

SING

T H E C O U R S E

SING Scales

Do Re Me Fa So La Ti Do, Do Ti La So Fa Me Re Do

That's a Scale! Remember this song from The Sound of Music?

Scales are the foundation of all music, and that's why mastering your voice should begin with scales. Scales are important for any style of music you want to learn. In fact, I use scales not only to broaden your vocal range and help define your pitch, I use them to help you learn more advanced techniques like singing in different styles of music.

Athletes start and end their training with stretches, exercises, and drills. Since Singers are athletes too, we should start our training with singing drills and exercises, commonly known as scales. Most music is built on scales. If you master scales, your "singing body" will be in incredible shape! While singing scales you'll concentrate on breath control, pitch, extending your vocal range, and develop chest, middle and head voice, as well as other techniques. You don't have to worry about the song, lyrics, or the emotion needed for a song. You can just relax into the scales and enjoy building techniques that will help you connect to your voice.

In today's lesson, I will run you through three basic scales. The bonus section has several videos, and mp3's for you to use. This will improve your voice and prepare you to sing songs with ease.