



Course: Master the High Notes

Vocal Type: PC-HL

Prerequisite: SHTEB. Bridge easily without reaching, disconnecting.

Course Objectives:

Release: Singing without extrinsic neck muscles squeezing, grabbing, reaching. Vocal Cords are functioning freely, effortlessly.

Balance: Optimal balance between air flow from lungs and vocal cord resistance in all registers. Learn to press into the condition of release. Begin to experience power without grabbing and squeezing the tone.

Coordination: Release and Balance in chest, middle (bridge) and head voice on closed to open vowels.

Experience and Awareness

Understands what true release feels like in their own voice (Release)

Has a conceptual understanding of pressing into condition of release and what it feels like (Balance)

Understands what it means to get deeper into the cord structure and how to do it. (Coordination)

Can do all these things vocally in exercises on all pitches and registers.

Collaterals

MP3 downloads of men and women exercises for each topic and lesson. PDF summaries of each lesson.

Lesson 1: Release

Problem: Extrinsic muscles still squeezing vocal cords. Prevents release, ease, balance, coordination. Slows growth in tone and power.

Goal: Release, no extrinsic muscle tension or squeeze.

Benefit: Vocal Cords can develop their own power and strength. This enables balance and coordination.

Lesson 1 Topics

Topic 1: 5-tone BL

Topic 2: 5-Tone TT

Topic 3: 5-Tone Goo

Topic 4: 5-Tone Gee

Topic 5: 1 1/2 BL

Topic 6: 1 1/2 TT

Topic 7: 1 1/2 Goo

Topic 8: 1 1/2 Gee

Topic 9: 1 1/2 [u]

Topic 10: Arpeggio x 2 [u]

Topic 11: Arpeggio X 2 [ou]

Topic 12: Arpeggio x 2 with sustain [u]

Topic 13: Arpeggio x 2 with sustain [uo]

Topic 14: Oct Down x 3 [u], with sustain

Topic 15: Oct Down x 3 [uo], with sustain

Topic 16: Octave Up with sustain [u]