

Principle 3: The Nasty Triangle

Objectives of NT Exercises:

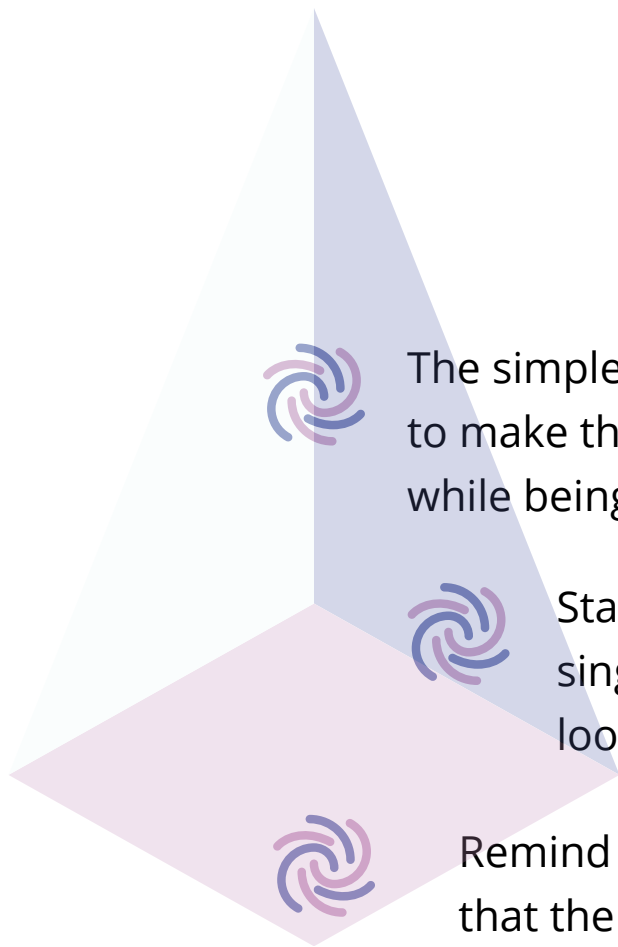
- Bring the singer's attention to the physical sensations that accompany changes of pitch.
- Allow them to become comfortable with the increase of breath energy needed for higher pitches and the exaggerated sound needed to access this feeling.

This exaggerated sound is horrible! Help the client focus on the feelings.

Be reassuring. The combination of the ugly sound and extreme volume can make singers feel unsure.

It's never "wrong." Focus on the intention, and how closely the intention matches the outcome.

- NVM TRIFECTA;
- A buzzy feeling in the face and/or mouth
 - A feeling of "nothing" in the larynx
 - Abdominal engagement



The simplest demonstration of this principle is to make the "hunn" and slide up a whole step while being aware of the feeling.



Stay in a comfortable range until the singer understands the feeling they're looking for.

Remind them they are tricking their brain; that the horrible sound is actually *helping* them achieve new singing skills.



It does not have to be perfect the first time. Close is good. Remember your objectives!



Really listen for the "point of their triangle" especially at "bridge" points like Bb-B. Don't let the triangle  be a hyperboloid. 



Bring their attention to their physical experience of making sound.

- NVM Trifecta
- Nasty Triangle principle.