



SCP26 - Lift-1 Session #1 - Teaching Emphasis

(Physical and Posture/**Breath**/Phonation/Resonance/Articulation)

1. Belly Breathing:

- Fill up your stomach and feel the base of your rib cage expand
- Do this one with a few long breaths focusing on activating your stomach

2. Rhythmic Breathing:

- Out-breath on "Shh" 1 2 3 4, then one long breath on "Shh" for 4 beats. Repeat this a few times.
- Then try this same thing but double it! "shh" for 1 & 2 & 3 & 4__

3. Engaging breath and support sound:

Using "Me" and other one-syllable words sing a 1 2 3 2 123454321 pattern

-The 1 2 3 2 should use a short but vigorous out-breath and the 123454321 pattern uses one controlled and consistent flow of air

-The first time through we will use one extended "me" for the 1234321 pattern, then switch to a "Mini Mini Me"

The switch to "mini mini me" gets you using a long consistent out breath over multiple syllables as you would during a song

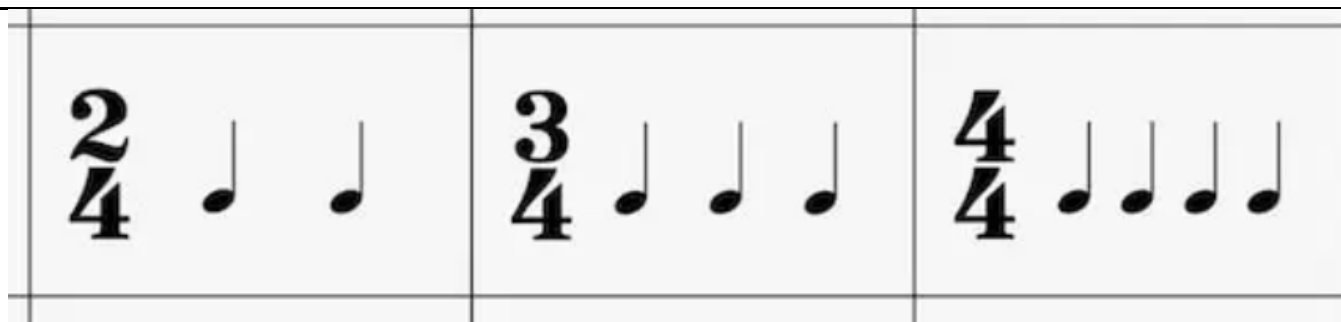
Skills/Technical

Timing and Rhythm

Simple Time Signatures



OBV Studio Choir Program Inc.
43 Allinson Drive, Girrawheen, Western Australia, 6064.
ABN: 89 138 648 858



*Clap and count the beat

* Look Around You

*Clap the rhythm of your name (add something you like to use all the beats)

*What is the difference between the beat and the rhythm?

Headphones: Handling and Technique

* We call them 'cans.'

* How to tie them up without damaging the cables.

* How to wear them while moving around

* How to plug/unplug into the splitter without damaging cables

* How to work with those who share your splitter

* How to wear them while recording. Adjusting to achieve a good 'balance'

* You are allowed to unplug to get a sip of water any time you wish, even when we're tracking

Song Recording



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HEAL THE WORLD

Studio Choir - Practice & Chat Page

<https://obvscp.org/studio-choir-practise-page/>

Password: isingin26

Reflection

What did you bring to today's session?

What did you leave with?