

## Tools for Self-Coaching

Duetting: any combination of two parts

Trio-ing: any combination of three parts

Stand next to the person/part that makes you nuts (musically...)

because you can't fix what you avoid...

Check posture

- loose/relaxed body
- head/neck alignment: head over the shoulders
- jaw relaxed and parallel to the floor
- shoulders relaxed and wide
- lifted countenance (face)

Use kinesthetic movement for vocal line improvement; your body is your instrument...keep it moving fluidly.

e.g.:It can help smooth out a vocal line to run your hand back and forth across a smooth surface while singing.

Mirrors

- You shouldn't look "funny" when you sing.
- Check all aspects of posture.
- Check for smooth movement of the body when breathing as well as singing.
- Sing "into" the mirror: sing past the image you see in the mirror to help you learn 3-dimensional singing.

Sing "into" each other (one singer immediately behind another).

Sing from across the room.

Stand far apart and "touch each other" with your sound/energy.

Record yourself as if you're tape qualifying.

- check notes/accuracy
- phrase flow
- synchronization
- tempo
- rhythm
- breath skills/rhythmic breathing

Work with a metronome on all uptunes.

Be sure to wean yourself off the metronome to make sure you've properly internalized the tempo.

Work the transitions until they are seamless.

- intro/verse/chorus/tag
- key changes
- tempo changes
- second time lyrics
- second time voicing

Repetition is necessary for success.

Be familiar with the other parts so you can interact better. You can't take advantage of a really good BBS arrangement if you don't know what the other parts are doing.

Trapshoot your music before you start learning it. Have you marked:

- octaves
- "do"
- unusual intervals
- M2s (major 2nds)
- contrary motion
- second time differences
  - notes
  - voicing
  - lyrics
  - rhythms

Now use your imagination to find anything and everything that will help you learn your music efficiently and effectively while simultaneously becoming a better singer.

**REMEMBER TO READ THE JCDB. You can't prepare for success if you don't know what's required.**