

# VOICE LESSONS

## STEP BY STEP TECHNIQUE AND THEORY

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## Section Two

# LESSON 1

## MUSIC THEORY

### **Intro to Solfège**

Solfège is the application of the solmization syllables to music. Solfège helps us learn how to read and sing music. We apply each syllable to a certain tone of each scale (we will learn more about this in a later lesson).

You have probably heard the solfège syllables before:

Do (dough)  
Re (ray)  
Mi (me)  
Fa (fah)  
So (sew)  
La (lah)  
Ti (tee)

Practice the syllables by singing Interval Exercise #3.

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills - NEW**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## YOU SING



The image shows a musical staff in 4/4 time with a treble clef. The melody consists of eight quarter notes: D4, E4, F4, G4, A4, G4, F4, and E4. A dynamic marking of *f* (forte) is placed above the first note. The lyrics "Do re do re sec-ond sing" are written below the staff, with "Do" under the first note, "re" under the second, "do" under the third, "re" under the fourth, "sec-ond" under the fifth and sixth notes, and "sing" under the seventh and eighth notes. The staff ends with a double bar line and repeat dots.

**VOCALISE** - *Interval Exercise #3*

# LESSON 2

## MUSIC THEORY

### Treble Clef Note Review

Review the notes of the treble clef that you already know (G3 - C5)

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## YOU SING

1. Sing the following rhythm in your head
2. Sight sing the song

Do do re re mi mi fa, fa fa mi mi re re do

## VOCALISE

*Interval Exercise #3*

*Ah Wave*

# LESSON 3

## MUSIC THEORY

### **Onset**

Onset is the word we use to describe the differences between breath and tone relationship. The three types of onset are:

**Aspirated** - The air starts first, followed by the sound

**Glottal** - The sound starts first, followed by the air

**Coordinated** - The air and sound start at the same time

Ideally, we should start every phrase after a breath as close to coordinated as possible. Coordinated is sometimes referred to as “balanced”.

## YOU SING

1. Learn the song on the following page with your teacher.
2. Differentiate between the glottal, aspirated and coordinated onsets.
3. Sing the song with the accompaniment.

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## VOCALISE

*Interval Exercise #3*

*Ah Wave*



# SINGING OWLS



## Hoo, Yoo, and Ooo

By Mim Adams

1. Listen to the piano accompaniment of the song first.
2. Watch the score carefully when you sing. The Owls have a different call!  
(Ooo, Yoo, and Hoo)
3. Be sure to sing using the proper articulations and dynamic markings.

Chords: Dm, Dm, A/C#, F/C, Bm7b5

Dynamic: *mp*

Measure 1: [Rest]

Measure 2: [Rest]

Measure 3: Oo

Measure 4: oo

Measure 5: oo

Measure 6: oo

Piano part includes accompaniment for the first six measures.

Measure 7: yoo, \_\_\_\_\_

Measure 8: hoo, \_\_\_\_\_

Measure 9: hoo, \_\_\_\_\_

Chords: Bb, A, A7

Dynamic: *mf*

Piano part includes accompaniment for measures 7-9.

Measure 10: yoo, \_\_\_\_\_

Measure 11: hoo. \_\_\_\_\_

Chords: Dm, Dm(#7), Dm7, Dm6, Dm

Dynamic: *p*

Piano part includes accompaniment for measures 10-11.



# LESSON 4

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## MUSIC THEORY

### **Review**

What is the difference between aspirated, glottal and coordinated onset?

## YOU SING

1. Sing “Singing Owls” from Lesson 3.

## VOCALISE

*Interval Exercise #3*

*Ah Wave*

Reminder:  
Practice your intervals!

# LESSON 5

## MUSIC THEORY

### Rhythm

New rhythm



*Dotted Half Rest* - a dotted half rest is held for three beats.



*Eighth Rest* - an eighth rest is held for half of a beat.

