

Warmup for Inmate Choir: May 25, 2016

Warmup Goals:

Build confidence in singers' voices

- Sing out with good air support

Begin to understand how to find resonance in a lifted tone

Begin to develop a connection between physical space and musical intervals

- Find proper posture
 - Have choir stand and place feet squarely under shoulders.
 - Tilt head back and forth to stretch neck.
 - Roll shoulders back onto spine.
 - Imagine a string is connected to spine through the top of the head, lifting whole body.
 - Have choir sit being sure to maintain posture.
- Sing drmf on the syllable /ni/ ascending and /ah/ descending.
 - Demonstrate the exercise
 - Have choir sing, stopping after a few semitones
 - Explain "tall vowels" and start choir from where they left off.
 - Do this exercise through the range of a major 6th.
- Sing sfmrd on the syllables /u/ and /i/.
 - Demonstrate
 - Choir sings
 - Explain the importance of lifting the tone as one descends in order to maintain proper intonation.

Ear training:

- Using pitches mi and sol, have choir match pitch in relation to physical hand placement.
 - Solfege mi is mid-chest and sol is near forehead.
 - Have choir sing on the syllable /du/ and match pitch with conductor.
 - If choir does exceptionally well, add in the pitch la (solfege sign above head).