

Dynamic Vocal Warmups for the Choral Rehearsal

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Warmup BBVB

(YUP, we're singing)

B

1. Rhythm in motion
2. Stacking exercise
3. Expansion gestures

V

7. Scales
8. Sustaining
9. Agility

B

4. Rhythmic breath patterns
5. Dirga pranayama
6. Humming, lip trills, voiced consonants

B

10. Solfege Salad
11. Tuning
12. Text/Unify/
Creativity

Body

Posture prepares breath

- Standing or sitting, find tall & open; teach them how

Movement prepares flexibility and energy

- Always moving or potentially moving
- Never bouncing to the beat (rhythmic trap)

Connecting with floor/base prepares groundedness

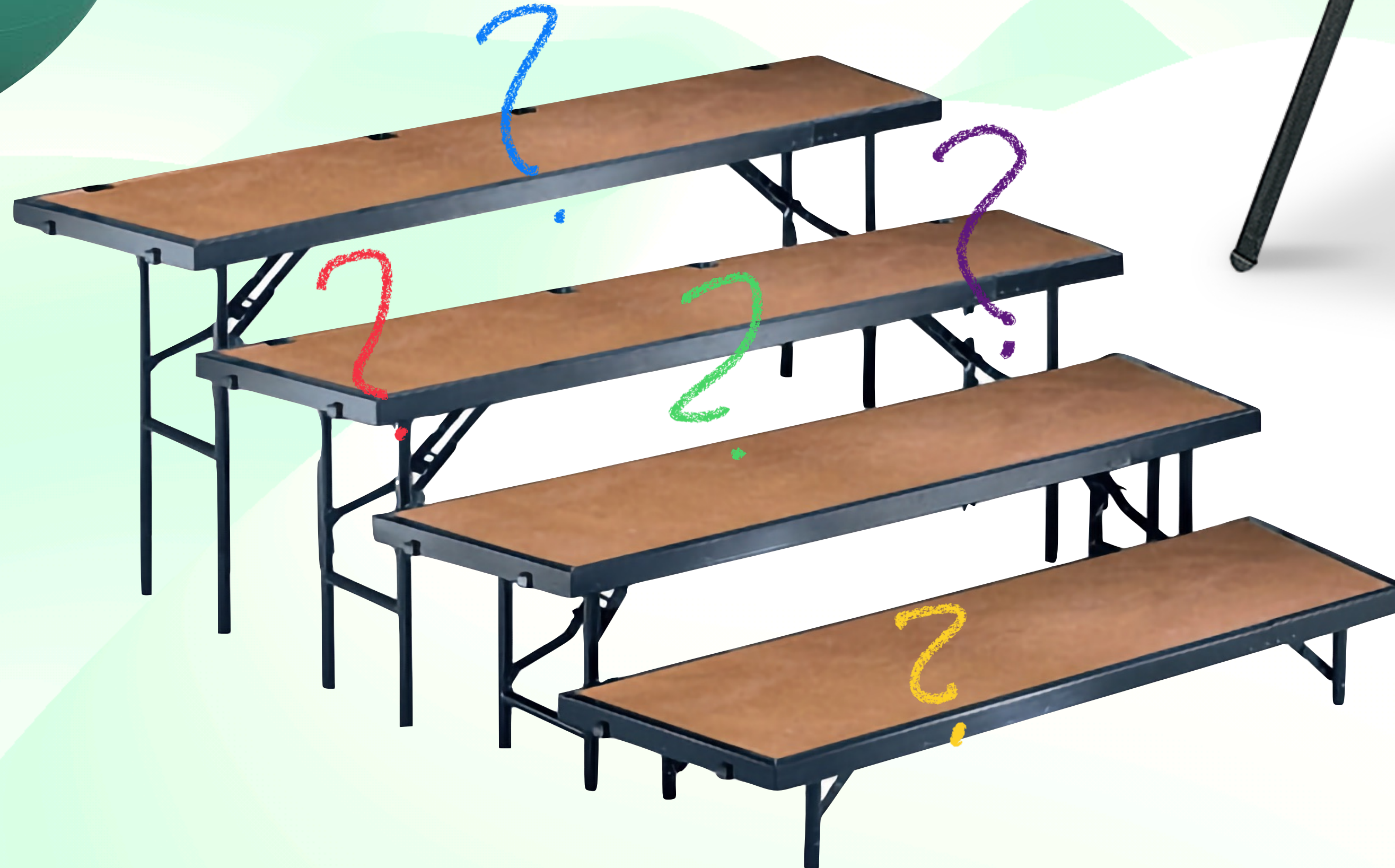
- Roots like trees
- Gravity is our friend (except when it's not)
- Risers always necessary?