## YOU SING

Review:



Do re do re sec-ond sing

## SINGING TECHNIQUE

P, S, B, S

Shhh or Lip Trills

Oo Pitch Exercise Slow/Fast

Warm Up Song

## VOCALISE

*Interval Exercise #2 - NEW*

*Interval Exercise #3*

*Ah Wave*

# LESSON 6

## MUSIC THEORY

### **New Notes**

These are the notes above C5 on the treble staff.



## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## VOCALISE

*Interval Exercise #2*

*Interval Exercise #3*

*Ah Wave*

**CHALLENGE:**  
Memorize all the notes  
of the treble staff!



# LESSON 7

## MUSIC THEORY

### **Ear Training**

Distinguish between 2nds and other intervals.

### **Flash Cards**

Review notes of the treble staff with flash cards.

## SINGING TECHNIQUE

### **P, S, B, S**

### **Shhh or Lip Trills**

### **Oo Pitch Exercise Slow/Fast**

### **Warm Up Song**

**Diction** - Diction is the clarity in the pronunciation of your lyrics. Words should be clear and understandable.

1. Demonstrate good diction in your comfortable middle range.

## VOCALISE

*Interval Exercise #2*

*Interval Exercise #3*

*Ah Wave*

Reminder:  
Stay hydrated!  
Drink water!

# LESSON 8

## MUSIC THEORY

### **Ear Training**

**Review** - Distinguish between 2nds and other intervals.

### **Flash Cards**

Review notes of the treble staff.

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## VOCALISE

*Interval Exercise #2*

*Interval Exercise #3*

*Individual Vocalise - NEW*

# LESSON 9

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## MUSIC THEORY

**Time Signature Review**

Review 3/4 time.

## YOU SING

1. Count the rhythm to the following song in your head.
2. Sing the following song.

Row, row, row your boat gently down the stream\_\_\_\_\_ Row, row fast or

12

slow, float - ing like a dream. :||

## VOCALISE

*Interval Exercise #2*

*Interval Exercise #3*

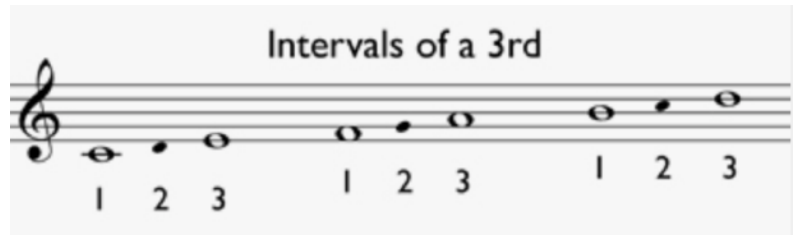
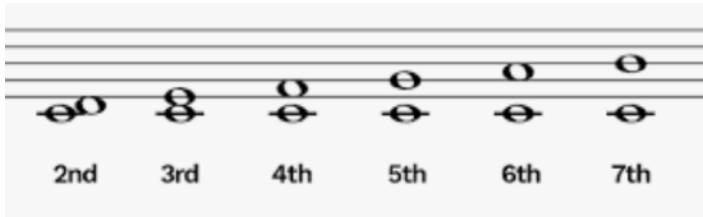
Reminder:  
Practice your low  
breathing multiple times  
a day!

# LESSON 10

## MUSIC THEORY

### Intervals

Intervals are how we measure distances in music. Two notes with a skip in the middle are called an interval of a 3rd.



## YOU SING

1. Count the following song in your head.
2. Sing the following song.



## SINGING TECHNIQUE

P, S, B, S  
Shhh or Lip Trills  
Oo Pitch Exercise Slow/Fast  
Warm Up Song

## VOCALISE

*Ahs Skip Up with Solfège - NEW*

**CHALLENGE  
CHECK-IN:**  
Learn the notes of the  
treble staff!

# LESSON 11

## MUSIC THEORY

### **Basic Piano**

Learning the basics of playing the piano is very helpful for singing practice.

