



Vocal tone therapists

Free Online Lessons
An Introduction
to
The Inner Vocals
Technique
Lesson 5



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Lesson 5: Resonance

Resonance is a sound echoing off the walls of your vocal chambers, causing the sound to be amplified.

This can be done in three areas known as the resonators, they are:

Ø the Mouth,

Ø the Nose,

Ø the Throat

The chest can also be mentioned here; however, we conduct the sound off the chest and not resonate in it.

Let's take a look at a stereo. You will notice that there is a section with a bass and treble knob. This section is known as an equaliser (EQ). The EQ alters the natural colour of the sound that comes from the stereo.



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We too can add or take away EQ from our voices by changing or mixing our resonators, causing the main sound to become bassie, midrange or treble by moving or altering the places we resonate the voice.

Treble - is made by resonating the sound in the nose

Midrange - is made by resonating the sound in the mouth

Bass - is made by resonating the sound in the throat or by chest conduction

We can mix the resonators, such as all three, at once - treble and midrange, midrange and bass, but not treble and bass. This is because the (midrange) is made in the mouth, which lies between the nose and the throat and so therefore cannot be bypassed to reach the other two resonators.

If you want to make a bass sound, we use chest conduction - we have to pull the sound down towards the chest. To do this, we must aim the sound at the chest, just as if we were trying to make the sound of a gorilla.

