



Strengthening of the Abdomen - L3

In this lesson we are going to look at the strengthening of the abdomen and relaxing your throat when you are singing. In the last lesson I mentioned the practice of the trill. The vibration of the lips. Have a go at doing this again. This time be aware of your abdomen tightening. This is area that is the engine for the control and power for your voice. You don't want your throat to tighten up when you sing the lines of your chosen song. The warmth will not come with a tightened throat.

Using the trill sound, do the melody from a line of your song. Start by getting rid of all the air in your lungs. Do this by breathing out as if your blowing out a candle. Breath in through the nose expanding your diaphragm, then trill the melody of a line of song and try and empty your lungs of all the air.

This is a great control exercise and a great way to start becoming aware of your abdomen being the foundation on which you will build your singing abilities. It is not reliance on tightening your throat to get the results you can achieve.

Trilling is also great warm up for the throat before you start to sing.