



# Vocal warm ups

Rosalind Kipps

Region 31 Virtual Convention 2020

#QONVC2020

# Rosalind Kipps



Started barbershop in 2011 with Viva Acappella

Bass of Nightfall (R31 quartet champions)

Lead of Scandal (BinH mixed quartet champions)

Director of Sheffield Harmony

Director of LABBS Youth Chorus

Founder of Momentum (BABS mixed chorus  
champions 2018)

Sheffield  
Harmony

SCANDAL  
QUARTET



MOMENTUM

# Purpose of vocal warm up

## Individual

- Get the voice into the best state ready to sing (healthily)

## Ensemble

- Engage ears and 'tune in' with fellow singers
- Engage brain and establish chorus/director bond
- Skill building
- Set the tone for the rest of rehearsal

# Chorus vs quartet habits

## Female quartet

- Warm up together
- Do the same warm up each time
  - No faffing
  - Voice in same starting place
- Always finish with a unifying exercise

## Mixed quartet

- Voices all need different things
- Individual warm up
- Finish with unifying exercise (I'll point it out later on!)

## Chorus

- More varied and fun
- Set the tone for what you want to achieve during rehearsal





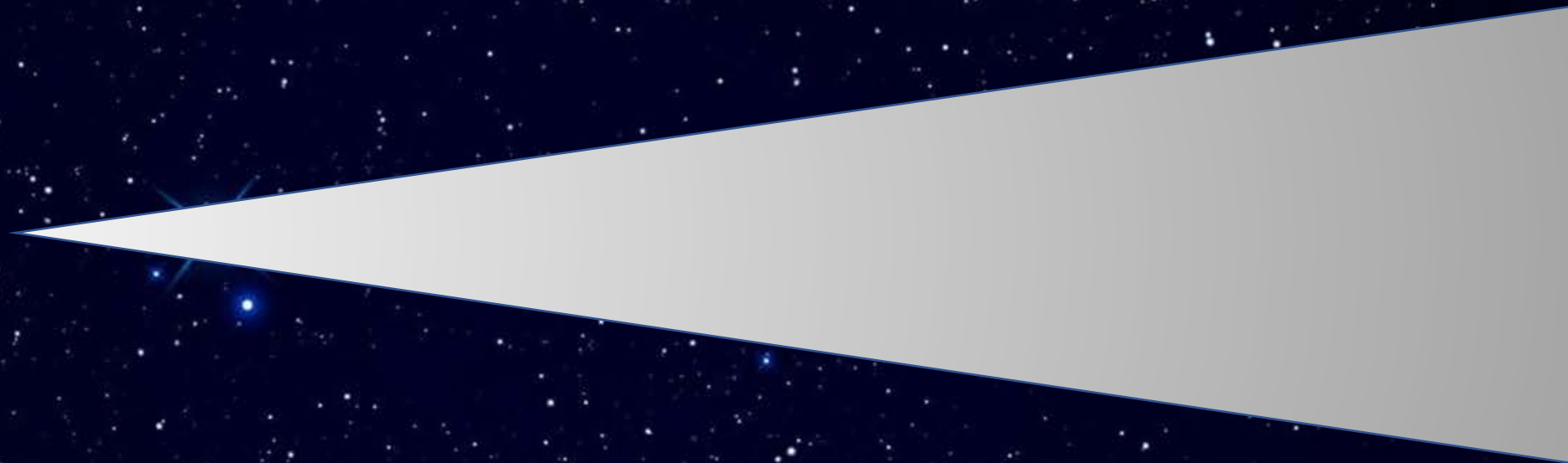
# Elements of an effective warm up

- Physical/alignment
- Breathing
- Phonation
- Resonation
- Articulation

Joan Boutilier/ Dale Syverson

- Physical/alignment/brain/director-focusing
- “Low impact beginning”
- Closed vowels to start
- Unify vowels
- Voiced consonants and diphthongs
- Horizontal tuning
- Vertical tuning
- Put it all together

Dr Rob Mance



Low impact  
Small range  
Small intervals  
Unison

High impact  
Wide range  
Larger intervals  
4 part harmony

# Physical alignment

Every body is different

No one-size fits all:

Feet/knees/hips/pelvis/shoulders/neck/ears/head

Keep it simple:

Superhero / moody teenager / Regal - wearing crown

# Sample warm ups

Waking up warm up

Asleep

Waking up

Stretch/yawn

Shower

Dry off

Brush teeth

What did it achieve?

- Breathing
- Stretch/ loosen up body
- Low impact phonation



# Sample warm ups

I have a lollipop  
A red and yellow lollipop  
I have a lollipop  
Pop pop pop!

Do you have a lollipop?...  
No I don't have a lollipop...  
Would you like a lollipop?...  
Yes I would like a lollipop!...  
Well you can't have a lollipop!...

What did it achieve?

- Phonation
- Engage brain
- Engage faces
- Emoting/ tone colour

# Sample warm ups

If you need to take another breath,  
take it in the middle of a long note

If you need to take another breath  
then you can miss out a syllable or two

Vee-ee-ee-ee\*

Laser beam

Reach both walls

Opera singer

\*this warm up is taken from SALT and Milli Blink warm up CDs

What did it achieve?

- Breathing
  - Phonation
  - Skill building
  - Small range
- 
- Resonance
  - Slightly wider range

# Sample warm ups

Look up at ceiling  
Grin as hard as you can  
Relax jaw

Yaya/Vava\*  
54321-5  
No muppetry! Keep jaw relaxed

What did it achieve?

- Posture/tension check
- Low range
- Articulation check

# Sample warm ups

Ee-aah

$^1(8)^2^3^17^1(8)^2767865$

4564345323421

Somber

Happy

Mournful

Jubilant

What did it achieve?

- High range
- Wider range
- Breathing
- Emotions
- Vocal character

# Sample warm ups

Li-loo/ bus stops

12345678-----

1234567876-----5

123456787654—3

123456787654321



Hnn-gee (ee-eh-ah-oh-oo)

87655555

55554321



What did it achieve?

- Listening
- Tuning – horizontal and vertical
- Vowels
- Engage brain
- Resonance
- Unifying vowels
- Synchronising with quartet



# Questions?

[facebook.com/NightfallQuartet/](https://facebook.com/NightfallQuartet/)



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