



Agility: 5 to 1 Fun

'Agility' is the term used to describe the ability to change notes quickly and easily

A voice that can move in any direction, and at any tempo is a healthy voice!

Tips + concepts:

Below you will find tips and explanations about some of the concepts I introduce in this warmup video. If you're new to singing, this might be your first time learning about these techniques. Remember to go slow and work at your own pace. And most importantly - play + have fun!

If you enjoy these tips and want to learn more, connect with me on social media @singwithjill. I'd love to hear from you!

How to use this warmup:

When you are singing through any of my warmups, you can ALWAYS:

- sing on any vowel of your choosing
- sing on a lip trill* (SOVT exercise)
- sing through a straw* (SOVT exercise)

*If you're not yet familiar with SOVT (Semi Occluded Vocal Tract) exercises please search YouTube for demonstrations!



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Vowels + their shapes:

EE (see, me, we, free)

- space between the teeth + in the mouth
- mouth in the shape of a smile/cheek squish
- jaw relaxes down + tip of tongue touches back of bottom teeth
- you will feel it buzzing (vibrations) at the front of the mouth

AY (say, play, okay, away)

- space between the teeth
- place your lips in such a way that you are just beginning to smile
- jaw relaxes down + tongue very relaxed in the bed of the mouth you will feel it buzzing (vibrations) in the front half of your mouth

AH (saw, ball, hot, brought)

- mouth position feels the most open of all the vowels
- mouth open wide in an oval shape + lips free of any tension
- tongue relaxed behind bottom teeth + jaw falls down
- you will feel sensations all throughout your mouth while keeping the sound forward

OH (so, broke, know, cold)

- round your lips in the shape of an OH for the perfect position
- lips are relaxed + tongue lies flat behind bottom teeth
- you will feel sensations all throughout your mouth while keeping the sound forward

OO (too, do, moon, june)

- pucker your lips like you are going in for a kiss!
- face, tongue, jaw, and lips are all relaxed + teeth do not touch
- you will feel a vibration on the front of your lips





Scoops:

"Scooping" is a stylistic choice that happens when we slide into a note.

It is a wonderful tool to have, but are you able to get onto a note without scooping into it? I love to scoop, whether I am singing a pop song or a big belty blues song – it is so much fun to throw in some scoops. BUT I want you to learn how to get onto a note cleanly.

If you notice you're scooping and it is NOT a stylistic choice, it is most likely because you cannot hear or don't know the starting pitch.

Here are some tips for getting onto your notes cleanly:

- Clap: do something physical to help enter the note
- Work on ear training (Google is your best friend here!)
- Put an "mmm" sound before the vowel; find the pitch by humming the "mmm" and then break into the vowel

Practice tips:

It is so important to keep your practicing fresh and focused, so if you need a bit of help try:

- Choosing 1 vowel for the whole practice – and notice which vowels you struggle with the most
- Getting comfortable with the SOVT exercises (lip trill + straw)
- Recording yourself and notice where you're holding tension (jaw/shoulders/neck/arms/hands)
- Practicing with the mirror regularly – it is helpful to check in on yourself!





Agility: riffs + runs

How to practice your agility + dissect your riffs and runs:

- ✓ SLOW DOWN: if you are struggling with scales and hard passages in your songs, shut off the music and sing a cappella slowly
- ✓ SECTION WORK: break up hard passages in songs and work slowly and more methodically
- ✓ COUNT + FIND OUT HOW MANY NOTES ARE IN A RUN: as you sing it you can count on your fingers - this really helps!
- ✓ DO SOMETHING PHYSICAL: clap your hands or stomp your feet as this helps you feel the notes
- ✓ DRAW OR DOODLE the shape of the run in your mind: it might help you see it better
- ✓ PRACTICE WITH A METRONOME
- ✓ USE YOUR ARMS OR HANDS TO CONDUCT THE NOTES: this helps you feel more control while practicing the run as well as it moves
- ✓ CLOSE YOUR EYES: visualize the steps or any image that connects to the run/riff



Get Inspired! Artists to listen to:

Stevie Wonder - Don't You Worry 'Bout a Thing
Jazmine Sullivan - Come To Your Senses
Mac Miller + Ariana Grande - My Favorite Part
Heathers The Musical - Seventeen
Daniel Caesar + HER - Best Part

Queen - Somebody to Love
Giveon - For Tonight
Yebba - Evergreen
Paramore - 26



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