



Lesson 4

It's All in Your Head

What you will learn in this video.

1. Why having a strong head voice is so important.
2. Where the headvoice placement is, how it feels, and what to think in order to get it where it should be.
3. Exercises that make and keep your head voice strong as a bear.
4. Exercises to start you belting in head voice

WARNING: DO NOT DO THE BELT HEAD VOICE EXERCISES UNTIL YOU HAVE A STRONG HEAD VOICE!!

Exercises: (please warm up before doing these)

1. The Whisper Tones: This special exercise increases your range while teaching your brain not to freak out when you „think“ it's getting too high.
2. Thumb Sucker: Another great exercise for creating room and feeling the progression of the room as you go higher.
3. PoP: this is a perfect exercise for really making room and strengthening those „zapfchen“ muscles.
4. The Laughing Diva: Have fun with this and let the bounciness of it take you higher with ease!
5. Wine Like a Doggie: This is the beginning stages of getting your Belt up high. Big things do come in little packages. So get this nasty high head voice skinny and tight. Nail it with those flanken muscles.

TIP 1: If you are trying to train your muscle to sing higher in your head voice, it is better to let it resonate back behind the „zapfchen“. For the BELTING head voice though, it is better to keep it resonating in the front like between the eyes or just above the eyes where the „Indian Dot“ would be placed.

WARNING: You cannot use the front placement if the back one isn't strong. IT WON'T WORK. So do the Diva Opera style until it's really strong. Then you can wine like a doggie.

Like all exercise, do these daily! PLEASE...make sure you are using your „flankens“ and your tongue is under control like in exercise 1 and 2. After doing these exercises, you **MUST** go back and do lesson 3 exercises for the muscle balance. All together once you get it down, it should take about 30 minutes.