

**THE KINESTHETIC APPROACH to SINGING**  
**Presented by: Jonny Moroni**  
**Vocal Spectrum**

**Presented to**  
**Region 25 - Retreat Weekend**

# What Do Our Singers Have to Juggle?

- I. Support
  - A. Posture
    - 1. Chant: Feet (Step), Knees (Flexed), Chest (High), Shoulders (Back), Weight (Forward), Tongue (Teeth), Eyes (Alive)
  - B. Inhalation
    - 1. Backswing
    - 2. Accordion (Inhaling low & Exhaling with pressure)
  - C. Exhalation (Steady air stream through the phrase; avoiding “wah wahs”)
    - 1. Candle Flame (Bend the flame)
    - 2. Rowboat
    - 3. Magic Marker
    - 4. Peanut Butter
    - 5. Rubber Band
    - 6. Dixie cup for supported softs
- II. Resonance
  - A. Resonators: ↑, →, ↓
  - B. Some imagery for resonance and placement:
    - 1. Guns: Point up then forward
    - 2. Fill barrel
    - 3. Warm air/cold air
    - 4. Thick & thin vocal folds
    - 5. “Where’s Your Tongue, Dummy?”
- III. Tuning
  - A. Basic Philosophy: The note isn’t higher, YOU are!
  - B. Pitch-O-Meter
  - C. Looking down rather than chinning up
  - D. Helium balloon
  - E. Spinning the pitch
  - F. Palms up/Palms Down
  - G. Ski lift for held notes
  - H. Stacking onion skins for repeated and returning notes
  - I. Vertical Tuning
    - 1. Singing to the overtone
    - 2. Shake the sand box
  - J. Choral Blend: Inner & Outer Ear
- IV. Word Sounds
  - A. Basic Philosophy: We don’t sing in English, we sing in “Singlish”
  - B. “Target” vowels
    - 1. Round & Square Vowels
      - a. Definition
      - b. Some movements to help form them
    - 2. Vowel Counterparts
      - OO ↔ EE
      - OO ↔ IH
      - OO ↔ UR
      - OH ↔ AY
      - AW ↔ AE
      - UH ↔ EH
      - UH ↔ AH
  - C. Diphthongs and Singable Consonants before a target vowel.
    - 1. Targets hit on the downbeat, everything else precedes that.
    - 2. Conduct to demonstrate.
  - D. Diphthongs and Singable Consonants after a target vowel.
    - 1. Press or Pull to bring out
    - 2. Diphthong Clock
    - 3. Diphthongs in rhythm. Clap to demonstrate
- V. Interpretation
  - A. The 4 Functions of Rhythm
    - 1. The Downbeat Function
    - 2. The Away-From-The-Downbeat Function
    - 3. The Off Beat Function
    - 4. The Into-The-Beat Function
  - B. Attacks & Cut-Offs vs. Initiations and Releases