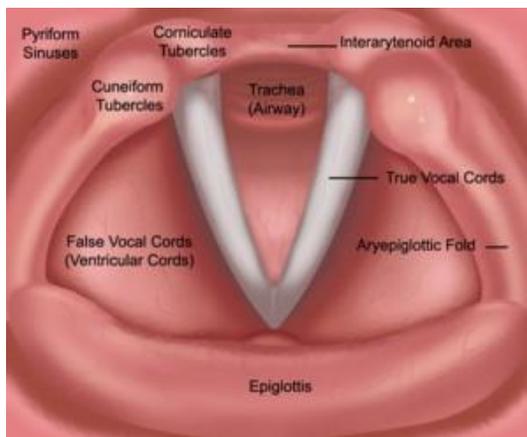


Mechanics Of Voice

Vocal sound is produced by air passing over the vocal cords causing them to vibrate which creates sound. These vibrations are what reaches the ears of the ones listening be it words or a melody.

Vocal Cords



Breathing is essential to passing air thru to the vocal cords. Vocal cords are a muscle. When we were babies we were able to breathe correctly by using the diaphragm properly and passing the air thru to the vocal cords allowing sounds. As we grow we tend to forget this proper method of breathing and we learn to breathe incorrectly by inhaling and filling the lungs with air whereas we should be inflating the stomach or diaphragm in order to breathe correctly. Once we learn how to breathe correctly using the muscle as we know as the vocal cords will cause sounds such as singing melodies and not harming the vocal cords.

Pitch

Pitch is caused by the tension in the vocal cords somewhat like bending your arm and creating a muscle, unfortunately with the vocal cords you will not feel this tension as you would in bending your arm. Pitch is governed by the note your ear hears. If someone plays a C on the piano you will be able to sing the C note by the amount of air passing over the vocal cords as they tense to create the note.

Caring for your voice

Your vocal cords and diaphragm need exercise just as exercise is needed for your arm and legs. There are warm ups such as passing air thru your lips as they are closed to make a flutter sound or singing the scale as in Do Re Me. This helps loosen up the vocal cords as well as the muscles in your face. By relaxing these muscles has the same effect as someone who stretches before running, karate or dancing. Always keep the vocal cords moist by drinking water.

- Fatigue
- Cold/Flu
- Caffeine
- Over use

In conclusion, singing correctly takes work and dedication as one would do to get in shape to run a 5 mile race. Physical exercise to support the back and stomach are also important in having good breathing and will help protect the vocal cords.