

WARM UPS

YouthCUE 2012
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HANDOUT #1

A

Hel - lo, I love you good-bye.

B

Where____ are you?
Who____ are you?

Cont. up or down

C

Hung - gah____
Zing - gah____
Sig - nor____

Cont. up or down

D

Try humming on an "n" sound as in "Now"
It has a much better, clearer sound

hmm____
Ooh____
Oh____

Cont. up or down

E

Teeth apart, open "ah", with fingers gently pushing on cheeks into space between teeth
Use tongue movements, not jaw movements to form syllables

Ka ka ka ya ya ya la la la ka ka ka ya ya ya la la la

Cont. up or down

F

Point in different directions on each note
(helps free vocal tension & keeps them active)

Ah no ah no ah no ah Ah no ah no ah no ah Ah no ah no ah no ah

Cont. up or down

G

Work for clean movement to each note and good, open vowels WITHOUT TWANG
Can use hand signs to show vowels.

Al - le - lu - ia. Al - le - lu - ia. Al - le - lu - ia.

Cont. up or down

H

(Slow - work for forward resonance in cheeks)

meow, meow, meow.
neya, neya, neya.

I

(Keep "ee" vowel inside the shape of "Doh")

Doh - ee Doh - ee Doh - ee Doh - ee Doh____

Cont. up or down

26 **J** (Range extension) Cont. up or down **K** (Loose jaw, open space in mouth) Cont. up or down

Zee ee (z)ah ah (z)ah (z)ah No - ah No - ah No - ah No - ah No - ah No

Start each syllable exactly together and have good, open vowels WITHOUT TWANG.

Also use hand signs to show vowels.

(or the reverse in dynamics - or ONE dynamic))

29 **L** *ff f mf p PPP* (another voicing) (another voicing)

Mah Meh Mee Moh Moo Mah Meh Mee Moh Moo Mah Meh Mee Moh Moo

35 **M** (or start from the top and go down)

1 1 2 1 1 2 3 2 1 1 2 3 4 3 2 1 1 2 3 4

38

5 4 3 2 1 1 2 3 4 5 6 5 4 3 2 1 1 2 3 4 5 6

41

7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 7 6 5 4 3 2 1

SOME THINGS TO CONSIDER:

- 1.) Have a purpose for each warm-up. Ask yourself, why am I doing this warm-up? or What do I want to do that I need a warm-up for?
- 2.) Do you listen to the sound of your choir during warm-ups? Really listen to them!
- 3.) Warm up the body, breath, sound, mind, and spirit - in that order.
- 4.) Be creative. Create your own warm-ups.
- 5.) Warm-up time should be roughly 10% of your rehearsal time.
- 6.) Have it planned out in advance. Keep it moving. Don't let it get slow or stale. Move around the room and stand in front of each section. Listen to the sections individually. Have the students rate how the other section did. Create a little competition between the sections and the SEXES. Go stand in the middle of the sections or walk up and down the rows on the chairs. **Keep them on their toes.**
- 7.) Connect warm-ups with something in the music that you are working on.
- 8.) Video tape your rehearsals. It is difficult to go back and review, but you are your toughest critic.
- 9.) For ENSEMBLES, really stretch them on the kind of sound they can produce together.
- 10.) Try moving students around and have them sing in mixed formation where parts aren't together. Try different arrangements. Voices sound different next to different people. It's all about BLEND!!!!
- 11.) Do the widest variety of literature possible.