

# Your *Singspired* Lesson

## UNDERSTANDING YOUR REGISTERS

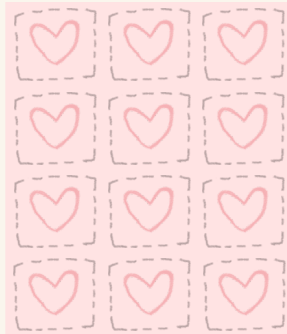
EXERCISE

SUMMARY

TICK  
EACH  
TIME  
YOU SING  
OR LISTEN

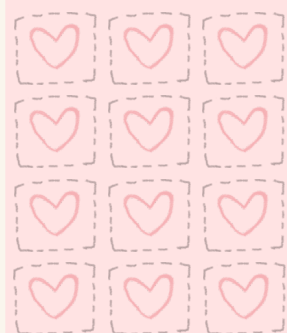
GEARS ON A  
BICYCLE

Born with 3 registers



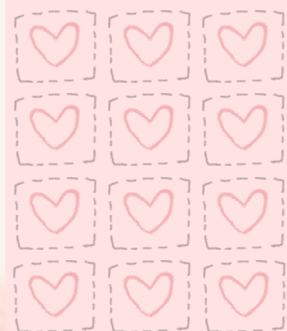
FLUTE VOICE

It's a very high sound we're all born with but most people lose when coming out of childhood. Those high pitched baby screams are probably flute voice! Not many adults retain it or can control it.



CHEST VOICE

Most people use this for speaking



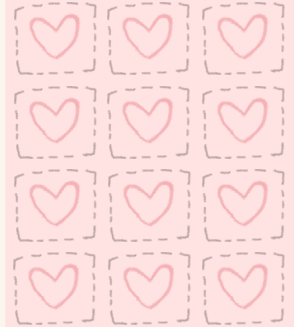
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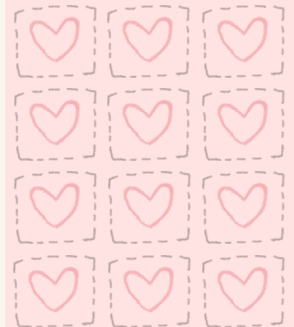
### HEAD VOICE

It's above our speech range. Sounds more like a sigh, or a scream, or Kate Bush or the Beegees. An opera singer or choir singer uses this voice more often than a pop singer - but it is used in pop!



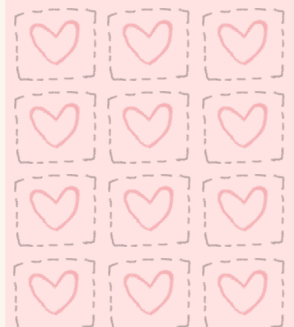
### THE LARYNX

The larynx is where your voice's vibrations are created by the vocal folds moving together and apart in waves. The vibrations are soundwaves



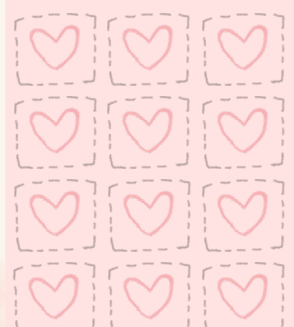
### CHANGING REGISTERS

Registers are controlled on or off by the tilt of the larynx. The angle of the larynx changes when we change register.



### YODELLING

If we change register quickly from chest to head register it's called yodelling!



