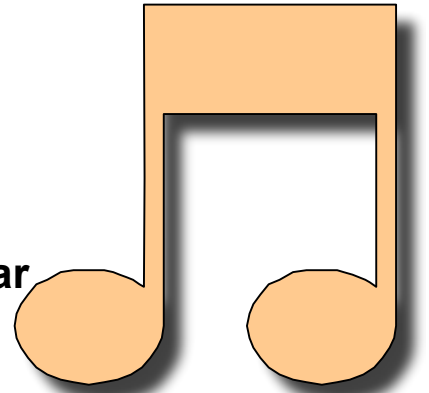


10 Vocal Exercises to do in the car on your way to rehearsal.



1. Scale up and down slowly – crescendo and diminuendo on each note (*messa di voce*) – 8 counts each.
2. SFMRD – move up chromatically
3. Harmonic minor scale up and down – 1 count each –
L-T-D-R-M-F-Si-L-Le-F-M-R-D-T-L
4. Range extensions –
D-R-M-F-S-L-T- d-r-m-f-s-f-m-r-
d-T-L-S-F-M-R-D-TT-LL-SS-LL-TT-D repeat on a higher pitch
5. Vowel Sounds – one pitch - 8 long counts
EE – EH – AH – OH – OO (with motions when at a traffic signal)
6. Moving by 3rds – D-M-R-F-M-S-F-L-S-T-L-D-T-R-D
D-L-T-S-L-F-S-M-F-R-M-D-R-T-D
7. Dynamics - Over 16 counts gradually crescendo on a single note –
repeat diminuendo - on “Nah”
8. Timbre - Over 16 counts gradually brighten the sound “Nee” –
repeat darkening the sound
9. Pitch - Over 16 counts gradually change pitch from DO to Di (use
Nah) reverse and go from Di to DO
10. Chromatic scale up and down, quarters, eights, triplets, 16ths.

