



# SING

THE COURSE

## *Introduction to Module Three*

## *SING in Your Vertical Zones*

Congratulations on making it to module three! By now you've learned how to warm up your body and your vocals. Hopefully you've also accessed the free bonus videos and mp3's that help with your daily warm ups. Remember, it doesn't take a long time. Small daily efforts will help you build great practice habits and over time, you'll experience huge positive changes in your voice!

Module Three is about All Three: ***Chest, Middle and Head Voice***. There are three vocal zones vertically and five vocal zones horizontally. In this module, we'll focus on the three vertical zones: ***Chest, Middle and Head Voice***.

The next three sections in this module are dedicated to finding and strengthening your three vertical zones. This is very important to master if you don't want to sound like a duck when you maneuver around with a song. So, stick with me and learn how to smooth out your natural breaks in tone!



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T H E C O U R S E

## FINDING THE VERTICAL ZONES:

Let's visualize a three-story home. Your voice also has three stories, a basement, a main floor and an upstairs.

In the basement we have our *chest voice* or low husky voice. Think of this as your relaxed, family room, man cave voice.

Then come upstairs to the main floor. Your *Middle Voice*. Here you have your living room, kitchen and spaces that you allow your guests. It is here that you can speak and sing with clarity and strength. It does take effort to be in the middle voice, just like it takes effort to keep the public place of your home clean. Think of this voice as your clean voice.

Then move upstairs to your *head voice*. Think of this as the place where you dream, where your voice is lighter. You can even call this your fairy or falsetto voice.

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T H E C O U R S E

Now let's go back to our basement / **chest voice**. Put your hands on your chest and try to speak as low as you can, saying "Yogi- Bear". If you drop your voice and let it resonate in your chest you should be able to make a good "Yogi- Bear" sound. Now say "Ho Ho Ho" like Santa Claus. Feel the chest vibrate as you speak?

Now come up to your main floor or **middle voice**. Let's say "How do you do?", "What can I get you to eat?" "See the View Outside?" You should feel your voice lift and move forward. You can help with this by lifting your cheeks ever so slightly like you have an inside smile. Pretend your guest is amusing you and you have the smallest smile and lift of cheeks, lips and eyebrows.

Finally, let's go upstairs and prepare for Disney Movies and Sweet dreams, by lifting our vocals up into our highest register. The **Head Voice**. This doesn't have to be airy and light, it can also be full and big. For today's exercise we're going to keep it airy and light. Imagine the sound is going up through the crown of your head.

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## VERTICAL VOCAL ZONES

