



## **BUILDING FOUNDATIONS THAT LAST** EXAM ANSWER KEY

### **INTRODUCTION**

1. In *Building Foundations That Last* you are told you will be learning about four areas? Can you list and briefly describe each one?

*Answer:*

*Posture. The way we hold our bodies.*

*Breathing. How we get our breath and how we use it.*

*Tone. The way our voices sound, and feel.*

*Warmups. How to get our voices ready to sing.*

2. The Vocal Coach calls singers vocal athletes. He also used three important words to describe the voice. What are they? (Hint the first word was “physical.”)

*Answer:* Physical, mechanical and acoustical.

3. What parts of the body are used to sing or speak?

*Answer:* (This is a great question to let the students think through. It can be much more extensive than what is presented on the DVD.) Directly or indirectly the larynx, resonators in the head, face, neck, throat and chest. Lips, tongue and teeth for diction. All the muscles that allow us to stand and of course the respiratory system.

4. Singers are vocal athletes. What does that mean?

*Answer:* That singing is a very physical activity. If we learn to respect the physical part of our voices we will be better, more consistent singers.

5. Can learning new techniques feel odd at first? Why is this?

*Answer:* Learning new skills in sports or singing can seem awkward and uncomfortable at first. Adjusting to new posture and breathing and even a new vocal sound can feel and sound unnatural, at first. Once you develop good muscle and sound memory, however, it will very comfortable and natural.

### **POSTURE**

1. What happens to the voice when you use bad posture?

*Answer:* It can make the voice sound strained which is the opposite of free and clear.

2. What are two phrases that will help you remember how to find good posture?

*Answer:* I want the top of my head to be as far from the floor as possible. My body's being lead by the top of my head.

3. Upright posture gives you more \_\_\_\_\_.

*Answer:* Energy

4. What other things did you learn about posture?

*Answer:* Keeping a straight back (even when it's tilted for action) helps athletes and singers breathe better.

5. What sports are you interested in? Is posture important in those sports?

*Answer:* Answers to vary. YES.

6. Whether sitting or standing it is helpful to have a \_\_\_\_\_ back of the neck and a \_\_\_\_\_ front of the neck.

*Answer:* Long. Short.

7. What is the posture string and how does it help with good posture?

*Answer:* The posture string (attached to the top, back of the head) helps give the feeling of lifting from the top, back of the head and gets us into an aligned posture.

8. Good balanced standing posture has the head balanced over \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

*Answer:* Shoulders. Hips. Knees. Ankles.

9. What are the lyrics in the song, *Upright Child of the King*?

*Answer:* I'm an upright child of the king. I stand tall 'cause it helps me sing.

I'm an upright child of the king. I will sing, I will sing, I will sing.

I'm an upright child of the king. I stand tall when I pull my string.

I'm an upright child of the king. I will sing, I will sing, I will sing.

## **BREATHING**

1. What provides the energy and power for singing and speaking?

*Answer:* Breath

2. What three areas expand when you first take a breath?

*Answer:* Tummy/abdomen, sides and back, all at the waist area.

3. What exercise can you do to feel the three areas expand?

*Answer:* Quick inhale like someone surprised you. Also, a yawn.

4. Good posture causes good breathing. Why is this?

*Answer:* Slouched posture limits the space in the thorax (chest cavity) that the lungs can expand into. Upright posture naturally makes this space bigger and allows more air to come into the lungs.

5. What areas do you feel working when you are on your back on the floor and say, "He he he?"

*Answer:* Tummy/abdomen area, sides and back.

6. We felt three areas expand when we inhaled. Which two of these areas continue to maintain an expanding feel when you sing or speak correctly?

*Answer:* The sides and back.

7. When aggressively exhaling where do you feel the work?

*Answer:* The abdomen.

8. Name and demonstrate two breathing exercises.

*Answer:* Sip-hiss (sip sip sip sip hiss hiss hiss hiss). Panting like a dog.

9. What two parts of the body can remain still when we sing, helping us have more stable breathing?

Answer: The ribs and chest (breast bone).

10. The *Breathing Rap* is filled with good reminders. What are the words to the Breathing Rap?

Answer: I breathe without moving my ribs and chest. I breathe this way because it's best. When I breathe in I expand my middle. When I breathe out my tummy gets little. I breathe this way, it feels just fine. It's all by God's design.

## **TONE**

1. What is tone?

Answer: It's the sound quality of the voice.

2. We can hear the tone quality of our own voice. We can also \_\_\_\_\_ it.

Answer: Feel

3. What exactly do you feel on the piano, guitar and yourself when you are producing sound?

Answer: Vibration.

4. Where are some areas on your own body that you can feel the sound?

Answer: Top of head. Side of neck. Back of neck. Throat. Top of chest.

5. What are some possible sound qualities of the voice?

Answer: Breathy. Full and resonant.

6. When you are producing sound, but there is no vibration what are you doing?

Answer: Whispering.

7. What words did we use to help us feel resonance and vibration? Can you think of other words that let you feel vibration?

Answer: Bee. Mee. Na (as in cat). Noo. Yoo. Noh. Other possibilities can be found by saying words slowly and feeling them vibrate. Examples: Win. Buzz. Tom. Wonderful. **My. This.**

## **WARMING UP THE VOICE**

1. Why do athletes and singers need to warmup?

Answer: To prevent injury and maximize performance.

2. What happens when we warmup the voice?

Answer: We increase temperature and flexibility in the larynx, breathing muscles and other areas of the body used in singing.

3. Demonstrate the lip-trill, or motorboat sound that helps warm up the voice?

Answer: (This can be done with, or without pressing the index fingers into the face on either side of the mouth.)

4. What are the word for the *I'm A Vocal Athlete* song?

*Answer:* I'm a vocal athlete, I warmup my voice. It's the safest way to sing, it's my choice. As I warmup I feel my voice getting strong. And I sound good when I sing a song.

**If you have questions or suggestions** for the vocal coach please email [chris@vocalcoach.com](mailto:chris@vocalcoach.com) and be sure to visit our web site and blog for vocal tips and special offers.

***Thank you,  
The Vocal Coach Team***