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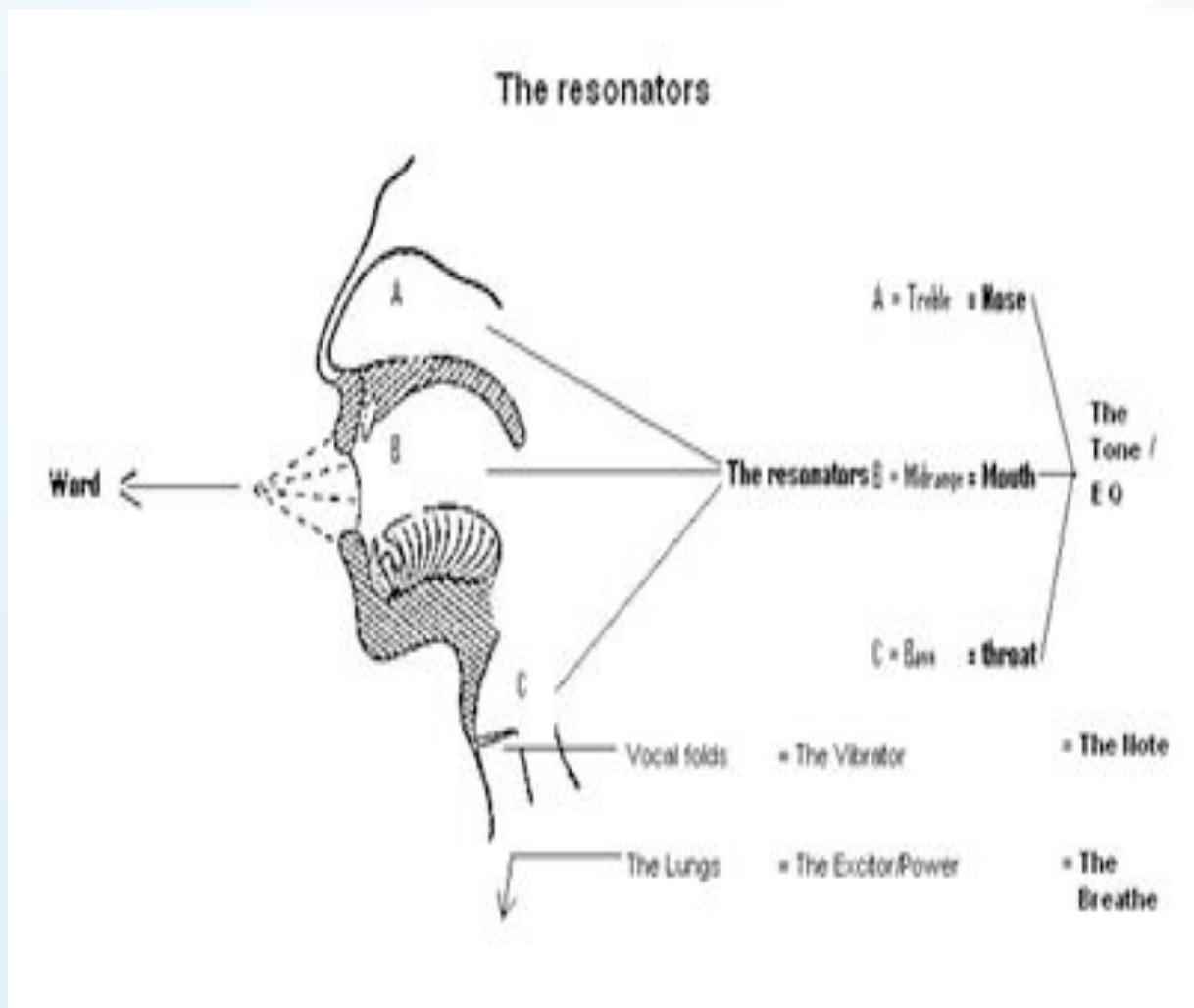
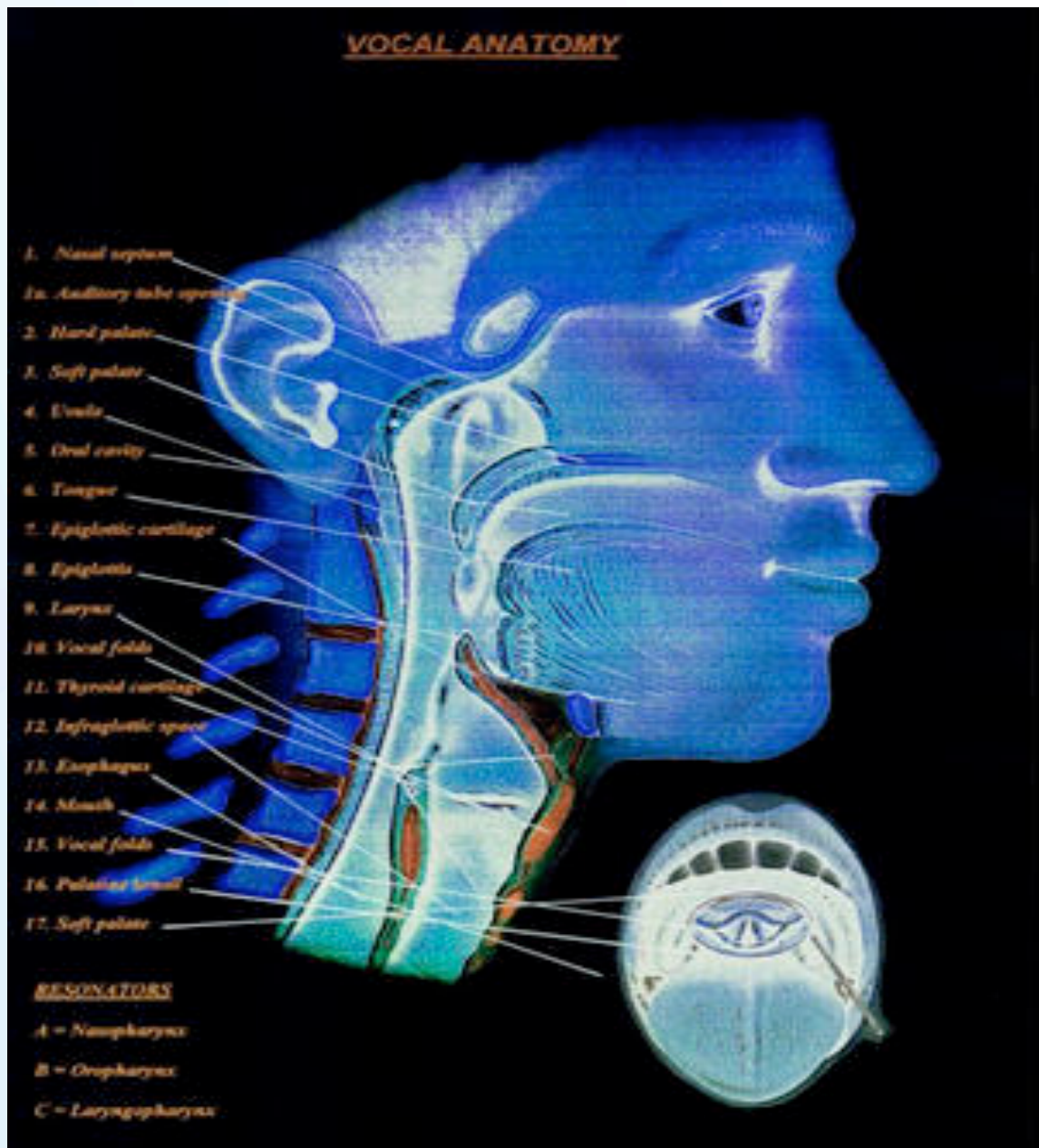


Fig.1 shows the resonators and how they are controlled.

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Practice and Warm Ups

Practice once or twice daily but not for two hours after a meal.

We recommend that you practice at performance level for at least one (1) hour a day after a good warm up session and scales for anything from thirty minutes to an hour.

It often helps to decide on regular practice time and stick to it. It is easy to miss your practice if you do it at a different time each day.

You could visit our website and practice with our Free Online Lessons, where you can find our vocal gymnasium.

REMEMBER:

The voice is a living instrument and is just as important as any other organ in the body. And just as our bodies need some form of exercise so do our voices.

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