

## Voice Gym

### Consonants and Vowel practice

Exercises to help reduce glottal attack (beginning of words, starting with vowels):

Hoo Hoh Haw Hah Hay Hee How Hi

Now imagine the initial "H" but do not say it.

OO OH AW AH AY EE OW I

Sing then speak smoothly:

OOM OHM AWM AHM AYM EEM OWM IME

OON OHN AWN AHN AYN EEN OWN INE

OOL OHL AWL AHL AYL EEL OWL ILE

Do the same vowels with the plosives: p, b, t, d, k, g.

Beginning consonants – keep the jaw free and avoid too much or too little pressure. The consonant springs the vowel

TOO TOH TAW TAH TAY TEE TOW TI

DOO DOH DAW DAH DAY DEE DOW DI

POO POH PAW PAH PAY PEE POW PI

BOO BOH BAW BAH BAY BEE BOW BI

KOO KOH KAW KAH KAY KEE KOW KI

GOO GOH GAW GAH GAY GEE GOW GI

Exercise to help bringing the tone forward in the mouth

FOO FOH FAW FAH FAY FEE FOW FI

VOO VOH VAW VAH VAY VEE VOW VI

SOO SOH SAW SAH SAY SEE SOW SI

ZOO ZOH ZAW ZAH ZAY ZEE ZOW ZI

THOO THOH THAW THAH THAY THEE THOWTHI (AS IN THINK)

THOO THOH THAW THAH THAY THEE THOWTHI (AS IN THAT)

Exercise for end consonants. Don't leave them off but they don't need the same amount of strength as initial consonants.

OOT OHT AWT AHT AYT EET OWT ITE

OOD OHD AWD AHD AYD EED OWD IDE

OOP OHP AWP AHP AYP EEP OWP IPE

OOB OHB AWB AHB AYB EEB OWB IBE

OOK OHK AWK AHK AYK EEK OWK IKE

OOG OHG AWG AHG AYG EEG OWG IGE

OOF OHF AWF AHF AYP EEF OWF IFE

OOV OHV AWW AHV AYW EEV OWV IVE

OOS OHS AWS AHS AYS EES OWS ISE

OOZ OHZ AWZ AHZ AYZ EEZ OWZ IZE

OOTH OHTH AWTH AHTH AYTH EETH OWTH ITHE (AS IN THINK)

OOTH OHTH AWTH AHTH AYTH EETH OWTH ITHE (AS IN THAT)