

VICTORIA'S VICTORIOUS VOCAL EXERCISE INSTRUCTION

Here are your guidelines for the program.

VICTORIA'S VICTORIOUS WARM-UP FORMULA

Prepares the voice for singing

- 1) Step 1 - Descending Scales and Intervals
- 2) Step 2 - Ascending/Descending Scales and Intervals
- 3) Step 3 - Sustained Tones

This is the basic formula to warm up. You can follow this with the many targeted exercises in this program.

Recommendation: Watch video - Daily Singing Exercises -
DON'T DO RANDOM EXERCISES! Have a FORMULA !

https://youtu.be/3UL3aQpTh_U

BASIC EXERCISES - QUICK VERSION

on MUM, BUB, GUG, lip trill or any vowel/combination

Repeat – ADJUSTING PLAYBACK SPEED (faster or slower)

DESCENDING SCALES

- **Exercise 1:** 5-4-3-2-1
- Exercise 2: option to increase/decrease speed

ASCENDING/DESCENDING SCALES

- **Exercise 3:** Ascending/Descending Scales: 1-2-3-4-5-4-3-2-1
- Exercise 4: option to increase/decrease speed

SUSTAINED TONES

- **Exercise 5:** Sustained Tones: glides on 1-3-1
- Exercise 6 – option to increase/decrease speed

BASIC EXERCISES - LONG VERSION

on MUM, GUG, lip trill or any vowel/combination

Repeat – ADJUSTING PLAYBACK SPEED (faster or slower)

DESCENDING

1. Descending Scales

- **Exercise 1:** 5-4-3-2-1
- Exercise 2: option to increase/decrease speed
- **Exercise 3:** 8-7-6-5-4-3-2-1
- Exercise 4: option to increase/decrease speed

2. Descending Intervals

- **Exercise 5:** 3-1
- Exercise 6: option to increase/decrease speed
- **Exercise 7:** 5-1
- Exercise 8 - option to increase/decrease speed

ASCENDING

1. Ascending Scales

- **Exercise 9:** 1-2-3-4-5-4-3-2-1
- Exercise 10: option to increase/decrease speed
- **Exercise 11:** 1-2-3-4-5-6-7-8-9-8-7-6-5-4-3-2-1
- Exercise 12: option to increase/decrease speed
- **Exercise 13:** 1-2-3-4-5-6-7-8 (sustain top note)
- Exercise 14: option to increase/decrease speed

2. Ascending/Descending Intervals

- **Exercise 15:** 1-3-1 glide
- Exercise 16: option to increase/decrease speed
- **Exercise 17:** 1-5-1 glide
- Exercise 18: option to increase/decrease speed

SUSTAINED

- **Exercise 19:** 5-8-5-3-1
- Exercise 20: option to increase/decrease speed
- **Exercise 21:** sung 2 ways – 1-5-8 (1) detached & (2) smooth
- Exercise 22: option to increase/decrease speeds
- **Exercise 23:** sung 2 ways – 1-8-1 (1) detached & (2) smooth
- Exercise 24: option to increase/decrease speed

ASCENDING/DESCENDING ARPEGGIOS

- **Exercise 25:** 1-3-5-8-5-3-1
- Exercise 26: option to increase/decrease speed
- **Exercise 27:** 1-3-5-8-8-8-5-3-1
- Exercise 28: option to increase/decrease speed
- **Exercise 29:** 1-3-5-8-8-8-8 (hold)-5-3-1
- Exercise 30: option to increase/decrease speed

GUIDELINES FOR THE EXERCISES

- Posture
- Breathing (inhalation)
- Breath Support
- Volume
- Throat
- Larynx Position
- Tongue Position
- Jaw Position
- Mouth Position

BEGINNER'S CORNER

Here are the essentials for you, the beginning level singer! I tell you what to do and where to go next! You can continue to the more advanced exercises as you progress.

- **NON-SINGING EXERCISES:** Practice the non-singing exercises which are easy and allow you to stretch and open up your voice freely.
- **BREATHING (INHALATION) AND BREATH MANAGEMENT (BREATH SUPPORT):** You must learn to breathe and support the escape of air properly.
- **OPEN THROAT:** Go to the exercises on the Open Throat to learn how to sing with freedom and ease in the throat.
- **FOCUSED TONE:** A focused tone gives you better quality sound and more carrying power with the least amount of unnecessary vocal effort.
- For your daily singing routine, follow my warm-up and targeted exercise formula.

