**ENERGY**

*Bringing together vocal, musical, lyrical, and physical elements*

Ryan Heller, 2020

**What is Energy?**

Websters:

\*the strength and vitality required for sustained physical or mental activity.

\* power derived from the utilization of resources, especially to provide light and heat or to work machines.

1.A Dynamic Quality

The capacity of acting or being active

A usually positive spiritual force

2. Vigorous exertion of power (effort)

3. Useable power

Physics: Energy can be neither created nor destroyed but only changed from one form to another. (First law of thermodynamics)

\*Potential (Potential energy is the energy of an object's position/energy that is stored; examples: gravitational, elastic, magnetic), Kinetic ( the energy of moving objects/motion of a body. It ranges from 0 to a positive value, *sound* is identified as kinetic energy), and Mechanical (Mechanical energy is energy that results from movement or the location of an object. Mechanical energy is the sum of [kinetic energy](https://www.thoughtco.com/definition-of-kinetic-energy-604552) and [potential energy](https://www.thoughtco.com/definition-of-potential-energy-604611), *singing* is identified as mechanical energy!).

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”   
― **Brené Brown**

**SOUND/SINGING**

An important characteristic of a bbs performance is energized sound. Energy is an intangible quality that applies to all components of the category. A bbs sound of above-average quality consists of tones possessing energy. A significant amount of that energy is derived from proper breath support, but a certain amount can also be attributed to a positive, confident mental attitude and the quality of “life” imparted to the voice by a lifted countenance.

Artistic sound also has vitality. The best bbs performance combines technical proficiency with artistic flexibility into a vital, energetic, bbs sound.

An energized vocal line is achieved when the singer permits breath to be released, or managed, through the vocal cords in such a way that the vocal line demonstrates vitality and life. If the singer properly masters the elements of vocal production, an energized vocal line should result.

To convey the essence of the bbs performance to the listener, each singer must put “heart” into his/her voice, using it artistically to convey sincere feeling for the message of the song. Without heart, emotion, and energy, a mechanically perfect performance can be achieved, but there will be no aesthetic beauty and no thrill for either the audience or musician.

**MUSIC**

The planned performance-the combination of tempo, rhythm, phrasing, and dynamics-will be totally effective only when the performer adds “heart” to the delivery. Musical artistry can only be effective when the performance adequately fulfills the requirements of the category.

All performing groups seek to generate excitement. When the technical requirements of the category have been fulfilled, there remains a need for that special ingredient designed to provide additional satisfaction for both listener and performer. This involves not only vocal energy, but also strong mental commitment to the song and arrangement. Added vitality helps the performer to convey any mood, any characterization, any dynamic level, any rhythm, and any message. \*Exploring *why* musical elements exist, embellishments in particular, help to infuse our music with this life and vitality.

The performer has the freedom to present a magical experience that is aesthetically satisfying and memorable for both performer and listener. Such a presentation of inanimate words and notes will result in beautiful, living, bbs music.

\*Know as much as possible about all four parts

\*Breath is a part of the musical line!

**EXPRESSION**

Energy is the vital element in the overall lyrical presentation. Indeed, energy is the key to whether or not the listener will continue to listen to the performance. A performance that is belabored and tedious is lacking energy. There must be an energized vocal presentation in all four parts and from every individual singer in order to give vitality to the entire performance.

Energy is essential to the unity, clarity, musicality, artistry, and emotional *communication* of any performance. The performer must maintain consistent energy, not allowing the level of energy to drop for even one moment. This is known and stamina and when it is not present the performance can become monotonous, mechanical, or lacking in musicality. Synchronization, tempo, dynamics, and forward motion can be negatively impacted if energy is not unified across the performing group.

\*Speech-like lyrical energy + OVP

\*Breathing is also an element of communication and forward motion

**VISUAL COMMUNICATION/PERFORMANCE**

Energy is the life force of the visual communication category since it propels all aspects of the musical performance and adds a special shine to the visual performance. Energy is the unseen element that transports the performance from the stage to the audience, taking it beyond routine into magic. The presence of this invisible dynamism results in a visceral experience that can contribute to greater audience connection.

Performers who exhibit natural, free, and energized physicality that enhances the music can captivate an audience. Conversely, energy displays that include tension, frantic or dull visual expression and inconsistent levels of intensity across an ensemble can result in the audience’s inability to truly appreciate and connect with the musical and visual presentation. Accordingly, a performance well-grounded in effective energy techniques that create audience connection will be recognized and rewarded by the visual communication judge.

\*\*The goal is the same when allowing energy to flow through our vocal line, as well as our bodies: to communicate with our audience!\*\*

It takes as much energy to wish as it does to plan.”   
― **Eleanor Roosevelt**



In what area(s) are you most comfortable? Areas for growth and learning?

It is up to each of us to ask **WHY**

Why does something get louder? Faster? Why is a particular embellishment used?

This will allow us to find the emotional/communicative reasons

\*Staying unlocked and open

\*Importance of vulnerability

\*Core open/exposed

\*connection of body and mind, emotions, spirit, and will