

Vocal Warm-Ups for Choirs

16 vocal warm-ups suitable for both male and female voices

1: Engaging the diaphragm

♩ = 68

Four short, one long on fricative sounds. Try to maintain a constant air-flow on the long notes

Voice

Ss Ss Ss Ss Ssssssss Zz Zz Zz Zz Zzzzzzzz Ff Ff Ff Ff Ffffffffff

2: Sirens

♩ = 68

Slide smoothly between notes to sound like a siren. To get the 'ng' sound think of the end of the word 'song'.

You could also try it on a lip-roll - 'brrr'

Voice

'vv' 'ng'

Pno.

3: Slow Vowels

♩ = 68

Try not to let the changes in dynamics effect the quality of the sound or the intonation.

Voice

p *p* *p* *p* *p*

Vee veh vah voh vooh. Vee veh vah voh vooh.

Pno.

Voice

p *p* *p* *p* *p*

Vee veh vah voh vooh. Vee veh vah voh vooh.

Pno.

Voice

p *p* *p* *p* *p*

Vee veh vah voh vooh. Vee veh vah voh vooh.

Pno.

2

4: Quick Vowels

♩ = 68

Keep the 'F' sounds breathy and the vowels smooth with a consistent air-flow.

Voice

Fee___ Feh___ Fah___ Foh___ FooH

Pno.

Voice

Fee___ Feh___ Fah___ Foh___ FooH

Pno.

Voice

Fee___ Feh___ Fah___ Foh___ FooH

Pno.

5: Vibration

♩ = 68

Aim for an inquisitive 'mmm' from the head, rather than a 'hum' from the throat.

Voice

Mmm more more more more more. Mmm more more more more more.

Pno.

Voice

Mmm more more more more more. Mmm more more more more more.

Pno.

Voice

Mmm more more more more more. Mmm more more more more more.

Pno.

6: Five Note Scales - Vowels and Slides

♩ = 76

Aim for a smooth slide up and down across the 3 notes at the end of each phrase.

Voice

Mm Mee

Pno.

Voice

Meh Mah

Pno.

Voice

Moh Moo

Pno.

7: Legato & Staccato

♩ = 76

The staccato notes should be separated and supported by the diaphragm, similar to when laughing.

Voice

Eh eh eh eh eh eh eh eh Eh eh eh eh eh eh eh eh

Pno.

Voice

Eh_ eh eh eh eh eh eh eh_

Eh_ eh eh eh eh eh eh eh_

Pno.

Voice

Eh_ eh eh eh eh eh eh eh_

Eh_ eh eh eh eh eh eh eh_

Pno.

8: Stretching Up

$\text{♩} = 84$

Keep the lips slightly forward and 'pouty' to avoid stretching the lips back for the 'bee' sound.

Voice

Doo bee doo bee doo bee doo bee doo.

Doo bee doo bee doo bee doo bee doo.

Pno.

Voice

Doo bee doo bee doo bee doo bee doo.

Doo bee doo bee doo bee doo bee doo.

Pno.

Voice

Doo bee doo bee doo bee doo bee doo.

Doo bee doo bee doo bee doo bee doo.

Pno.

9: Stretching Down

♩ = 76

The staccato notes should be separated and supported by the diaphragm, similar to when laughing.

Voice

Eh__ eh eh eh eh eh__ Eh__ eh eh eh eh eh__

Pno.

Voice

Eh__ eh eh eh eh eh__ Eh__ eh eh eh eh eh__

Pno.

Voice

Eh__ eh eh eh eh eh__ Eh__ eh eh eh eh eh__

Pno.

10: Octave Range

♩ = 76

Support the higher notes with good ari-flow.

Voice

Zin-ga zin-ga zin-ga zin-ga zing. Zin-ga zin-ga zin-ga zin-ga zing.

Pno.

Voice

Zin-ga zin-ga zin-ga zin-ga zing. Zin-ga zin-ga zin-ga zin-ga zing.

Pno.

Voice

Zin-ga zin-ga zin-ga zin-ga zing. Zin-ga zin-ga zin-ga zin-ga zing.

Pno.

11: Energy & Consonants

$\text{♩} = 84$

Sing with 'happy cheeks' and the sound high in the head.

Voice

Zing-a-zing-a zah zing-a zing-a zah zing-a zing-a zah. Zing-a-zing-a zah zing-a zing-a zah

Pno.

Voice

zing-a zing-a zah. Zing-a-zing-a zah zing-a zing-a zah zing-a zing-a zah.

Pno.

Voice

Zing-a-zing-a zah zing-a zing-a zah zing-a zing-a zah. Zing-a-zing-a zah zing-a zing-a zah

Pno.

Voice

zing-a zing-a zah. Zing-a-zing-a zah zing-a zing-a zah zing-a zing-a zah.

Pno.

12: He he Ha ha - Up

♩ = 76

Keep the sound bright, especially as you return to the lowest note in each phrase.

Voice

He he he he Ha ha ha ha ha He he he he Ha ha ha ha ha

Pno.

Voice

He he he he Ha ha ha ha ha He he he he Ha ha ha ha ha

Pno.

Voice

He he he he Ha ha ha ha ha He he he he Ha ha ha ha ha

Pno.

13: Ha ha He he - Down

♩ = 76

Voice

Ha ha ha ha He he he he he. Ha ha ha ha He he he he he.

Pno.

Voice

Ha ha ha ha He he he he he. Ha ha ha ha He he he he he.

Pno.

Voice

Ha ha ha ha He he he he he. Ha ha ha ha He he he he he.

Pno.

14: Stretching Down Below

♩ = 76

The 'yah' sound should feel loose in the jaw and like the start of a yawn.

Voice

Yah yah yah yah yah. Yah yah yah yah yah. Yah yah yah yah yah.

Pno.

Voice

Yah yah yah yah yah. Yah yah yah yah yah. Yah yah yah yah yah.

Pno.

Voice

Yah yah yah yah yah. Yah yah yah yah yah.

Pno.

15: Pitching Across the Octave

♩ = 84

You can use different vowel shapes or numbers (degrees of the scale) on this exercise.

Voice

Pno.

Voice

Pno.

16: Arpeggio Shapes

♩ = 128

For variety, try using a 'Vvv' sound or a lip-roll ('Brr') on this exercise.

Voice

Pno.

Voice

Pno.

Voice

Pno.