Piano breakdown - where are the notes?

## YOU PLAY

1. Play the following song on the piano.

Just a sec-ond, just a sec-ond, just a sec-ond, now I'm rea-dy!

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## VOCALISE

*Ahs Skip Up with Solfège*

Reminder:  
Use coordinated  
(balanced) onset!

# LESSON 12

## MUSIC THEORY

### Piano Review

## YOU PLAY

1. Play the following song on the piano.

O - ver the o - cean I row row row, Row - ing and row - ing I row back home.

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

### **Pitch Matching**

Listen to your teacher sing a note. Sing the note in your head, hum the note, and sing the note out loud with an “ah”.

## VOCALISE

*Vee Veh Vah - NEW*

*Ahs Skip Up with Solfège*

*Individual Vocalise - NEW*

# LESSON 13

## MUSIC THEORY

### **Review Sharps and Flats**

Review the meaning of sharps and flats, and apply to piano.



*Sharp Sign* - sing the next note one half step up



*Flat Sign* - sing the next note one half step down

## YOU PLAY

1. Learn and play the C five-finger scale

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

**Singing 3rds** - Listen to your teacher play thirds and sing some back.

## VOCALISE

*Vee Veh Vah*

*Ahs Skip Up with Solfège*

*Individual Vocalise*

# LESSON 14

## **MUSIC THEORY**

### **Straw Phonation**

Singing through a straw, called straw phonation or straw singing, can help your singing by restricting air and helping you experience what it feels like to sing with more air over your vocal cords. It can improve tone and help coordinate the correct muscles used for singing.

## **YOU SING**

1. Sing a song or vocalise through the straw.
2. Sing the same song or exercise with words.

## **SINGING TECHNIQUE**

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## **VOCALISE**

*Vee Veh Vah*

*Ahs Skip Up with Solfège*

*Individual Vocalise*

**NEW CHALLENGE:  
Memorize a song!**



# LESSON 15

## **MUSIC THEORY**

Learn the song on the following page to review dynamics.

## **SINGING TECHNIQUE**

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## **VOCALISE**

*Vee Veh Vah*

*Ahs Skip Up with Solfège*

*Individual Vocalise*



# Greensleeves



*p* A- las! my love, you do me wrong, to cast me off dis-



court- eous- ly; And I have lov- ed you so long, De- light- ing in your

*p*  *f*  *p*



compa- ny. *f* Green- sleeves was all my joy, *p* Green- sleeves was my de- light.



*f* Green- sleeves was my heart of gold and Who but my la- dy Green- sleeves?

 *p*

# LESSON 16

## **MUSIC THEORY**

### **Key Signatures**

A key signature is a visual symbol, printed on a musical staff, that indicates what key a section of music is written in. Key signatures are represented by using accidentals (sharps and flats). The number of sharps or flats indicated in the key signature tells us what key the music is in. The sharps and flats indicate that those notes will be sharp or flat throughout the song.

1. Look at sheet music for songs in multiple keys.

## **SINGING TECHNIQUE**

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## **VOCALISE**

*Ahs Skip DOWN with Solfège - NEW*  
*Individual Vocalise*

# LESSON 17

## **MUSIC THEORY**

### **Circle of Fifths**

The circle of fifths is a way to organize key signatures and the progression of sharps and flats. Study the circle of fifths with your teacher and locate the key of C.

Key of C - no sharps or flats

## **YOU PLAY and SING**

1. Play and sing the five-finger scale in the key of C with solfège.

## **SINGING TECHNIQUE**

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## **VOCALISE**

*Ahs Skip DOWN with Solfège*

*Individual Vocalise*

**CHALLENGE  
CHECK-IN:  
Memorize a song!**

# LESSON 18

## **MUSIC THEORY**

### **Circle of Fifths**

Key of G - one sharp

## **YOU PLAY and SING**

1. Play and sing the five-finger scale in the key of G with solfège.

## **SINGING TECHNIQUE**

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## **VOCALISE**

*Ahs Skip DOWN with Solfège*

*Individual Vocalise*

# LESSON 19

## MUSIC THEORY

### Circle of Fifths

Key of D - two sharps

## YOU PLAY and SING

1. Play and sing the five-finger scale in the key of D with solfège.

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## VOCALISE

*Ahs Skip DOWN with Solfège*

*Individual Vocalise*

Reminder:  
Sing your songs and  
exercises through a  
straw!

