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

Antum ergo Sacramentum
Ve-ne-remur cerno-
Ge-nitori, Genitoreque,
Laus et jubilatio-

i, Et antiquum documentum
Novo cedit ritui:
Salus, honor, virtus quoque,
Sit et bendsi-o-

Praestet tides supplemen-tum Sensus
um defectui.
Proce-denti ab utroque
Comparsit laudatio. Amen.
Tantum Ergo

H. T. B. Armstrong

1. Tantum ergo sacramentum,
2. Genitori Genitoque

Veneremur cernui:
Laus et jubilatio,

Et antiquum documentum
Salus, honor, virtus quoque,

Novo ce dat rituali:
Sit et benedictio:

Præset fides suplementum
Procedenti ab utroque

Sensus sum de fectu i.
Compar sit laudatio.

Amen.
Dynamics

- Number = dynamic
- Decrescendo
- Terraced dynamics
Conclusion

• Keep up the good work
Resources and bibliography

Resources and bibliography


Thank you for all you do!

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