

1. Straw Phonation
 - a. Slide slowly from bottom to top of a comfortable scale.
 - b. Ascending/descending slides working up the scale in increments of about a 5th during ascent and about 3rd on descent starting at A3 and ascending to F5. This exercise is often called motorboats.
2. Hum while sliding from scale degrees 1 through 3. Starting pitch C4 and ascending by half steps to a top pitch of C5.
3. Sing hm-[i], hm-[e], hm-[a], hm-[ɔ], hm-[u] on single note each syllable getting sung for a one second beat. Starting at C5 descending by half steps to C4.
4. Sing wh[ɔ] on sustained pitch for a 2 second duration ascending by half steps from F4 to C5.
5. Gentle vocal fry for a 5 second duration a total of 5 times.
6. Sing scale degrees 1, 2, 3 on syllables v[æ], v[æ], v[æ] (vowel sound like cat) in chest register ascending by half steps on a medium soft dynamic level from A3 to F4 as starting pitches. The pitch A4 should be the top note only if comfortably sung in chest registration.
7. Sing a sliding scale ~degrees 1-3-1 on v[æ] in chest register ascending by half steps medium loud dynamic level from Ab3 to D4. The pitch A4 should be the top note only if comfortably sung in chest registration.
8. Sing a 5-note descending scale on **soft, floaty [u]** starting at C5. Continue ascending to G5 (C chord) then continue descending until E4 is the top note of the A3 scale. This should be done at the softest dynamic level. Note: A floaty [u] is a very round vowel sound, such as in the word “who.” The intent is for it to be sung with a great deal of ease and resonance felt in the ‘mask’, even at a soft dynamic level. No tension should be experienced.

***It is imperative singers are educated on how to sing each vocalize.
Ranges can be changed accordingly.**