

Warm-ups

Choral rehearsals can begin effectively and efficiently with a few physical stretching exercises and a series of short training exercises and warm-ups. These exercises and warm-ups are effective for quickly improving the sound of the ensemble. Warm-ups lengthen muscle/tendons and fill muscles with blood, thus increasing their temperature and nutrient supply. They are then more relaxed and pliable. These conditions affect tone quality, pitch-interval, and pitch-speed agility in the voice.⁴⁰

A director can develop drills to make the ears more aware of intervals; promote good intonation and blend. Have singers learn to sing together without accompaniment, and practice correct breathing, vowel production, legato and staccato, tone color, phrasing, attacks, and releases to ready them vocally for the rigors of the rest of the rehearsal:

Warm-ups can serve two major purposes:

- Warm-ups waken the singers, getting the vocal production equipment ready for singing. Any standard vocal warm-up, of the type generally used for any choir, can be effective for pop, jazz, or show choir.
- Warm-ups get the ear and brain quickly attuned to making music. Here is an example of a warm-up that challenges both the ear and the brain while gently awakening the voice. This warm-up can start in any key and proceed chromatically on any syllable or vowel.



Figure 25: *Vocal warm-up* - (CD 1 - Track 10)