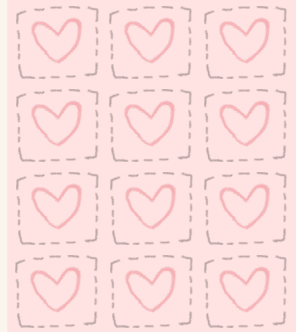
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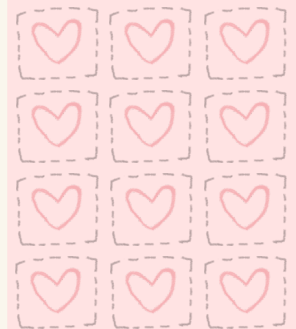
Yodel with  
Yellow by  
Coldplay

Sing along with Chris Martin on  
YELLOW:-  
[https://youtu.be/mRP72Ib2e9I?  
si=HxQ3MP1GoZCw2sFN](https://youtu.be/mRP72Ib2e9I?si=HxQ3MP1GoZCw2sFN)  
Notice the yodel on 'for you' and try  
to copy it! Lean onto the chest  
voice on 'for' then release or flip the  
larynx into head voice for the  
higher note



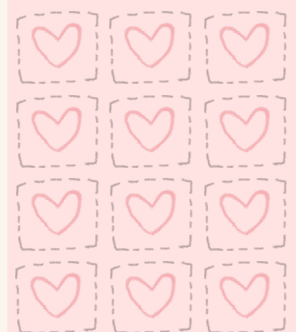
ENJOY THE  
CONTRAST

Don't worry if you feel the head  
voice is weaker - it's a beautiful  
contrast in the sound and  
emphasises the meaning in well  
written songs



Joni Mitchell's  
RIVER

This is one of those songs! Note the  
change of mood on the high notes  
which only head voice can give!  
[https://youtu.be/xCov0TYXBp8?  
si=QdHi1OxUTAaSvHs7](https://youtu.be/xCov0TYXBp8?si=QdHi1OxUTAaSvHs7)  
Try it and relax as you slide  
upwards with a feeling of letting go.



USE YOUR  
LATERALS!

Using the lateral muscles which  
cross your back can support a big  
note - engage them by bracing the  
arm muscles!



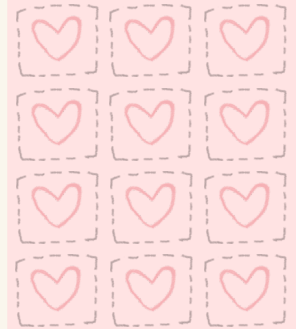
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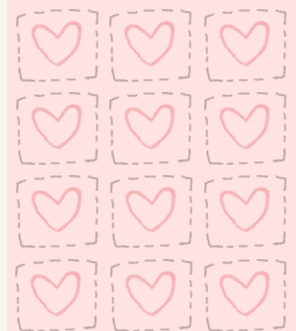
YODEL WITH  
JULIE  
ANDREWS!

The first yodelling most of us hear is Lonely Goatherd from The Sound of Music - practise along with Julie!  
[https://youtu.be/UmmOJx\\_Hxto?si=v-6F5W-TkZ1jPXhm](https://youtu.be/UmmOJx_Hxto?si=v-6F5W-TkZ1jPXhm)



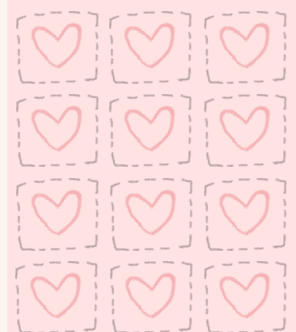
DON'T FEAR  
BEING FREAKY

Head voice can sound and feel weird but it creates outstanding songs like 'Staying Alive', 'Wuthering Heights', 'Yellow'



YODEL WITH  
ADELE

Skyfall - Adele yodels up with her exaggerated 'fall' - her jaw comes up on the shape which is an extension of her own North London accent which works perfectly for the song!  
[https://youtu.be/dzPB7yKjNPE?si=tVy6ux24AXsXPjr\\_](https://youtu.be/dzPB7yKjNPE?si=tVy6ux24AXsXPjr_)  
sing along!



BE THE BOSS

Your job is to highlight the strengths in your voice and not to spotlight the areas where you're weaker. Adapting a song to YOUR voice is so important! Make it work for you - don't just copy a famous version if it exposes your vocal challenges!

