

Singing & Vocal Technique — Workbook

This workbook turns the course into a daily training practice for your real voice. Work through it in order: set up your body and breath, then train your ear and pitch, then build your registers, mix, and range, and finally shape tone and perform a full song. Use the trackers at the end every day to log your hiss-test time, warm-up routine, range, and song progress so you can see measurable improvement. By the last page you should be warming up correctly, supporting your breath, singing in tune, and delivering a song with style.

The Instrument: Posture, Breath, and Support

Set up aligned posture, find low diaphragmatic breathing, and build the appoggio support that keeps your phrases long and steady.

Exercise: Map Your Three Voice Systems

Sing a few comfortable notes while paying attention to your body, then answer honestly. The goal is to feel your power source, vibrator, and resonator at work so later exercises make sense.

- Put a hand on your belly and one on your chest as you breathe to sing. Which one moves more, and is your breath low or shallow?

- Sing a sustained note and notice your throat: does it feel free and open, or gripped and tight?

- Is your current tone more pressed (tight, choked), breathy (airy, weak), or balanced? Give one example phrase.

- Where do you feel the resonance buzz most on a comfortable note, and does it change as you go higher?

Worksheet: Run Your Posture and Tension Audit

Film yourself singing one verse and chorus, then watch it back and fill in each field. Transfer recurring issues into the Daily Vocal Practice Log so you can track whether they improve.

Feet, knees, and weight (balanced and soft, or locked / uneven?)

Shoulders and neck (relaxed and down, or hunched / tense?)

Head and chin position (ears over shoulders, or chin jutting / lifting on high notes?)

Jaw and tongue (released, or clenched / pulled back?)

What the chest does on a long phrase (stays high and stable, or collapses?)

The single biggest posture fix to focus on this week

Exercise: Build Your Hiss-Test Baseline

Measure your breath management today so you have a number to beat. Inhale low for 4 counts, then hiss on a steady sss while keeping your lower ribs wide, and time how long you last with a constant, even sound.

- What is your steady-hiss time today in seconds (stop when the hiss becomes weak or uneven, not when you are completely empty)?

- Did your ribs stay expanded or collapse at the start of the hiss?

- Which support drill will you do daily: hiss test, lip trills, straw phonation, or counting on one breath?

- What weekly target time will you aim for, working gradually toward 30-plus seconds?

Checklist: Healthy Support Readiness Check

I breathe low into the belly and lower ribs, not up into the shoulders

My chest and ribs stay expanded as I sing instead of collapsing on the first note

I can hiss steadily for at least 15 seconds and am tracking the number upward

I am supporting with steady resistance, not pushing or bearing down hard

I am not over-breathing and gulping more air than the phrase needs

I hydrate through the day, aiming for pale-yellow urine, not just before singing

Pitch and the Ear: Singing in Tune

Train audiation and interval recognition, use a tuner for objective feedback, and diagnose why specific notes go flat or sharp.

Worksheet: Run a Pitch-Matching Self-Test

Use a piano or tuner app to play several single notes across your range. Match each by humming, then opening to ah, and record how you did. Log the results in the Pitch & Ear-Training Tracker.

Source note played

Did you hear it in your head before singing? (yes / no)

Result: dead-on, flat, or sharp

By roughly how much (locked in / slightly off / clearly off)

What you adjusted to lock it (more support, less tension, re-heard target)

Notes that were consistently harder to match

Exercise: Anchor Your Intervals to Songs

Build a personal interval map by pairing each interval with a song you actually know. Sing each interval up and down until the leap feels recognizable rather than random.

- Write your own song anchor for the perfect fourth, perfect fifth, major sixth, and octave (e.g. fifth = Twinkle Twinkle).

- Which interval is hardest for you to sing accurately right now?

- Pick one song you are learning and find its trickiest leap. What interval is it, and what is your anchor for it?

- Which ear-training tool will you use daily: Functional Ear Trainer, Teoria, musictheory.net, or Tenuto?
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Worksheet: Diagnose Your Flat and Sharp Notes

Take two or three spots in a song where you go out of tune and run each through the diagnostic. Be specific about the note and what your body was doing.

Song and exact word / note that goes off

Direction: flat (under) or sharp (over)

Did I clearly hear the target pitch first? (yes / no)

Breath support through the phrase (steady or sagging at the end?)

Tension present (jaw / tongue / throat gripping?)

Is this note near my register break or on a long held note?

The fix I will try (more support and energy for flat; release tension and soften for sharp)

Checklist: Intonation Practice Check

- I hear (audiate) each note in my head before I sing it
- I sing scales and melodies on solfege, not just random pitches
- I do a short daily ear-training session with a named app or site
- I use a chromatic tuner to check long held vowels, then turn it away and reproduce by feel
- I isolate failing intervals and drill just those two notes instead of looping whole songs
- I am warmed up, hydrated, and rested when judging my own pitch

Registers, the Mix, and Range Expansion

Find your chest and head registers and your break, build a connected mix with SOVT exercises, and extend your range safely.

Exercise: Find and Mark Your Passaggio

Glide a smooth siren slowly from a low chest note up to a high note and back, on an easy vowel, and pay close attention to where the voice wants to flip. Use a keyboard or tuner to name the pitches.

- Going up, at roughly what pitch does your voice want to crack, flip, or thin out?
 - Going down, at roughly what pitch does head voice want to drop into chest?
 - What small range (a few notes wide) will you mark as your bridge zone to train deliberately?
 - Right now, do you tend to muscle through the break by belting, or back off and go breathy?
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Worksheet: Design Your SOVT Mix Routine

Choose the semi-occluded vocal tract exercises you can actually do and plan how you will carry the easy feeling into open vowels. Record this in the Daily Vocal Practice Log warm-up section.

Which SOVT drills you can do (lip trill, tongue trill, straw phonation, vee/zee, ng hum)

The note or notes where you currently crack

Your glide plan: SOVT siren through the break, then a narrow vowel (nay), then open ah

How soft you will start high notes before adding power

How many minutes of SOVT you will do at the start of each session

Exercise: Plan Safe Range Extension

Set a realistic, gradual plan to add notes at the top and bottom. Remember that widening your comfortable, usable band matters more than a couple of strained extreme notes.

- What is your comfortable usable range today (lowest to highest easy note), checked on a keyboard?
 - What is the next single half step up you want to make easy, and how will you approach it (warm up, SOVT, soft, vowel-modify, glide)?
 - For your low end, how will you relax rather than push (lower larynx, warm air, gentle fry)?
 - What red flags will make you stop a session immediately (pain, lasting hoarseness, losing easy notes)?
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Checklist: Registers and Safe-Range Check

- I can identify my chest voice, head voice, and the break between them
 - I know roughly where my passaggio sits and I train through it instead of avoiding it
 - I build the mix with SOVT first, then transfer it to open vowels
 - I never attempt new high notes cold and I always warm up first
 - I extend range by half steps over weeks, not all at once in one session
 - I stop the moment I feel pain or a gripped, painful note, since pain means damage
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Tone, Style, and Performing a Song

Shape tone with vowels and resonance, add dynamics and vibrato, apply genre style and riffs, and prepare a full song to perform.

Worksheet: Shape Tone, Dynamics, and Vibrato

Pick one sustained phrase and experiment with vowel shape, forward resonance, dynamics, and vibrato. Note what changes the tone for the better.

The phrase and its key sustained vowel

Vowel modification tried up high (e.g. ee toward ih, ah toward aw) and the effect

How you found forward resonance / ring (hum on mmm or ng, then open) and whether it carried

Messa di voce result: could you swell soft to loud to soft while keeping pitch and tone steady?

Vibrato status (natural, absent, or forced) and the tension or support issue behind it

Where you will place a dynamic build and a drop in this phrase

Exercise: Build Your Genre Style and a Riff

Choose a target genre and a reference artist, then deliberately copy their phrasing and one ornament. Slow any run down until every pitch is in tune before speeding it up.

- What genre are you working in (pop, R&B/soul, rock, musical theatre, country/folk) and which artist will you imitate?
- Which stylistic markers will you borrow (vibrato amount, onsets, diction, conversational vs legit tone)?
- Pick one run or riff. Map its individual notes, then describe how you will slow it down and rebuild it to speed.
- Take one straight, on-the-beat line and list three phrasing changes (lay back, slide into a word, add a vibrato tail, leave space) you will try.

Worksheet: Prepare Your Performance Song

Choose one song that fits your voice and work it up using the course workflow. Fill this in and continue tracking it in the Song Preparation Tracker.

Song title and the key you will sing it in (transpose if needed to fit your range)

Highest and lowest notes, and confirmation they sit inside your comfortable range

Marked breath points for the hardest section

The hard spots to isolate (high notes, runs, big leaps) and the SOVT drill for each

The story / intention: who you are singing to and what you want them to feel

Your dynamic and emotional map (where it builds, where it drops, which words carry the meaning)

Checklist: Performance-Ready Check

-] The song sits in a key and range that is comfortable for my voice now
-] I know the melody, rhythm, and lyrics cold, from memory
-] My breath points are marked and I never get caught short mid-phrase
-] I have isolated and drilled every hard spot with SOVT
-] I have a clear intention and a dynamic map, not one flat volume throughout
-] I warm up before performing or recording and I record myself to review honestly

Your Action Plan

1. Do a daily 5 to 10 minute warm-up starting with SOVT (lip trills or straw) before any demanding singing.
2. Fix your posture: ears over shoulders, chest stable, jaw and tongue released, and cue the crown up on high notes instead of lifting the chin.
3. Run the hiss test daily and grow your steady time toward 30-plus seconds, keeping your lower ribs expanded.
4. Spend 10 minutes a day on ear-training with a named app and sing scales and intervals on solfege.
5. Use a tuner to lock long held vowels, then turn it away and reproduce the accuracy by feel.
6. Find and mark your passaggio, then train through it with SOVT sirens before bringing open

vowels up to meet it.

7. Extend range by single half steps over weeks, warming up first and stopping at any sign of pain or hoarseness.

8. Practice dynamics with a messa di voce and let vibrato emerge by releasing tension and steadying support.

9. Pick one genre and artist, imitate their phrasing, and rebuild one run slowly until every note is in tune.

10. Choose a song in the right key, learn it with the section-by-section workflow, record yourself weekly, and note one win and one fix each time.

