

# CONTENTS

<b>Introduction.....</b>	<b>7</b>
How To Use The CD With This Book .....	8
Written Music .....	9
<b>1   The Range .....</b>	<b>10</b>
<b>2   Opening Up The Voice .....</b>	<b>13</b>
Why Do Exercises At All? Why Not Just Sing Songs?.....	13
Getting Started.....	13
Exercise 1: Making A Start On The High Notes .....	13
Exercise 2: Learning To Control The Breath.....	18
Exercise 3: An Easy Way To Start Opening Up The Low Notes .....	18
Exercise 4: A Second Go At The High Notes – Improving The Tone .....	21
Exercise 5: Crying And Screaming .....	24
Exercise 6: Smoothing Over The Joins In The Female Voice .....	30
Exercise 7: Joining Up The Male Voices .....	34
The Trap .....	34
Exercise 8: Pistol Shots .....	39
The Story So Far.....	41
Exercise 9: Co-ordinating The Power Muscles On The High Notes .....	41
<b>3   The Chest Voice .....</b>	<b>43</b>
Exercise 10: Long Notes To Build Up Deep Sounds .....	43
Exercise 11: Chest Voice Crying Sound .....	47
<b>4   The Power Muscles And The Chest Voice.....</b>	<b>51</b>
Exercise 12–13 .....	51
Exercises 14: Even More Power From The Diaphragm .....	58
<b>5   Bringing The Chest Voice Up To The High Notes .....</b>	<b>66</b>
Exercise 15: Vocal Thunder From The Diaphragm.....	66
<b>6   Magical Sounds In The Male Mixed Head Voice .....</b>	<b>71</b>
Exercise 16: Men Mixing Their Head Voices – Quiet Koos .....	71
Exercise 17–20: Looking After The Easy Part Of The Male Voice .....	74
<b>7   The Female Mixed Voice .....</b>	<b>79</b>
Exercises 21–25: The Female Mixed Voice.....	79

<b>8</b>	<b>The Extreme Mixed Voice .....</b>	<b>85</b>
	Exercise 26: Spoilt-Brat Sounds .....	85
	Exercise 27: Wow-Yeah! – Male Glam Rock .....	88
	Exercise 28: Screaming Voice Into Natural Voice (Downward Scale).....	90
<b>9</b>	<b>Joining Up The Loud Voices .....</b>	<b>92</b>
	Exercise 29: ‘Nee-yaa-vaa-ee’ .....	92
	Exercise 30: ‘Signora Bella’ .....	94
<b>10</b>	<b>Ultra-Low Sounds .....</b>	<b>96</b>
	Warming Up For Exercises On Ultra-Low Sounds.....	96
	Exercise 31: Repeated Death-Metal Notes .....	97
	Exercise 32: Death-Metal Five-Note Scales .....	101
	Exercise 33: Sustained Death-Metal Sounds.....	103
<b>11</b>	<b>Solving Problems.....</b>	<b>105</b>
	Problem 1: I Get A Sore Throat Every Time I Sing .....	105
	Problem 2: I Can’t Get The Power .....	107
	Problem 3: I Can’t Get The High Notes .....	107
	Problem 4: Ladies – I Haven’t Got A Head Voice/My Head Voice Sounds Awful .....	108
	Problem 5: Men – I Can’t Get High Notes In The Natural Voice .....	108
	Problem 6: Men – I Can’t Do Falsetto .....	109
	Problem 7: I Can’t Scream .....	109
	Problem 8: I Can’t Get The Deep Notes .....	109
	Problem 9: Men – I Can’t Get Any Power In The Middle Of My Voice .....	110
	Problem 10: Women – I Can’t Get The Chest Voice Up Very High.....	111
	Problem 11: Women – I Can’t Soften The High Notes Of My Chest Voice Without Going Into Falsetto.....	111
	Problem 12: I Make A Horrible Sound When I Sing .....	111
	Problem 13: How Do I Find A Good Teacher? .....	112
	Problem 14: Have I Damaged My Voice? .....	112
	Problem 15: Coping With Nervousness, Fear And Pressure .....	113
	<b>Appendix 1: 30-Lesson Plan .....</b>	<b>114</b>
	<b>Appendix 2: Exercises In Minor Keys (Men) .....</b>	<b>118</b>
	<b>Appendix 3: Exercises In Minor Keys (Women).....</b>	<b>121</b>
	<b>Appendix 4: Using The Major Modes To Enhance The Male Mixed Head Voice .....</b>	<b>125</b>
	<b>Appendix 5: Using The Major Modes To Enhance The Female Mixed Voice .....</b>	<b>131</b>
	<b>A Final Note To Teachers .....</b>	<b>137</b>
	<b>Glossary .....</b>	<b>139</b>
	<b>Bibliography.....</b>	<b>148</b>
	<b>Notes .....</b>	<b>149</b>