Beginner Recommendations:

Exercises: I recommend exercises 2, 6, 8, 10, 16, 18, & 20 in the Full Version for a longer beginner workout. The Quick Version of 3 exercises is fine for a shorter session. If those are comfortable for you, you can add #4, 14, & 22 in the Full Version for more challenge. As I always say, shorter and more frequent workouts are better than longer and less frequent. 10-15 minutes every day is good to start and twice a day even better.

See Playlist - BEGINNING SINGERS! Here is your STEP-BY-STEP guide!

<https://www.youtube.com/playlist?list=PLaWjWxiTysDB8Y43Y09ZULeoxrOYztdDD>

See Longer Playlist - Beginner Singing Lessons - FOLLOW THESE VIDEOS!

<https://youtube.com/playlist?list=PLaWjWxiTysDBD7MGUWCSdC4yhLzxVsEdW>

TARGETED EXERCISES – VOCAL TECHNIQUE

NON-SINGING AND SEMI-OCCLUDED VOCAL TRACT (SOVT) EXERCISES

SOVT exercises serve many purposes. In simple terms, they bring the vocal folds together with ease, using the right amount of airflow and air pressure, and help to open the throat, reducing constriction (squeeze). They are a wonderful warm-up, cool down, or for easing back into singing after an illness.

- Examples are lip trills, tongue trills, humming, and NG applied to the basic exercises.
- Other non-singing exercises are spoken sirens on any vowel. These are simple and help you to glide through your entire range with ease.

Recommendation:

Watch video - Lip Trills Singing and Alternatives - ARE THEY HELPFUL OR NOT? <https://youtu.be/JetrR3wthk0>

OPEN THROAT EXERCISES

- We always want to sing with ease in the throat, never on a squeeze or forced open. Take any of the Basic Exercises and sing on YO, YA, KYAH, YEE, YOO.

Recommendation:

See Playlist - Better Singing Tone - RICH, RESONANT & BEAUTIFUL!

https://youtube.com/playlist?list=PLaWjWxiTysDDB0K_J9FKiiwSxcV65xjxh

See Playlist – Open Throat Singing - HOW OPEN? What is Right for YOU?

https://youtube.com/playlist?list=PLaWjWxiTysDD_IGpR0Rfp618Gkeg1XXtC

BREATH MANAGEMENT EXERCISES

- To help manage and support your fine stream of air, take any of the basic exercises and sing on EE; or on a lip trill, "V", "Z" or "ZJ"; or hiss.

Recommendation:

See Playlist - Breathing (Inhalation) for Singing - the BASICS

<https://www.youtube.com/playlist?list=PLaWjWxiTysDCciuU4Sd5M9122o98hj0hE>

See Playlist - Breath Support for Singing (the BASICS)

<https://www.youtube.com/playlist?list=PLaWjWxiTysDAWvfzeqV-DjsPpG0MNIYwW>

See longer Playlist - Breathing & Breath Support for Singing

https://youtube.com/playlist?list=PLaWjWxiTysDCQDneLVxvJRkJp_Omj_vbp

SOLUTIONS FOR BREATHY SINGING

- With the goal of efficient vocal fold closure, take any of the basic exercises and sing on BUB, GUG, or vowel with a light glottal stroke, or lip trill directly to vowel.

Recommendations:

Watch videos - Fix Breathy Singing Voice! NO MORE WEAK SINGING!

<https://youtu.be/OZotnvONBi8> and Breathy Singing

Voice Fix - IS YOUR VOICE BREATHY AND WEAK?

<https://youtu.be/5U153Q1QYxk>

See Playlist - BREATHY or WEAK SINGING VOICE? Let's Strength Train!

<https://www.youtube.com/playlist?list=PLaWjWxiTysDABA7WR7aCmihVZXFX2saVH>

FOCUSED TONE EXERCISES

- A focused tone is a clear tone with efficient vocal fold closure. Take any of the Basic Exercises and sing on MUM, BUB, WAH, WAAAH, NAY.

Recommendation:

See Playlist - Better Singing Tone - RICH, RESONANT & BEAUTIFUL!

https://youtube.com/playlist?list=PLaWjWxiTysDDB0K_J9FKiiwSxcV65xjxh

VOWELS, VOWEL PROBLEMS & SOLUTIONS

- We want our singing vowels to be aligned and clear. Keeping the throat free and making the vowel changes primarily with your lips and tongue, apply to any of the basic exercises with different vowels: UH, AH, AY, EE, OH, OO, EH.

