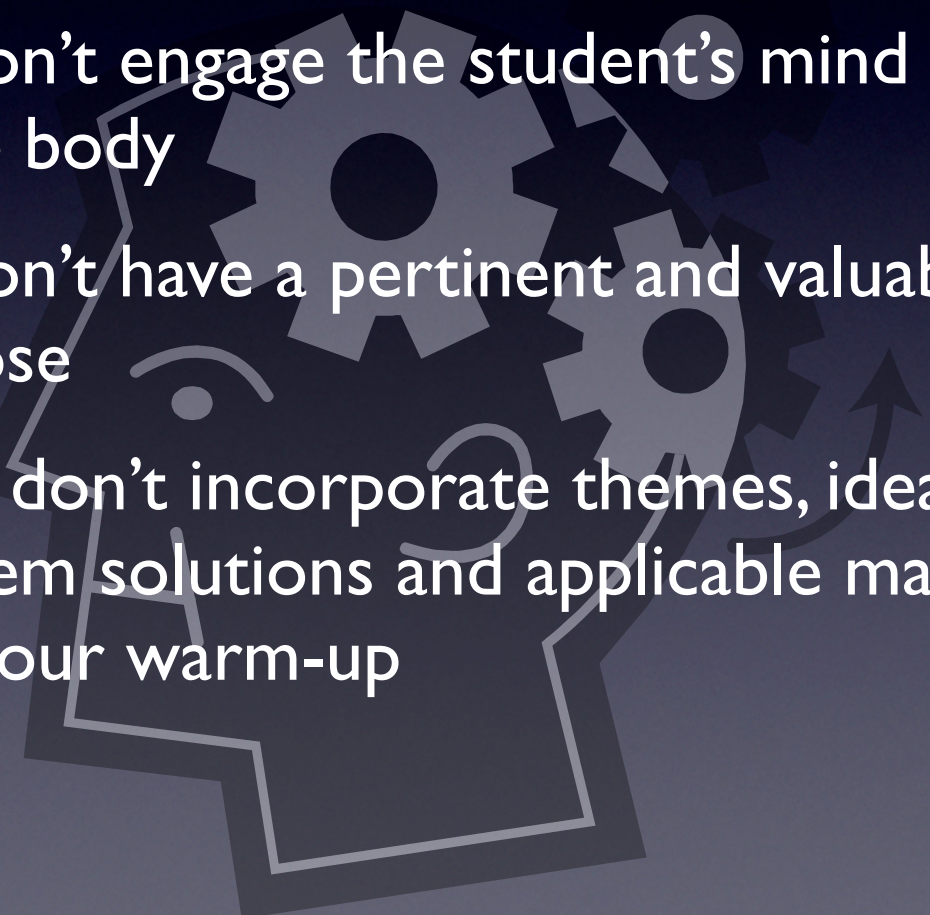


Warm-ups that work

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It don't mean a thing...

- if it don't engage the student's mind as well as the body
 - if it don't have a pertinent and valuable purpose
 - if you don't incorporate themes, ideas, problem solutions and applicable materials into your warm-up
- 

Why?

- Marathon, ballet, fancy dinner?
- Set the pace/culture of the rehearsal
- Gauge the dynamic of the group
- Acoustical properties of time and space
- Fundamentals
- Isolation of musical concepts
 - complex rhythms, tuning, balance, blend, language, etc.
- Wobbleato
- FOR YOU!

Variety....



- “Spice” things up in your warm-ups

For your consideration

- Everything in moderation
- Go with gravity
- Do you have to play?
 - Just intonation/equal temperament
 - The way you play
 - Transitions
 - Pro: Jump around



For your consideration

- Cocktail party syndrome
- More than one warm up session
- Practice does not make perfect

Warm-Up components

- A body in motion
- Engage the mind
- Breath
- Rhythm
- Articulators
- Consonants & vowels
- Color
- Tuning
- Dynamics
- Fundamental musical concepts
- No singing
- Male voices

Body and soul

- Posture
 - Marionette, invisible chair, etc.
- Shake out
- Slap out
- Stretching, kneading, massaging, chopping
- Tension and release

Engage the mind

- Coordination
- Multi-tasking

Breath

- Hot and cold
- Hissing
- Motorboat
- Breath pulses
- Panting

Breath to voice connection

- Portamento/glissando/siren
- Hum on m, n, ng
- Yawn - sigh
- Trill slides
- Sustained voiced consonants

Men's voices

- 2 octaves through the break
- Pweep

Rhythm

- SIMULTANEITY
- Put it in your body
- Practice count singing
- Dance
- Pulse

Articulators

- Diction is done in the front of the mouth...
- Chewing
- Tension in the mouth
- Ugly face

Tongue twisters

- The Leith police dismisseth us
- Red leather, yellow leather
- Thin sticks, thick bricks
- A twister of twists once twisted a twist
- Can you imagine an imaginary manager
imagining managing an imaginary menagerie?
- I slit the sheet, the sheet I slit, upon the
slitted sheet I sit

Vowels & Consonants

- X/Y axis
- Troublesome r & l
- Diphthongs
- Combined consonant sounds

Color

- Have the singers perform descriptive terms
- Instrumental sounds

Cross-indexing

- Imagery
- I have a headache
- Free fall

Acoustics

- Take advantage of time and space

Music fundamentals & tuning

- Scales
 - Solfege, numbers, whatever
- Chords
- Home key
- Perfect intervals
- Mere mortal intervals
- Canons

Cont.

- Tonal memory
- Shaw
- Trading places
- Chant

Tantum ergo

Tantum ergo Sacramentum Ve-ne-rémur cernu-
Ge-ni-tó-ri, Ge-ni-tó-que, Laus et ju-bi-lá-ti-
i, Et an-tí-quum do-cu-mén-tum No-vo cedat rí-tu-i :
o, Sa-lus, ho-nor, virtus quoque, Sit et bene-dícti-o
Praestet fi-des supplemén-tum Sén-su-um de-féctu-i.
Pro-ce-dénti ab utrô-que Compar sit laudá-ti-o. Amen.

Tantum Ergo

584

H: T.B. Armstrong

1. Tan - tum er - go sa - cra - men - tum,
2. Ge - ni - to - ri Ge - ni - to que
Ve - ne - re - mur cer - nu - i :
Laus et ju - bi - la - ti - o,
Et an - ti - quum do - cu - men - tum
Sa - lus, ho - nor, vir - tus quo - que,
No - vo ce - dat ri - tu - i :
Sit et be - ne - dic - ti - o :
Præs - tet fi - des sup - ple - men - tum
Pro - ce - den - ti ab u - tro - que
Sen - su - um de - fec - tu - i.
Com - par sit lau - da - ti - o.
A men.

Dynamics

- Number = dynamic
- Decrescendo
- Terraced dynamics

Conclusion

- Keep up the good work

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Thank you
for all you do!

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