

ONE TWO THREE SING

BROCHURE

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INTRODUCTION TO METHOD

Your body is your instrument. Before you start singing, you have to tune your instrument.

PART I

HOW TO TUNE YOUR INSTRUMENT

1. **RELAX**

Sit and bend over. Put your arms on your thighs and let your head hang.

Relax your back, neck, and shoulders.

2. **BREATHE**

Take ONE short deep active breathe from your belly button.

3. **STOP** then **PUSH & HOLD DOWN THE PEDAL** & **SING!**

Keep the pedal down until AFTER you sing the last note.

PART II

BASIC EXERCISES

TUNING YOUR VOCAL CHORDS

1. BRAHM (5 times)

1...2...3...2...1

2. BRAHM (5 times)

5...4...3...2...1

3. MISSSS (STOP after you say msss)
tah-pa-tah-pa-tamm

1 5 4 3 2 1

4. Missss/mah ah ah ah ah (yawn at the last ah)

1 5 4 3 2 1