

Power Breathing


Exercise objective:


- to introduce the singer to a particular deliberate behavior; one they can implement as needed to achieve greater range, coordination, and/or volume without laryngeal strain or stress.
- This is a *TOOL* to be used *AS NEEDED*. It's specifically helpful in helping singers access higher frequencies in both "pure" M2 or falsetto, and mix/blended/"belt" coordination.


Very few people understand *just how hard* they have to flex to match the strength of laughter!


The singer feels that they need to be "on 11" or they'll lose the high coordination. That is true. But it's not forever.


Be reassuring and encouraging. Learning and using Power Breathing is much easier (i.e., less scary) **outside** the context of singing.


 Always start with M2 patterns. The singer is more likely to have success and ease with the exercise in M2.

 Remember your initial objective: Let them get the feeling of the *connection* between their flexing abdominal wall and making sound.

 The singer may feel like they're spinning a lot of plates as they learn this. Reassure them as you let them get the hang of it. Try not to stop and "tweak".

 Make sure to let them know (especially the first time) that their pitch will likely go a bit haywire. Tell them it's normal, and will fix itself.

 This is not necessary for all singers. If the singer already has what they want in terms of range and volume, there's no need to learn this.

 Once a singer knows how to use this tool, you can ask for it whenever they need to "lean in" to a phrase or higher pitch.