Recommendation:

See Playlist - Vowels in Singing – Clear, Aligned & Beautiful

<https://youtube.com/playlist?list=PLaWjWxiTysDADhRVZJvoZI0QJzbsWShRg>

VOWEL MODIFICATION for Singing Better High Notes!

<https://youtu.be/omlYX0eauuw>

BALANCE OF RESONANCE AND ALIGNMENT IN VOWELS

- For balance of front and back vowels, here are vowel combinations that you can apply to any of the basic exercises. You can sing them legato (smooth) or staccato (short and detached): EE AH, EE OH, AH EE, AH AY, AH OH, AH OO, OO EE, WAAAH WAH.

VIBRATO

- Vibrato is the slight variation and pulsation between two pitches that are close together. It is a by-product of balance in airflow and freedom at the larynx. Vibrato adds richness, excitement, and polish to the singing voice.

Recommendation:

See Playlist - Vibrato - UNCOVER & MASTER YOUR VIBRATO!

https://youtube.com/playlist?list=PLaWjWxiTysDDufptDJzaeHH-R K4A_mkj4

RESONANCE

- Resonance brings the voice to life! You want to develop ring and ping, plus color and depth which will give you many more tonal colors, vocal choices, and carrying power. Take any of the basic exercises and practice on AH, YAH, YO, NG, NG DIRECTLY TO VOWELS, NGUNG, NING.

Recommendation:

See Playlist - Resonance in Singing - WHERE THE MAGIC HAPPENS!

https://youtube.com/playlist?list=PLaWjWxiTysDBLoaqL84x1Z4_k NJy9-LAF

TONGUE TENSION

- The tongue is one of the strongest muscles in the body and frequently where vocal tension begins. Free up your tongue by applying YA, YOH, YOO, YAY (fast and slow) to the basic exercises.

Recommendations:

Watch video - How to Get Rid of Tongue Tension When Singing - #1 CAUSE OF TENSION! <https://youtu.be/pfawOn6yFa8>

See Playlist - Tongue Tension While Singing

<https://youtube.com/playlist?list=PLaWjWxiTysDCyE4WyZHZzGD SOX6H4-VH2>

See Playlist - Throat Tension in Singing - Free up your Voice!

<https://youtube.com/playlist?list=PLaWjWxiTysDDDSGygoVWRk IfZeFI71aj>

JAW TENSION

- The position of your jaw makes a HUGE difference in your tone. It should be slightly underslung, never jutting forward or allowed to lock. Take any of the basic exercises and sing on ZA, ZJA, ZEE the GENTLE CHEW, or the 5 vowels preceded by a Z.

Recommendations:

See Playlist - JAW TENSION While Singing - Don't chop up or squeeze your voice!

<https://www.youtube.com/playlist?list=PLaWjWxiTysDCtAldkinxX8iYOL8cmkgAv>

Jaw Position While Singing - SOUND BETTER IMMEDIATELY!

<https://youtu.be/GP8LdXiDKM4>

Jaw Tension While Singing - GREAT EXERCISES AND TOOLS THAT REALLY WORK! https://youtu.be/9_5YxCbHvkc

SOLUTIONS FOR NASALITY

- Nasality is caused when the soft palate is too low. This causes the nasal port to open, then air comes out of the nose, and the sound is heard as nasal. A certain degree of nasality is normal in certain musical styles, but for unwanted nasality, apply YAH, YO, KYO, KYA to the basic exercises. Also, practice vowels with nasal consonants (MA, NA, or NG to vowels) with the goal of no nasality in the VOWEL.

Recommendation:

See Playlist - Nasality or Nasal Resonance? Which One Do You Want?

<https://youtube.com/playlist?list=PLaWjWxiTysDBOuLR9NmZIjeYHLZ-PHU8h&si=Ij7gSSfbl6XQeVhJ>

Nasal Singing or Nasal Resonance - DO YOU KNOW THE DIFFERENCE? <https://youtu.be/qAcd-RUSoJo>

MORE POWERFUL SINGING

- For more powerful singing in a healthy way, you need good posture and body anchoring, proper inhalation, breath support, good vocal fold closure and resonance. Practice the basic exercises on BUB, GUG, LIP TRILL TO VOWEL and the SH pattern. Review the section on resonance which naturally amplifies the voice.

