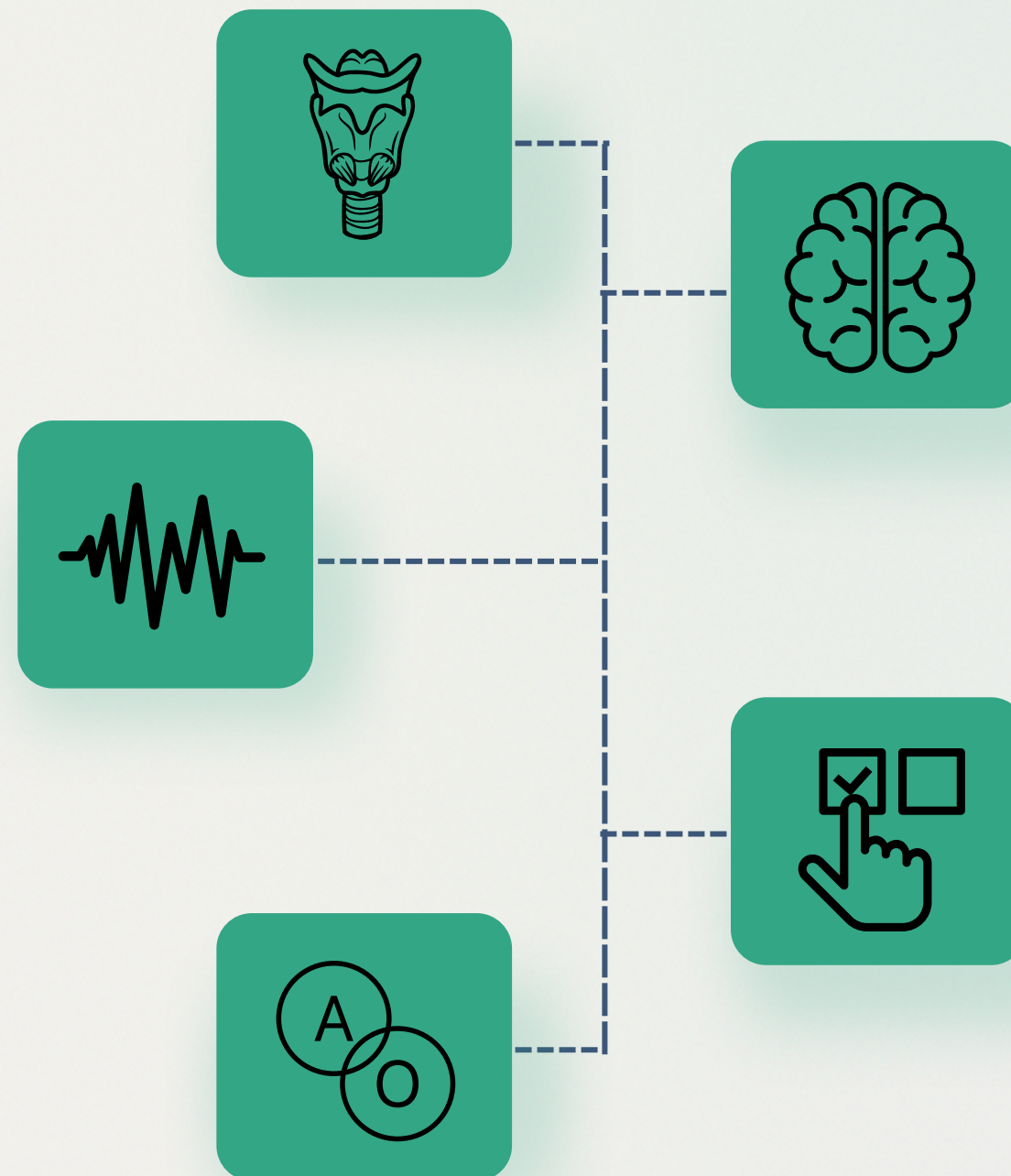
Systems such as the cricothyroid (pitch) and the epiglottis (twang) are involuntary - meaning that these systems are highly susceptible to the state of our central nervous system

## Tonal reflex (tone)

The larynx in particular directly responds to tonal cues - both the tone that you're going for, but also the tones that we hear.

## Formant activation (vowel)

Your vowels and pitch are intrinsically linked, meaning that the way you sing your vowel controls how hard/easy it is to sing high notes



## The central nervous system

Involuntary innervation and tonal reflex are a direct response to your autonomic nervous system. Physical exercise and meditation are two great ways to reset your nervous system and improve your innervation and tone.

## Proactive choices

Vowels are the main control mechanism for the voice - your pitch and the structure of your vowel are linked in the first formant of your vocal tract. Meaning, if you're not hitting high notes, you're likely singing your vowel in a way that doesn't facilitate the frequency of the pitch you're looking for.



