

# SING

T H E C O U R S E

## *SING in Your Middle Voice*

Your **Middle Voice**, or **Mixed Voice**, is sometimes the most elusive voice to master. However, once you master this or a mix of zones, you'll find that you can sing almost anything with ease.

Do you sometimes find when you're singing that you encounter difficult breaks in your voice, it gets weak, or you literally skip over notes in a squawky voice? That's because you're moving between your zones and need to learn to navigate and put them together, in the middle voice.

The very best exercise to help find your middle voice is to start with sirens. In your chest voice, slide up slowly from your middle range all the way to your head and then back down again. Remember to support this siren with a solid diaphragmatic breath, so you have enough air to solidly move up and down. Now try sliding down from your head to your chest. Are you hearing a middle voice in there? Middle of the road notes? If you aren't, then you need to go even slower, so you don't skip over it. You might hear breaks, and these are called your prima passagio and your segued passagio. Each register, or zone, has a different need for the amount of air and focus needed. So, as you move from one to the other, passing through these zones, you need to slightly adjust your air. An example is like walking up a curved staircase in your house vs trying to push your way up through the ceiling.

# SING

T H E C O U R S E

Your middle voice should resonate in the mask of your face. Think of your chest voice as being in the bottom of your face, your head voice the top of your face, and your middle voice in the front of your face. As you're going up from your chest voice, you bring your sound more forward. Make a pretend baby cry, "WA". Can you feel it go forward in your face? Try "NYA" Can you feel this vibrate more in the mask of your face. Think of the mask area like putting on a Halloween Mask and having the sound vibrate between your face and the mask.

Now say "MMM". That should help you place it quickly. Humming also helps put the sound into your middle voice.

## MIDDLE VOICE EXERCISES:

Sirens on *N*, *ZEE* and *ZAY*, *MMMM*, *HMMMMMM*

*HMMM* (1 -8,7,6,5,4,3,2,1)

Scale on *KNEE* 1,2,3,4,5 traveling from your chest to middle voice

Scale on *KNEE* 5,4,3,2,1 traveling from your head to middle voice

Sing *I NEED* 1-8-7-6-5-4-3-2-1

*These exercises are in your bonus section.*