

EVERYTHING THAT HAS BREATH.....



Jb Tomlinson

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BREATH

ABCD SESSION

Alignment
Breath flow
Vowels
Tuning
Repertoire

Alignment

- Weight equally over whole foot
- Soft knees, pointing forward
- Lines down from sternum, elbows, lower back; line up from upper back
- Stack ribs on top of hip, with neck and head above
- Long neck, up the back

- And relax and play from here!

Breath-flow



- Help singers find breathing muscles by drawing in below tummy button, breathing out excess air, keeping upper body stable, then release tummy muscles to inhale
- Accent method (eg Ron Morris *If in doubt, breathe out*)
- Fricatives
- Think about how to sing voiced and unvoiced consonants
- Consistent flow without force, or over-blowing
- Straws
- Tight/flat choirs usually need more free airflow – allow breath to come out
- Use “stagger the breath here” rather than “don’t breathe”
- Soft singing needs even more engagement and energy in abdominal area – don’t take away the breath

Vowels - Jaw



- Jaw – released and free, often choirs need jaw to be more open (narrow and vertical), especially in upper range
- Warm-ups could involve chewing, with sound
- Most vowels will have the jaw in a similar position – just with the lips rounded for ooh, or

Vowels - Tongue



- Exercises might include stretches, th, la or tongue hanging out
- Tongue forward in the mouth and floaty, not flattening or dropping back
- Start with ee vowel, sides of tongue in touch with upper molars
- Vowels can change a very small amount as you cycle through from ee
- Diphthongs

Tuning

- Breath
- Vowel choice
- register/colour
- Listening/temperament
- Balance



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THANK YOU

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