

Vocal Warmups
WELS Choral Dialogue 2013
Dale Witte

Stretching & Back Rubs

1. Clasp both hands overhead, turn palms to ceiling, release rib cage muscles, stretch to the ceiling
 - Reverse direction, stretch to the floor releasing chest & back muscles (not trying to stretch leg muscles)
2. Grab right wrist with left hand, turn left at the waist, look at the left wall and pulling wrist to left wall stretching right shoulder blades
 - Reverse direction, grabbing left wrist with right hand, turn right at the waist, look at the right wall and pull wrist to right wall stretching left shoulder blades
3. Both arms overhead, grab right wrist with left hand, bend left at the waist (“I’m a little teapot..”) and pull down and to the left, stretching right side of ribcage
 - Reverse direction, grab left wrist with right hand, bend right at the waist (“I’m a little teapot..”) and pull down and to the right, stretching the left side of the ribcage

Deep breaths

1. Inhale & exhale with your arms imitating the balloon of your lungs.
2. Take a full, diaphragmatic breath and hold for 5 seconds. Sip in more air without exhaling. Hold for 5 more seconds. Blow out half quickly while keeping half in reserve. Blow out the rest, hissing the last air out. Repeat.
3. Take a full, diaphragmatic breath. Hold up the fingers of one hand. Blow out the “candle” of each finger. Reverse air flow and make each candle light up.

Vocalizing

1. Legato Half note Pattern: Do-Re-Mi-Fa-So-Fa-Mi-Re-Do
 - start on E flat with lip trills/tongue trill, then humming
 - ascend by half step alternating vowels to top of range: oo, oh, ee, ay, ah
 - restart on E flat and descend in same pattern of vowels
2. Staccato (quarter notes) So-So-So-So (eighth notes) So-Fa-Mi-Re-Do
 - Start in C Major on “ha” and bounce the tummy on each note with lots of H
 - Ascend by half steps, changing vowels but keeping the H (ho, hee, hay, hi, hoo)
 - Restart in C Major, descending by half steps in the same pattern
3. Combine Legato and Staccato
 - (staccato quarter notes) So-So-So-So (legato eighth notes) So-Fa-Mi-Re-Do
 - (legato quarter notes) So-So-So-So (staccato eighth notes) So-Fa-Mi-Re-Do
 - alternate staccato and legato patterns ascending and descending starting in C Major
4. Staccato arpeggiated major triads (eighth notes Do-Mi-So-Mi 3x ending on Do)
 1. alternate vowels: ha-ha-ha-ha, ho-ho-ho-ho, hoo-hoo-hoo-hoo, hoo (etc.)
 2. alternate staccato and legato every four eighth notes

- ssss, llll, ssss, s
- llll, ssss, llll, l

Articulation

1. Eighth note triplets: so, so, so, fa, fa, fa, mi, mi, mi, re, re, re, (dotted quarter) do
 - Giggity, gaggity, giggity, gaggity, goo
 - Bippity, boppity, bippity, boppity, boo
 - pick any consonant to apply to the pattern
2. (2x) The lips, the teeth, the tip of the tongue (-l, -l, ----l) on any note

Dynamics

1. pp=1, p=2, mp=3, mf=4, f=5 (crescendo & decrescendo on any vowel using fingers)
 - replace fingers with conductor's left hand: palm down = 1 (pp), 45% open = 2 (p), 90% = 3 (mp), 135% = 4 (mf), palm up = 5 (f)
 - crescendo & decrescendo changing dynamic level every quarter note
2. pp=1, p=3, mp=5, mf=7, f=9, ff=10 (cresc. & decresc. using two numbers per dynamic)
3. seated = pp, standing = f, standing on chair = ff
4. lift chair for forte (keeps muscle weight off the throat)
5. messe di voce (cresc & decresc around the singer's break, starting below)