# LESSON 20

## **MUSIC THEORY**

### **Circle of Fifths**

Key of A - three sharps

## **YOU PLAY and SING**

1. Play and sing the five-finger scale in the key of A with solfège.

## **SINGING TECHNIQUE**

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## **VOCALISE**

*Ahs Skip DOWN with Solfège*

*Individual Vocalise*

# LESSON 21

## MUSIC THEORY

### **Melody and Harmony**

The tune or main vocal line of a song is called the melody. Other notes added around the melody to add musical interest to a song are called harmony.

Singing the harmony of a song while another voice is singing the melody can be fun and challenging.

### **YOU SING**

Practice singing the Pumpkin Spice harmonies on the next page with your teacher.

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## VOCALISE

*Individual Vocalise*

**NEW CHALLENGE:**  
Learn and sing the  
harmony line of a song  
with another voice





# PUMPKIN SPICE SONG

## Harmony/Part Singing Warm-Up Game



There are many ingredients in pumpkin spice! Learn them using this fun melody.



Gin - ger, cin - na - mon, nut - meg, cloves, all \_\_\_\_\_ spice!

There are many harmony parts too! Can you sing the ingredients while your teacher sings one of the harmony parts below? **Can you keep your part?**

**EXTRA PUMPKIN BONUS:** Learn one of the new melodies, and sing it while your teacher sings the ingredients.



Pump - kin, pump - kin pie, pump - kin, pump - kin pie!



I don't like the pump-kin spice, I much pre - fer hot choc - 'late!



Pump-kin, pump - kin, pump - kin spice, pump - kin spice!

*This one is for your teacher!*



I need a lat - te!



# LESSON 22

## MUSIC THEORY

### **Ear Training**

Listen to your teacher play intervals of a 3rd going up and down. Practice singing some back.

### **Sight Singing**

Practice sight singing with 2nds and 3rds.



The image shows a musical staff in 4/4 time with a treble clef. The melody consists of the following notes: D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (half), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), D4 (quarter), C4 (half). The lyrics are: Do re mi re do, do mi do mi do mi do.

## SINGING TECHNIQUE

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## VOCALISE

*Individual Vocalise*

# LESSON 23

## **MUSIC THEORY**

Understanding the words and meaning of a song can help you sing it with more emotion, and help you give a more enjoyable performance to your audiences.

1. Go over the words of one of your current lesson songs with your teacher, and discuss the meaning of the song.
2. Pick two or three goals for this song related to interpretation and singing technique.

## **SINGING TECHNIQUE**

**P, S, B, S**

**Shhh or Lip Trills**

**Oo Pitch Exercise Slow/Fast**

**Warm Up Song**

## **VOCALISE**

*Individual Vocalise*

# LESSON 24

## MUSIC THEORY

### Sight Singing



A musical staff in 4/4 time, treble clef, showing a sequence of notes: So (quarter), mi (quarter), do (quarter), mi (quarter), do (quarter), mi (quarter), so (quarter), mi (quarter), do (quarter). The notes are: G4, A4, B3, A4, G4, A4, B4, A4, G4. The lyrics are: So mi do mi do mi so mi do.

## SINGING TECHNIQUE

P, S, B, S

Shhh or Lip Trills

Oo Pitch Exercise Slow/Fast

Warm Up Song

## VOCALISE

*Individual Vocalise*

## LESSON 25

### **Challenge Check-Ins**

#### **Sight Singing Test**

Sight sing line four on the sight singing exercises page.