## 01 SOVT, trills, straw

Closed sounds and small sounds create backpressure which stops the diaphragm from recoiling, directly innervating the vagus nerve

## 02 Twang, brightness

NG and N sounds or bratty nay/nyah exercises require a frequency and physical setup that only created by engagement of the epiglottis

## 03 Glottal

Glottal sounds like gug keep the diaphragm down (innervating the vagus nerve) and encourage fold closure

## 04 Support

The purpose of support is to resist the recoil of the diaphragm. When the diaphragm is down, it directly engages the vagus nerve and puts the body in a parasympathetic state

## 05 Yawning

Yawning encourages a raised soft palate, tension on the vocal folds as well as a resisted diaphragm. Lowering the larynx is not the purpose of this exercise!

## Vowel modification 06

The frequency of your vowel is actually a harmonic created from the fundamental frequency that creates your pitch. Vowel modification helps you match these frequencies

## Raising the tongue 07

Keeping the back of the tongue raised in a wave separates our structural/clarity formants as well as creating a neutral setup in the vocal tract

## Placement/mask 08

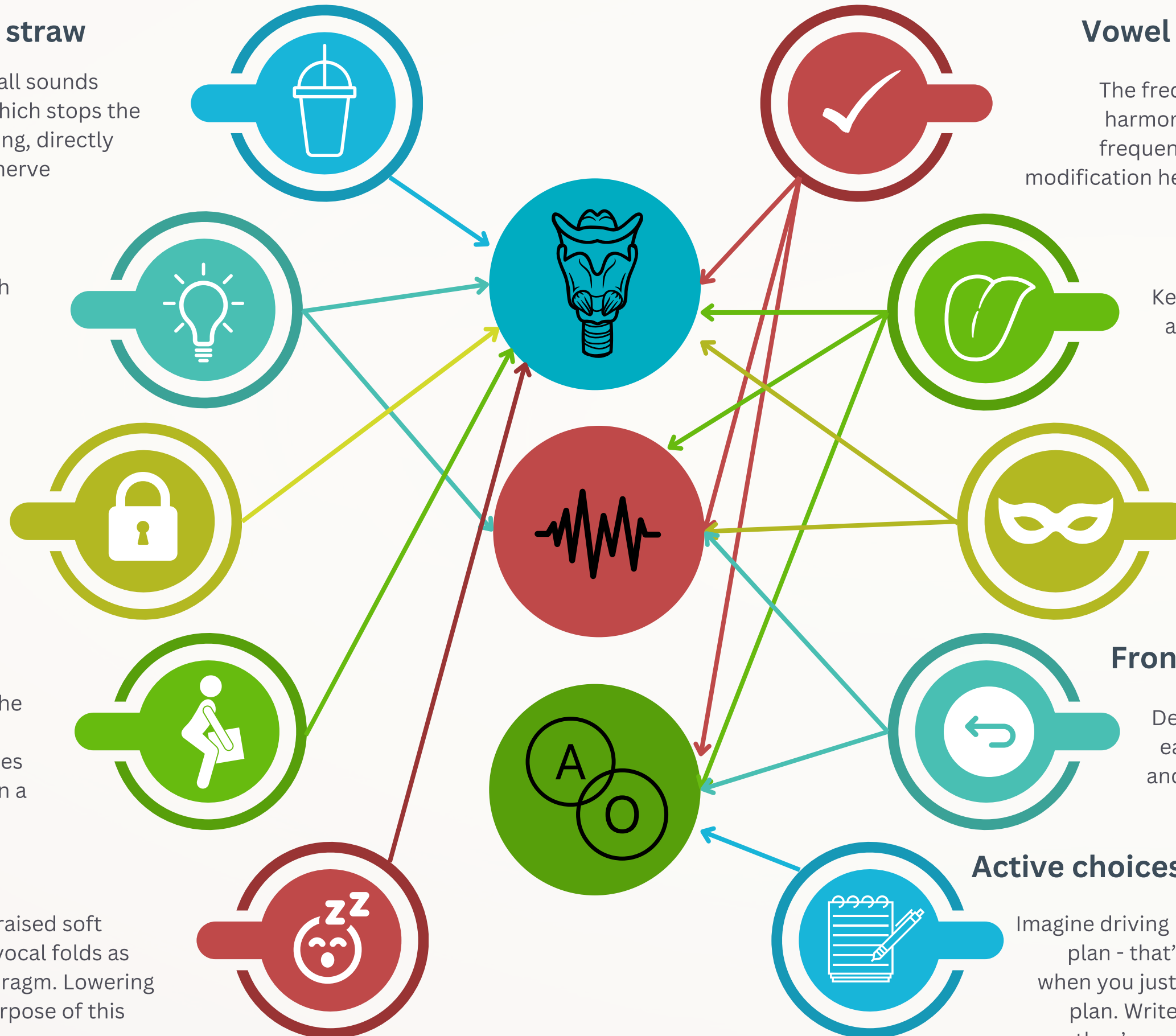
Forward placement is a 3k frequency independent of your pitch that helps you cut through while creating backpressure on the diaphragm.

