

Warm Ups from Sing-posium

Introductions

- ☞ Form circle
- ☞ Step in – step back, creating rhythm
 - Try to maintain tempo
- ☞ Step in, say name, step back
- ☞ After 1 rotation do same again, saying name & where from

Body Warm Ups

Object is to create a rhythm or beat that everybody conforms to, right at the start. When you have people of varying levels and abilities, this exercise allows them to conform. Creates unity of group. Pre-cursor to enabling choir to sound as one voice.

Concept: Warm ups are like the entre to the main meal. The main meal is the core of the practise session. Start the main course with the hardest items to digest, getting easier as the session continues. Then make sure you finish with some desert!

- ☞ Backing Music (JW used YMCA)
- ☞ Moving to the music – do what you can do, within your own ability
 - Moving different parts of the body to the music, commenting about the parts by saying “and I never lock my and I never lock my” (to the rhythm of the music)
 - Hips & knees
 - Shoulders & elbows
 - Tongue & jaw
 - Wristies & ankles
 - Hips, knees
- ☞ Go around the circle, with each person getting a turn to be a leader
 - Can just be an action
 - Can be a noise
 - Can be a statement
 - Can be “I never lock my”
 - Can be clapping a rhythm

- Can be like “heads & shoulders, knees & toes”
- ☞ Clapping & memory retention (can be used in warm up, or when choir not getting the rhythm of a song they are learning)
 - Clap a rhythm for call & response (can be as simple or complex as the group can manage). Do this a few times until they are doing it well (eg. Dum, dum, da, da dum) then expand (eg. Dum, dum, da, da, da, da, dum, dum, da)
 - Add in some foot movement into the rhythm sequence (ed. Dum, dum, stomp, stomp, dum, dum, da)
 - Claps can also be replaced with patting different parts of own body
 - Build up, adding new rhythmic sequences (claps & stomps)
 - Then leader starts 4 beats ahead, with group copying last sequence of 4 beats (have to watch the leader/conductor), changing lead item every 4 beats. (Like a 2 part round, with leader being part 1 & group all together as part 2)
 - Have an intermission where you just chat about what is happening (to allow the mind to unconsciously process what has just happened) then do exercise again, at a faster pace. Can be new sequences.
 - Split into small groups 2-3 people, taking turns as leader & follower, then discuss who found it easier to lead or follow

Muscle Memory

The following exercises are designed to create muscle memory, like programming a computer.

☞ Breath engagement

- Put hands on tummy & go
 - Ha, Ha, Haaa (opens throat & intercostals)
 - Repeat with no hands on tummy & compare difference
- Tap gently on third eye (stimulates nerve to awaken soft pallet)
 - He, he, hoo
 - He, he, heeeee (tapping continuously)

Concept: *Singing is an exaggerated form of speaking, on pitch!*

- Return to Ha, ha, haaa, he, he, heee

☞ Wake up hands and ears

- Clicking fingers repeatedly, near ears, saying “wake up hands and ears”

Awakening soft pallet & tongue

- Making sound of horse shoes, on concrete (Kli, klu, kli, klu) (Clip, clop, clip clop without the p)
- Driving your favourite boat or car (Brrrrr, musically rising & falling) (causes lip-roll without thinking about it)
- Speedy Gonzales call: ariba, ariba, andre
- Talking with tongue hanging out (introduce yourself)

Alliteration (repeating exercises, getting faster)

- Murrumbeena, Mount Eliza
- Rippity, Rumminy
- Rippleside, Redfern
- Zippity zoo, zippity zaa
- The top of the teeth, the tip of the tongue
- Chilli pepper, pappadam, popping in the pan
- Copper plated kookaburra cooking on the coals
 - Then replace k sound with ge
- Kookaburra sounds (seeing how high you can go)

Swapping consonants (aspirated consonant/voice consonant)

- Ke, ge
- Pe, te
- Te, de
- Ex, eggs
- Tsss, dzzzz

Diaphragm engagement

- Hold index finger in front of mouth, pretending it is a candle & blow it out repeatedly (short, short, long)
- Change hands (just for fun)
- Faster sequence, 1,2,3,4,5,6,7...8...9...10....
- Try & do this high in your lungs & shoulders & compare the difference

- Blow candle, tss, blow candle, tss, blow candle, tss, blow candle, ch, blow candle, ch, blow candle, ch,

Vowel shaping

- Round, round, round sound (ou in round as for sound)
 - Make circle with index finger near lips)
- Round, round, tall sound
- Repeat with Aussie accent
- Repeat with English accent
- Repeat with Irish sound
- Repeat with Spanish accent
- Get group to lead with other accents
- Get group to lead with cartoon character voices
- Step right, clap, step left clap* (get a rhythm going first) Call & response (going up the scale) (vowels taking Italian pronunciation)
 - Wah, wah*, wah wah, wah
 - Wah, wah*, wah, woh, weh
 - Hey brother
 - Hey sister
 - Wah, wah*, wah, wee, who
 - Wee, wah*, wah, who, wou
 - Round, round*, round sound
 - Rea-ly* open your mouth now
 - Make sure you relax your hips & your knees
 - Your shoulders & your elbows too
 - Hey brother, hey sister...etc.
- Mary had a little lamb (Irish accent, Aussie accent etc)

Warm up rounds

Used for creating unity and familiarising with harmony. Adding clapping & body slapping pattern. (" = slap thighs, *= clap) (tune = I love it/McDonalds @ line 3)

Can then vary by silencing different words

A rum" pa pa*, a rum" pa*, pa**

and a digga digga digga digga rum" pa pa**

A re o, a re o, a re o, a re o,

and a digga digga digga digga rum" pa pa**

ga, ga gaa, ga, ga, ga, ga, gaa

nga, nga, nga

da, da, daa

ja, ja, jar

Albi met the bear (To the tune, Baa, baa, black sheep)

The bear met Albi

The bear had a bulge

The bear ate Albi

Yandanni yadula (means welcome) (Northern WA Yorta Yorta aboriginal people)

Yandani, yadula, welcome my friend

Yandani, yadula, welcome my friend

Row, row, row your boat

Swap vowels a, e, i, o, u

*1, 121, 12321, 1234321, 123454321, 12345654321, 1234567654321,
123456787654321*

*8, 878, 87678, 8765678, 876545678, 87654345678, 8765432345678,
876543212345678*

Breaking down a song

- ☞ *La, la, la, la, la (sung to the tune & rhythm)*
- ☞ *Get choir to speak the rhythm & text *(call & response) (Eg. Lean on me, when you're not stro-ong, I'll be your friend, I'll help you caaaa-ry on) separating out pitch*
- ☞ *Staccato (Best way to get people singing the same rhythms at the same time. Tidies up entries & exits! Also "voice-saving" for long rehearsals)*
 - *Sta-ca-to*
 - *Eg. Sing "Lean on me" in staccato*

Closing chants

Aboriginal farewell chant

*E bon wanu, e bon wanu, e bon wanu, e bon gura, e bon gura, e bon gura
wooooooo!*