Use posture
props and
inspiration



Teach and
reinforce
seated
posture



Do you need
the risers?

Breath

Breath is the foundation for phonation

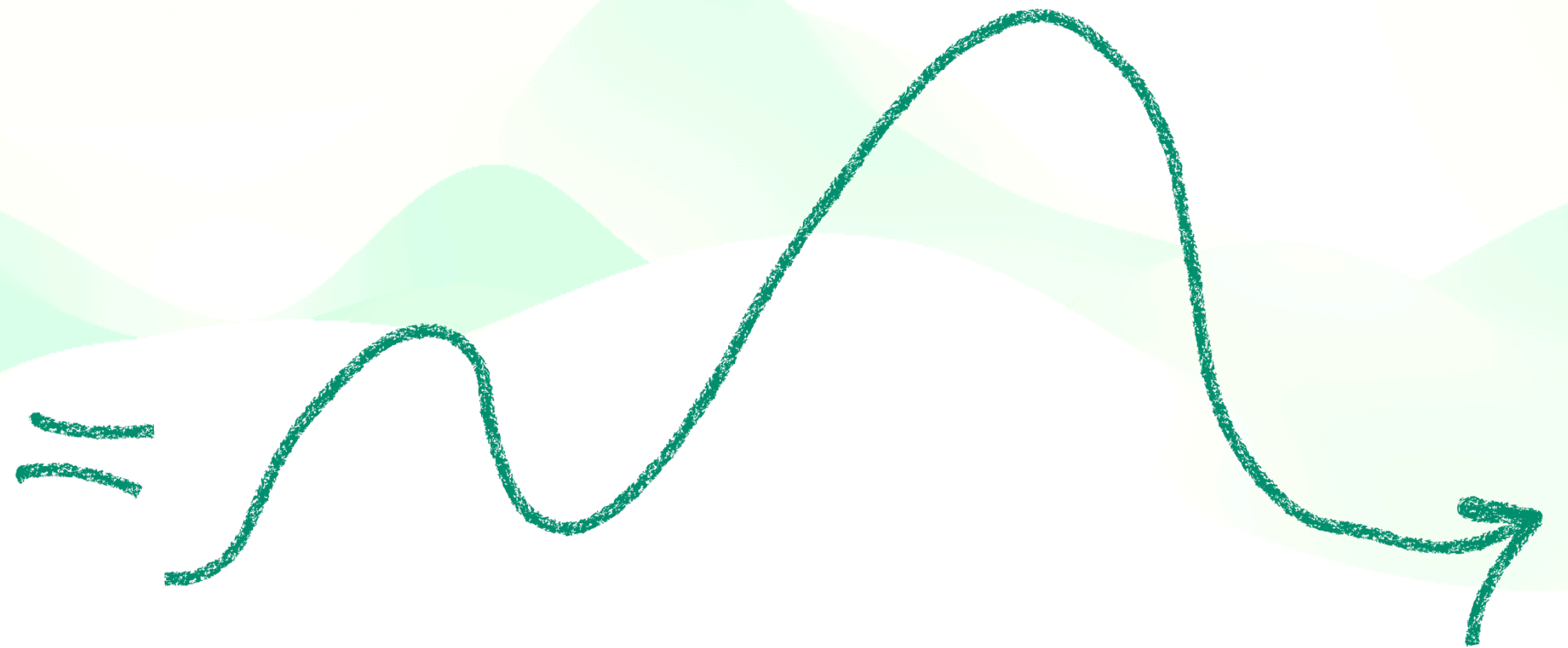
- Practice many ways of moving air
- Start without sound (breath patterns and translations)
- Move to sung exercises that focus on breath management

Unvoiced/Voiced consonant pairs:

- [p t k tʃ ʃ θ f s]

- [b d g dʒ ʒ ð v z]

Breath Translation:



Breath Management Warmups:

- Humming, lip trills, zoo choo foo, etc

Voice

Phonation follows from breath

- Begin simply—humming or single vowels
- Warm up low/mid range first—several exercises
- Begin to alternate with high range exercises
- Don't forget the alto 2s!