Recommendation:

See Playlist - How to Sing with More Power!

https://youtube.com/playlist?list=PLaWjWxiTysDBFI_wCU4pCEqaOj-f4Vj

DO YOU NEED A POWERHOUSE VOICE? How to Sing with More Power and Volume. <https://youtu.be/JCtD4igIDbM>

GUIDELINES FOR RUNS, RIFFS & AGILITY

- Runs must be slender, focused, supported and have an internal pulse or else they will be sloppy and loose. Start slowly, preferably on an EE vowel, staccato (short and detached) for accuracy. Then sing legato (smoothly), only speeding up when accurate. If you get sloppy, slow down until the run is clean. Take any of the basic exercises and practice on vowels – first on EE, followed by AH, AY, EH, EE, OH, OO.

Recommendation:

See Playlist - How to Sing Fast Songs, Riffs & Runs - Agility!

https://www.youtube.com/playlist?list=PLaWjWxiTysDB0ThU_--ZJlJ6SB2gLoZE

How to Sing Riffs & Runs Vocal Exercises - VICTORIA'S 5 STEP FORMULA! <https://youtu.be/gECKPIROveQ>

BRIGHTER TONAL COLORS

- For a brighter tone, we need to amplify the higher frequencies in the voice. This can be achieved in many ways such as a higher tongue position, smile, more nasal resonance, higher larynx, or shorter vocal tract (shorter throat space). Practicing the basic exercises on frontal vowels - AY, NAY, AAAH, EE, NEE – can help achieve more brightness.

DARKER TONAL COLORS

- For a darker tone, we need to amplify the lower frequencies of the voice. This can be achieved in many ways such as a lower larynx, lower tongue position (but never forced down), vertical oval mouth position, more space in the back of the throat, or taller vocal tract (a *bit* more yawn). Practicing the basic exercises on the back vowels of AH and OH (also OO) can help achieve a darker color. The “Y” helps to arch the soft palate and the “G” helps to stabilize the larynx.

Recommendation:

Secrets to Vowels & Vowel Colors - YOU NEVER LEARNED!

<https://youtu.be/M3f4wywgsC8>

See Playlist - Larynx Positions for Singing - WHAT KIND OF SOUND DO YOU WANT?

<https://www.youtube.com/playlist?list=PLaWjWxiTysDAQeYNIRklCmDpBCXLrziJx>

Larynx Position Singing - A GAME CHANGER!

<https://youtu.be/s0-V1B1OyBw>

See Playlist - Better Singing Tone - RICH, RESONANT & BEAUTIFUL!

https://youtube.com/playlist?list=PLaWjWxiTysDDB0K_J9FKiiwSxcV65xjxh

TARGETED EXERCISES – MUSICAL STYLE

- Different musical styles require different vowel colors and shapes. I give you many choices to apply the basic exercises for Pop, R&B, Jazz, Rock, Musical Theater, Classical, Blues, Country and more. Choose the appropriate style and exercise variation to suit your needs.

Recommendation:

See Playlist - HOW TO SING WITH STYLE AND SOUND AUTHENTIC!

https://youtube.com/playlist?list=PLaWjWxiTysDDds7bU9_EjZV0YVAhzjwGv

How to Sing with Style - SOUND AUTHENTIC & SHOW OFF!

<https://youtu.be/Gjczxb2f1FI>

See Playlist - How to Sing a Song Professionally - BRING YOUR SONGS TO LIFE!

<https://youtube.com/playlist?list=PLaWjWxiTysDCcdNsPrBOVUAdTbsTRx6j9>

Vocal Bridge/Passaggio

- The Vocal Bridge or Passaggio (sometimes referred to as “the break”) is THE biggest challenge for most singers. Learning how to negotiate through your passaggio smoothly and gradually takes technique! The Passaggio is also your gateway to your high notes. Mastering your Mixed Voice is also necessary. The Vocal Bridge exercises in this program are my favorite. Make them a regular part of your practice routine to smooth out any breaks or holes in the voice.

Recommendation:

See Playlist - Passaggio (Vocal Bridge) - HOW TO NAVIGATE THROUGH IT SMOOTHLY!

<https://youtube.com/playlist?list=PLaWjWxiTysDAsuVFcVCRqX8xhNx7u4Qsw>

See Playlist - Mixed Voice Made Easy!

<https://www.youtube.com/playlist?list=PLaWjWxiTysDCCsBgNhWjfRRRAWIPflxZp1>