



**BUILDING FOUNDATIONS THAT LAST**  
**STUDENT QUESTIONS & EXERCISES EXAM**

***INTRODUCTION***

1. In *Building Foundations That Last* you are told you will be learning about four areas? Can you list and briefly describe each one?
2. The Vocal Coach calls singers vocal athletes. He also used three important words to describe the voice. What are they? (Hint the first word was “physical.”)
3. What parts of the body are used to sing or speak?
4. Singers are vocal athletes. What does that mean?
5. Can learning new techniques feel odd at first? Why is this?

***POSTURE***

1. What happens to the voice when you use bad posture?
2. What are two phrases that will help you remember how to find good posture?
3. Upright posture gives you more \_\_\_\_\_.
4. What other things did you learn about posture?
5. What sports are you interested in? Is posture important in those sports?
6. Whether sitting or standing it is helpful to have a \_\_\_\_\_ back of the neck and a \_\_\_\_\_ front of the neck.
7. What is the posture string and how does it help with good posture?
8. Good balanced standing posture has the head balanced over \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
9. What are the lyrics in the song, *Upright Child of the King*?

***BREATHING***

1. What provides the energy and power for singing and speaking?
2. What three areas expand when you first take a breath?
3. What exercise can you do to feel the three areas expand?

4. Good posture causes good breathing. Why is this?
5. What areas do you feel working when you are on your back on the floor and say, “He he he?”
6. We felt three areas expand when we inhaled. Which two of these areas continue to maintain an expanding feel when you sing or speak correctly?
7. When aggressively exhaling where do you feel the work?
8. Name and demonstrate two breathing exercises.
9. What two parts of the body can remain still when we sing, helping us have more stable breathing?
10. The *Breathing Rap* is filled with good reminders. What are the words to the Breathing Rap?

### **TONE**

1. What is tone?
2. We can hear the tone quality of our own voice. We can also \_\_\_\_\_ it.
3. What exactly do you feel on the piano, guitar and yourself when you are producing sound?
4. Where are some areas on your own body that you can feel the sound?
5. What are some possible sound qualities of the voice?
6. When you are producing sound, but there is no vibration you are doing what?
7. What words did we use to help us feel resonance and vibration? Can you think of other words that let you feel vibration?

### **WARMING UP THE VOICE**

1. Why do athletes and singers need to warmup?
2. What happens when we warmup the voice?
3. Demonstrate the lip-trill, or motorboat sound that helps warm up the voice?
4. What are the word for the *I'm A Vocal Athlete* song?

**If you have questions or suggestions** for the vocal coach please email [chris@vocalcoach.com](mailto:chris@vocalcoach.com) and be sure to visit our web site and blog for vocal tips and special offers.

***Thank you,  
The Vocal Coach Team***