

# SING

T H E C O U R S E

## *SING in to Your Chest Voice*

Now that you've learned how to speak in each vertical zone, let's go back downstairs to our chest voice and learn how to sing down with strength. I find that singers are either strong in their head voice, or strong in their chest voice, but usually not both. So, if you struggle with singing your low notes with power this is a great section for you.

Chest voice singing is sometimes called a belt voice. From this zone or register, we're able to literally belt out our voice. Imagine walking down the street and someone steals your bag. You wouldn't say *"Hey, bring that back"* in a light head voice. You would say, *"Hey, bring that back!"* in a strong and demanding voice. This is your chest voice. For you kids, imagine that your brother just stole something from your room. Would you say, *"Hey, that's mine"* or *"Hey, that's mine!"*

Put your hand on your chest and say *"Hey"*. Now sing *"Hey"* on a low note. Allow your speaking voice to blend into a singing chest voice. What's happening is you're keeping the vocal chords slightly closed and allowing less air to escape. This creates what's called a *Guttural Stop*. It's a stronger and heavier sound, versus a light sing-y sound in your head voice. You should also feel your chest vibrate since you're resonating your mouth.

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## CHEST VOCAL WARM UPS:

*HEY - EAY, EAY, EAY, EAY, EAY (5,4,3,2,1) (1,2,3,4,5)*

*NO - OO - OO - OO - OO - OO (5,4,3,2,1) (1,2,3,4,5)*

*AHH ... slide ...1,2,3,4,5 AHHH*

These warmups ups are included in your bonus video and mp3 for download.

CAROL FRAZIER