

The Importance of Vocal Warm-up

Vocal study should always begin with vocal warm-up. There should be an established and clearly defined regime for warming-up. Sometimes students will begin a lesson by saying “I’m already warmed-up,” or, “I warm-upped in choir today”. In practicing, there may be a temptation to skip the warm-up and go directly to working on your music. Nothing takes the place of orderly sequential exercising of the vocal mechanism for 10 to 20 minutes in preparation for a targeted work-out in a lesson or when practicing.

A good vocal warm-up begins with a series of exercises in a specific order which isolate and address different elements of the vocal mechanism. This vocal mechanism is comprised of the coordination between the body and the mind in producing pitch, developing breath control, flexibility, articulation, agility, dynamics and more. When we speak, we don’t think about how the voice works. When we sing, we discover our body as an instrument. We discover the singing voice requires refined athletic coordination to be musical.

There are time honored technic studies such as Vaccai, Sieber, and Marchesi and others which are helpful in building vocal technic; but these should follow the basic warm-up.

Students should be encouraged to do warm-up exercises in the same

order, not skipping one to go to another.

Warming up teaches discipline and prepares your mind and body for optimum results in your work. When working at optimum, your practice becomes inspiring. Over time, practice and inspiration leads to mastery. Warming-up is the best investment you can make in your progress in becoming an accomplished singer.