

Kinesthetic Tools for the Singer

Movement helps to enhance the singing experience. Posture and breath set us up for success. Examples: The golf swing sets up to hit the ball, the ice skater's approach to the jump, the stroke of a tennis player, etc.....

#1 The breath – Eyes are alive. Your shoulders, feet and knees are in alignment and relaxed/flexed. Think of fish gills. Put hands up and around your jaw and ears. Open your mouth and inhale. The silent breath vs. noisy breath.

#2 The candle flame – “oo” helps with softer passages and unity. Put pointer finger up and ONLY bend the flame of the candle. Controls the breath and allows for the perfect stream of air.

#3 Rowing the boat – Row with both arms low at your waist. NOT high. Sing “OH” Don't row, then row. Helps with full complete and supported resonance.

#4 Magic Marker or spreading peanut butter. Solidity in the sound with stability.

#5 Big rubber band – “AH” pulled low with hands stretching and pulling rubber band with resistance and strength. Do it with, then without.

#6 Shooters – Resonance. There are a variety of colors, textures within our resonating space. Use hands to simulate shooting guns. Point end of pistol all the way to the back of the neck sing “AH” then to the front all the way to the nasal cavity. Then start at back and slowly rotate the front of pistol forward. Somewhere around the ears to eyebrows will be the perfect location for resonance.

#7 Hands/palms facing down, but begin singing and put one on top of the other and stack. Used for pitch. Sing a phrase of a song. Especially with a descending melody.

#8 Hands turned down and slowly turn over. Use “AH.”

#9 Fill the barrel – Arms wrapped around the barrel. Use one arm to “stir the pot” down low near core. Sing a 5th on “AH.”

#10 Kitchen Whisk – Use hand above near head and whisk. Pitch especially on held notes.

#11 Hold hand in a “C” position and think of your thumb to your pointer finger as a ½ step. There are lots of tone/pitches in between...use 16 beats. This is used for a very high level of execution.

#12 Pushing the beach ball into the water. Helps to lift on descending melodies.

#13 Lifting up the window. Pitch. Especially phrase endings.

“Hard work is fun when improvement is evident.”