

Entire body sings

(not just your vocal folds or mouth)

Balance, Duality: for every up, there is a down; back, front; top, bottom, constant morphing.

Onset. Flow Phonation = breathy chest voice + phonation; Scrapnsung/Panting Horse; Breathly chest voice.

“Pelican” - the vowel comes under the larynx (functions moot without “Pelican”)

The tongue is wide (front feels pushed forward and back feels pulled back at the same time).

Pharynx is first long, then wide and relaxed.

Consonant is in the high harmonic (3b).

Everyday the voice is a different instrument: you have to re-find the balance. Yesterday’s answer may not apply to today’s problem. One thing is not the answer to every thing.

Breath energy strongest sensation. Valvular functions are vanishing feelings.

Respiratory Scaffolding

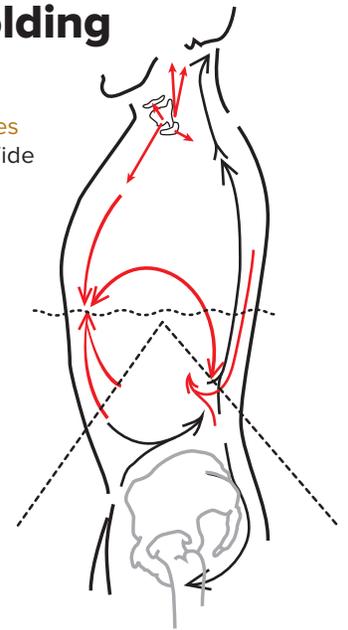
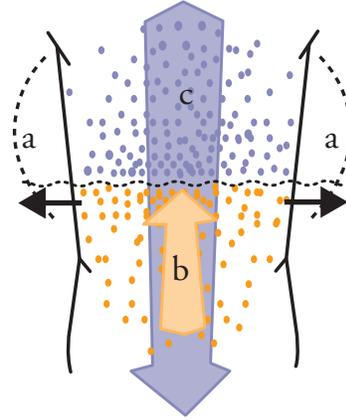
(framework for breathing)

1. Thorax & Rib Cage

2. Abdominal Muscles & Spinal Muscles

Compression Sequence: a. Breathe Wide

b. Pull Stomach Up c. Push Down



Appoggio

(breath energy, supra-&sub-glottal pressure, volume)

1. Pulls backwards toward 2

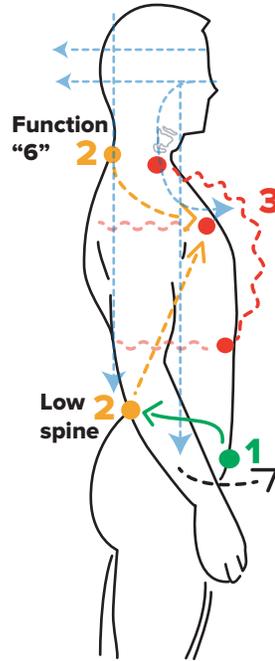
2. Sends the energy toward 3. Usually comes from the low spine; can also be felt coming from the nape of the neck, or from both directions.

3. A leaning sensation, felt where the red dots are. The middle dot can be felt anywhere between the red dot at the neck and the red dot between the navel and the sternum.

Hud energy

“Hud” sub-glottal pressure usually travels directly under the green dot at point 1, both backward and forward.

Blue lines are breath direction.



Laryngeal Structure

(mechanism stabilizers)

Laryngeal Elevators

a. palatopharyngeus/ levator veli palatini

Secondary Palatal Elevators

a. Zygomatica b. Temporalis c. Occipitalis d. Splenius Capitis

First Formant Extension

a. Depressor Septae b. Risorius

Laryngeal Depressors

a. sterno-thyroid

b. cricopharyngeus

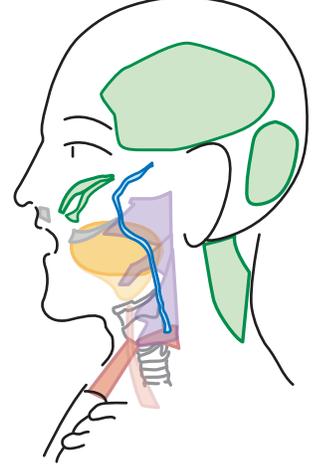
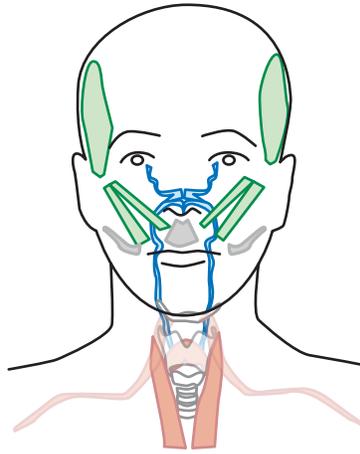
c. omohyoid (rarely used)

Nauseous Ned/Lean

Dorsal tongue root pushed forward

Pharyngeal Constrictors

a. upper b. middle c. lower



Valvular Functions of the Larynx

(pitch changers & color)

Tensors (heavy, chest, tight)

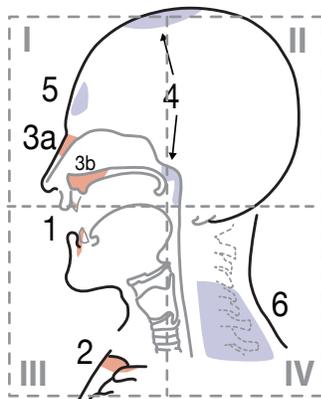
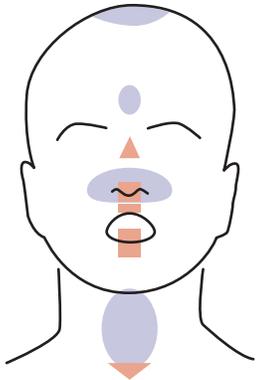
1. Mouth 2. Cricothyroid “Alice”

3. Midline Closure “Agamemnon”

Stretchers (light, head, loose)

4. Spannung “Julia” 5. Squillo

6. Cricopharyngeus “Bud”



Formants

(resonators / perceived volume)

Frequency clusters created by openings (or spaces) in the throat

1. Jaw Opening

2. Mid-Tongue [i]

3. Behind Tongue [e]

/ Nauseous Ned

4. Ventricles of Morgani [u]

