



## Lesson 2 Tongue Stuff

What you will learn in this video.

1. How the tongue influences tone and the vocal chords while singing
2. Exercises that help you practice keeping the tongue relaxed with the „Dorf Trottel“ exercise.
3. Exercises that will help you position the tongue correctly when you belt.
4. What the tongue isn't doing while belting. You shouldn't see your „Zapfchen“.

Exercises:

1. Maaah: Keeping the tongue flat and fat and allowing it to stick to the jaw. Letting the jaw make room for the tone.
2. Lah Gah, Lee Gee, Lu Gu: Lightly holding the jaw while doing these exercises. The tip of your tongue is always touching your lower lip. By lee gee and lu gu it touches the back of your lower teeth.

**TIP: Form the vowels by sending them mentally to a place in your mouth and not by forming your tongue in any wierd positions.**

3. Nggg Ahhh: Raising only the back part of your tongue and actually closing off and blocking the throat. The front part of the tongue remains fat and relaxed. Laying on the bottom teeth and touching the bottom lip. This exercise is also helping you with your proper BELT placement which you will get into deeper in the next lesson.

**Please make sure you add exercise 1 by expanding your flanks during this exercise.**