



Lesson 7

Now Belt!

What you will learn in this video.

1. What to think before you sing your belt note so that all the elements come together.
2. How to use the completed Belt Workout.
3. Exercises to strengthen your belt and the way you should think while doing it.
4. Breaking Down a Song

Exercises: (please warm up before doing these)

1. NngAah: Exercise for a balanced Mix and the Belt Breath Muscles
2. Zzzaaaa: Coming out of a Skinny position then opening up using the Flanken Power to hold the note skinny.
3. Ja Ja Ja: This exercise trains your brain to send the right thoughts to your chords.
4. Song

Like all exercise, do these daily! PLEASE....make sure you are using your „flankens“ before you sing the high or the really low notes. As always, your tongue is soft and under control like in exercise 2 but on the HIGH notes it lifts slightly in the back. Please repeat at least 2 Exercises from Lessons 1,2,3,4,5 and 6 together with this Video for your complete workout. All together once you get it down, it should take about 30 minutes.