## Vocal Technique Session with Jon Erik – singer’s formant and vocal endurance

My first session (10/6/2020 and 1/19/2021) focused on establishing the singer’s formant (embouchure) and singing legato and using a browser-based Spectrogram as a tool to help you sing well.

National Center for Voice and Speech (NCVS)

* <http://www.ncvs.org/ncvs/tutorials/voiceprod/tutorial/singer.html>

Spectrograms

* <https://borismus.github.io/spectrogram/>
* <https://musiclab.chromeexperiments.com/Spectrogram/>
* <https://auditoryneuroscience.com/acoustics/spectrogram>

## New material for February 2, 2021

Review: what is the singer’s formant (aka *squillo*)? - <https://ed.ted.com/lessons/what-s-a-squillo-and-why-do-opera-singers-need-it-ming-luke>

* Simple task – adding wider vibrato to draw attention from other instruments with narrow vibrato
* Harder task – enhance squillo by altering the vocal tract
* Hardest task – maintain tension in abdominal support and relaxation in the throat

Basically, the only thing that separates opera singers from “the rest of us” is the ability to establish and maintain the squillo - <https://kashudo.com/2020/05/19/opera-evolution-or-devolution-ask-the-squillo/>

Basics for reducing fatigue before singing:

* [http://www.ncvs.org/ncvs/tutorials/voiceprod/tutorial/q&a.html](http://www.ncvs.org/ncvs/tutorials/voiceprod/tutorial/q%26a.html) (question #3)
	+ Conditioning
	+ Coordination
	+ Water
	+ Nutrition
	+ Exercise and Sleep
* <https://www.claudiafriedlander.com/the-liberated-voice/2013/06/build-stamina.html>
	+ Hook and push
	+ La lotta vocale – the vocal struggle

Bottom line advice

* maintain support muscles during inhalation – maintain efficient support
* use inhalation muscles to manage exhalation – do not squeeze in the throat