## Front vowels/back vowels 09

Defining your front and back vowels ensures ease of delivery free of your spoken accent, and allows you to define exactly which vowel and how you modify them

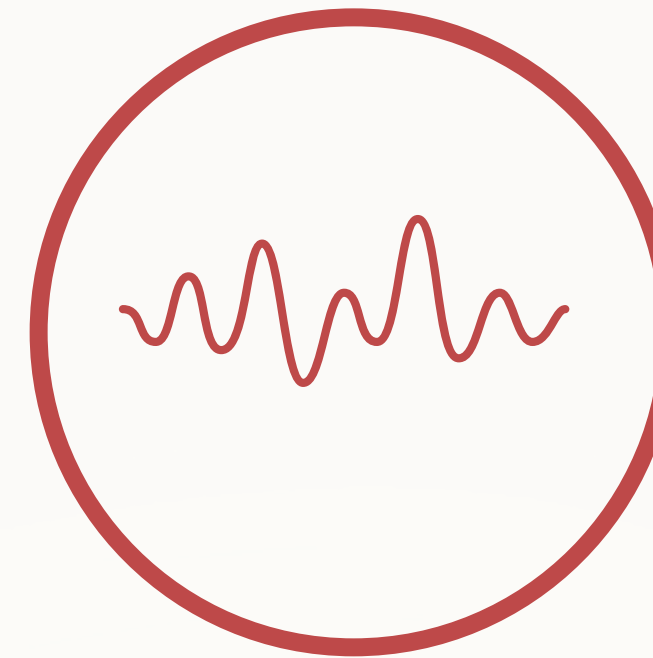
## Active choices, lead sheets 10

Imagine driving interstate without a map or plan - that's exactly what you're doing when you just sing random songs with no plan. Write out your base vowels, how they're modifying, and notes on what issues you've experienced in the line



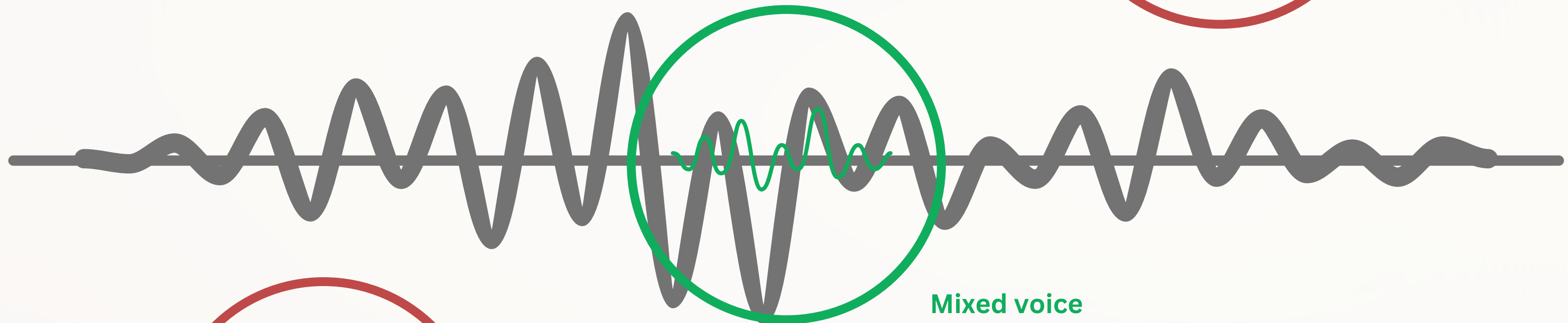
# MIXED VOICE

The nebulous concept of mixed voice has more to do with how well the harmonics of your vowel match the pitch and register you're trying to sing. It can be an aesthetic choice to sit higher or lower than the vowel, but mixed voice occurs when you match the tone, vowel and pitch as one collective of complimentary frequencies.



## Head voice

The frequency of the pitch is higher than the structural frequency of the vowel



## Mixed voice

The frequency of the pitch and the frequency of the vowel are complimentary

## Head voice

The frequency of the pitch is below than the structural frequency of the vowel





# WARMUP ROUTINE [VIDEO]

**Hey singer! A practice cheat-sheet is one thing, but what if you're unsure how to practice, which sounds are effective or even how to warm up in the first place?**

**Watch the video below and I'll show you how I go from absolute zero to singing the songs of my dreams with a short 5-10 minute warmup and practice process.**

