

SING

T H E C O U R S E

Sing Rock and Blues

The Rock and Blues Zone really resonates outside of your head, or it pops from your POP placement out past your lips.

Start by holding your hand in front of you as far as your arm can extend. Now say *Hi, Hi, Hi*, throwing the sound out to your hand. Imagine that someone has made you angry and you need to say *NO, NO, NO*, once again popping it out from your head zone to your hand.

This sound is open and big and pulls more from your middle and chest voice by thickening your vocal chords. To be able to thicken and thin your vocal chords upon command takes time. Mastering your vertical zones from chest to middle and head voice is the goal.

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Another common technique for Rock and Blues Singers is to use a *Vocal Fry*.

To find your *vocal fry*, say *AHHHH*, and let it siren all the way down as far as it will go. Allow it to get a relaxed raspy zone that's in the lowest part of your chest voice. Keep it very relaxed. It should feel good versus scratchy and harsh.

From here you can “GRAB” your sound and throw it out to your Rock and Blues Zone. Throw it to your hand to create that Louis Armstrong sound that is signature to the Blues.

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Rock can often be misunderstood as yelling. Most new young rock singers are in danger of blowing out their vocal chords or creating vocal nodules by yelling. To sing **ROCK** safely you must use a strong *diaphragmatic breathing* method, anchor down your back, brace your legs, stand strong, and send your sound to your hand.

Once again, not all Rock and Roll or Blues are in this ZONE. This is where you move back and forth between *Chest* and *Middle Voice* or *POP* and *ROCK*.

By now, you're able to understand how a truly advanced singer is able to move their voice around in the different zones. They're able to achieve a unique, authentic sound that moves with the music. In our next section, we'll learn how to move around easier within the zones.

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