Create, collect, beg, borrow, and steal warmups.

High Voice Warmups

High Voice Warmups musical score. It consists of 13 numbered exercises. Exercise #1 is in 4/4 time with lyrics 'Zoo aw oo' and 'Yaw jaw'. Exercise #2 is in 6/8 time with lyrics 'Jee - jaw - jee'. Exercise #3 is in 6/8 time with lyrics 'Jee - jaw'. Exercise #4 is in 4/4 time with lyrics 'jee' and 'Zee - eh - ah'. Exercise #5 is in 3/4 time with lyrics 'Zoo' and 'aw'. Exercise #6 is in 4/4 time with lyrics 'ee' and 'Jee - jeh - jaw'. Exercise #7 is in 4/4 time with lyrics 'mm nn ee' and 'mm nn ah'. Exercise #8 is in 4/4 time with lyrics 'Oo oh' and 'aw'. Exercise #9 is in 3/4 time with lyrics 'yaw' and 'saw'. Exercise #10 is in 3/4 time with lyrics 'kee yaw kyaw'. Exercise #11 is in 4/4 time with lyrics 'yaw - kyaw daw kyaw oo ee' and 'yaw - saw'. Exercise #12 is in 4/4 time with lyrics 'kee' and 'koh yaw koh yaw koh'. Exercise #13 is in 4/4 time with lyrics 'kyaw' and 'kyaw - kee'. The score includes a vocal line and a piano accompaniment line.

Low Voice Warmups

Low Voice Warmups musical score. It consists of 13 numbered exercises. Exercise #1 is in 4/4 time with lyrics 'Zoo aw oo' and 'Yaw jaw'. Exercise #2 is in 6/8 time with lyrics 'Jee - jaw - jee'. Exercise #3 is in 6/8 time with lyrics 'Jee - jaw'. Exercise #4 is in 4/4 time with lyrics 'jee' and 'Zee - eh - ah'. Exercise #5 is in 3/4 time with lyrics 'Zoo' and 'aw'. Exercise #6 is in 4/4 time with lyrics 'ee' and 'Jee - jeh - jaw'. Exercise #7 is in 4/4 time with lyrics 'mm nn ee' and 'mm nn ah'. Exercise #8 is in 4/4 time with lyrics 'Oo oh' and 'aw'. Exercise #9 is in 3/4 time with lyrics 'yaw' and 'saw'. Exercise #10 is in 3/4 time with lyrics 'kee yaw kyaw'. Exercise #11 is in 4/4 time with lyrics 'yaw - kyaw daw kyaw oo ee' and 'yaw - saw'. Exercise #12 is in 4/4 time with lyrics 'kee' and 'koh yaw koh yaw koh'. Exercise #13 is in 4/4 time with lyrics 'kyaw' and 'kyaw - kee'. The score includes a vocal line and a piano accompaniment line.

Save/record your warmup exercises; create a library.

Share with your students and teach them how to use them on their own.

Brain

- Nothing is possible vocally without mental readiness
- Imagery is powerful
- Distraction is devastating—find the concentration hook
- **Make eye contact, address individuals, be direct**
- **Unify** (~~blend~~) concepts of vowel, dynamic, expression
- Fast singing: brain, then breath, then voice
- Soft singing takes more ~~breath~~ *concentration*

Solfège Salad

1. 5 note scale, alternate major and minor, then alternate solfège and numbers, then add fi/le, then alternate with fa/la
2. I - vi - IV - V progression, then i - VI - iv - v, then fill in with scale
(Don't be afraid to mess up. Practice with them!)
3. Fun with modes! e.g. "Sing a Dorian scale beginning on Re." Or "Sing a Phrygian scale on numbers beginning on 3." Or, or, or...
4. Rockadimi the Takadimi
5. Solfège that tune!

Questions?

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