

Conducting Your... Consonant Orchestra and Maintaining Top Vocal Health



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About me...

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- Licensed Speech Pathologist – 34 years
- Specializing in care of the professional and performing voice
- Trained classical soprano
- Practitioner for Lessac Voice & Body Kinisensics
- Training in Estill Voice Technique
- Articulation, Stuttering, Accent Reduction

Outline

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- The Body/The Voice
- Resonant Voice/Voice Recipes
- Breathing
- Vocal Health
- Troubleshooting
- The Consonant Orchestra

The Body – The Voice 3

- THE VOICE IS THE BODY - respect
- Deepest expression of who we are
- You are a Vocal Athlete !
- Basics of voice – what can you change?
 dark bright nasal resonance pitch
 fry twang breathy speechie soft
 shout sweet tense angry loud

Resonant Voice 4

- Healthy – Why?
- Louder without effort
- Richer, warmer, confident
- ‘mee’, alternate ‘ee-er’, ‘yes’
- “Mmmonday, mmmeanie, yyyes”
 Marvin makes muffins on Monday
- Generalize to sounds that vibrate: v, z, n, ng
- The call: megaphone, hard palate

Voice Recipes 5

Less....More	Low-Mid-High
lips: spread..pursed	tongue
jaw: open...clenched	soft palate
nasal/twang: (n/m/ng...nya-nya or quack)	larynx
fvf closure: retract (laugh)...contract (harsh hee)	
vf closure: breathy-fry-soft-speechie	
*tvf=true vocal fold, fvf=false vocal fold	

Voice Recipes 2

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- Dark
- Bright
- Nasal
- Twang
- Breathy

Especially hard on the voice 7 *..optimum not maximum effort*

- Monster voice, harsh throat noises
- Fight scenes, shouting, screaming
- Announcing
- Glottal shock
- Same intense voice quality over period of time
- **Voice issues: breathing, voice in the throat muscle tension, lack of hydration & vocal rest**

Breathing

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- Smell the flower
- Noisy vs. quiet
- Quick vs. slow
- Natural vs. too much
- When the air stops
- Using what you've got
- Power lung, party blower

Vocal Health 1

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- Hydration
- Diet/exercise/sleep
- Steam
- Travel
- Medications
- Talking over noise, socializing, shouting
- No dairy, greasy, sugary, spicy, fatty foods, alcohol, caffeine drinks, sodas, don't eat late, **don't smoke**

Vocal Health 2

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- Lifting weights
- The sinus blues
- Mucous city
- Away you cough!
- Numb-n-dumb
- Lozenges
- Lozenges: no menthol, glycerin ok, Thayer's Slippery Elm, Fontus Green Apple

Troubleshooting

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- Gauge voice use: overbooking
- Listen to your muscles not voice
- Don't do what you can't repeat
- Trying too hard
- Reset and neutral
- Body and Mic: saddle stool

Straw Trick

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Reset, Unload, Stretch, Unpress

- Total time 2-5 minutes: feel vibration, no air escape at lips or nose
- Pitch glides low to higher for 1-2 min.
- Vary loudness & pitch like a hill, 'accents'
- Should be belly accents, not throat accents
- Hum tune with variety of pitches
- Blow light bubbles in water, no volcanoes

Warm-up and Cool-down

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- Warm-up: whole body, face massage, tongue, straw trick, hum, pitch glides on 'v' or 'oo', abbreviated rehearsal
 - Cool-down: whole body, yawn, face, start at comfortable pitch and glide down, straw trick, rebalance, steam, hydrate
- **Hum with space between back teeth

I'm sick. Can I still perform?

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- