

SK

# HOW TO RAISE YOUR SCORES IN ALL FOUR CATEGORIES

## SOUND CATEGORY

### 1. Posture and Breathing – Standing Yoga

Hiss to the count of 10

Shh to the count of 10

Sing Oo to the count of 10

Engage abdominal muscles last

### 2. Gug – to align the voice.

A musical staff in 3/4 time with a key signature of one flat (Bb). The melody consists of a series of eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. The notes are labeled 'Gug' under the first note and 'gug' under the subsequent notes. A slur covers the final two notes, G4 and F4.

### 3. Breath energy and tone flow (V ah ee ah ee)

A musical staff in 4/4 time with a key signature of one flat (Bb). The melody consists of a series of quarter notes: Vv, Vv, Vv, Vv, Vv, Vv, Vv, Vv, Vv, Vv. The notes are labeled 'Vv' under the first two notes, 'Vee' under the third, 'Ah' under the fourth, 'ee' under the fifth, 'ah' under the sixth, and 'ee' under the seventh. A slur covers the final two notes, Vv and Vv.

### 4. Tag – "In a Gingham Gown" – Tuning, Balance and Blend

A musical score for the song "In a Gingham Gown" in 4/4 time with a key signature of one sharp (F#). The score includes a vocal line and a bass line. The lyrics are: "In a gingham gown she stole my heart a way a way". The notes are labeled with the lyrics. A slur covers the final two notes, 'a way'.

Earl Moon  
Popular version

# MUSIC CATEGORY

1. Posture and Breathing  
Chorus Line Stance – 1&2&3&4& etc.
2. Accuracy and precision

1 Do, Do, Re Do, Do Re Mi Re Do, Do Re Mi Fa

3 Mi Re Do, Do Re Mi Fa Sol Fa Mi Re Do, Do Re

3 Mi Fa Sol La Sol Fa Mi Re Do, Do Re Mi Fa Sol La

7 Ti La Sol Fa Mi Re Do, Do Re Mi Fa Sol La Ti Do

7 Ti La Sol Fa Mi Re Do.

## 3. Intervals Instantly Accurate

1 2 1 3 1 4 1 5 1 6 1 7 1 8 8 7

8 6 8 5 8 4 8 3 8 2 8 1

#### 4. Tune octaves-transition high to low

5

Do Sol Do Sol Do Do Sol Do Sol Do

### EXPRESSION CATEGORY

1. Posture and breathing -  
Puppet on a string  
Be a snake-see a snake

2. Five Italian Vowels – Ee Eh Ah Oh Oo-with kinesthetics

### 3. Ping Pong Ball – Articulation and Unit

1

Where's the boy with the ping pong ball? Where's the boy with the ping pong ball?

5

Where's the boy with the ping pong ball? Ping pong, ping pong ball. Ping, pong, ping, pong.

10

ping pong ping pong, ping pong ping pong, ping pong ball? Ping pong ping pong, ping pong ping pong.

15

ping pong ping pong ball. Ping pong! Ping pong! Ping pong! Ping pong!

#### 4. Dynamics and beauty of tone – Round – The First Snow



#### SHOWMANSHIP CATEGORY

1. Posture and Breathing  
Sternum High – Face Lifted  
Ch ch ch ch
2. Exaggerated counting to loosen face.
3. Lip trill for energy in the tone.
4. Choose any of the previous exercises and perform them for a score.