

Singing Tips You Must Not Be Without

Contributed by BrianStyden
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I honestly believe that anyone can sing. While there are a few who are truly blessed with a natural gift and ability, anyone can with practice and exercises, work their voice into an exquisite instrument. You must practice your singing like you would any other skill.

You train your voice with vocal aerobics to help increase strength similar to how we would exercise any other muscle. This means that like any other training we need to stretch, warm up and cool down our instrument.

The easiest and most perfect exercise to limber up or cool down is to lightly hum. You should do hums regularly. The buzzing thoroughly warms up the chords nicely and gets them lubricated. Now I know I don't need to teach you how to hum but there is a correct way. Soft and comfortable with an M sound or even N hum. There should never be any stress or tightness in your throat or neck. Our goal is a gentle and easy hum.

Next we will practice these hums with actual scales going in both directions up and down. If you get too high and your buzz cracks, stop. Don't look to force it up there. Just relax and move back down the scale nice and relaxed. Great singers do not force, we should never force a note out. Again we are keeping our throat and neck relaxed, never tight and forcing. Have patience, it does take time and practice to develop your voice.

So how can we sing without tightness? Well with proper breath support. Breathing is a critical part of becoming a skillful singer. You truly need to learn about your diaphragm and how to breath from it. This is the muscle that essentially pulls air into your lungs. I'm sure you had hiccups before, well the diaphragm is the culprit here.

I use the monkey "ooh ooh" for this. Try that or use the "hut hut" like a football player. If you do this accurately you should feel the pressure from just underneath your ribs. Occasionally you hear people say "sing from your belly" this is what they actually mean. Linking this muscle to your vocal flow can take practice and training but when you do your voice will flow incredibly.

Don't ever stop vocal training without cooling down with at least a few more gentle hums. If you serious about singing you will realize that this takes continuous work. Be aware of what you are putting into your body. Particular foods like dairy or spicy foods are terrible for your vocal chords. Keeping tabs on your speaking volume is important as well. We don't want to blow out our voice.

Singing well takes hard work and time. It is an all day job because we need to pay attention to what we eat, how we talk, and then spend time practicing. The benefits you will get back unquestionably make it worth it. Nothing can compare to letting your voice loose for all to hear and love! I can't cover everything in an article and a vocal coach can be of great help, but hopefully these singing tips get you going.

About the Author:

Must follow singing tips to really open up your voice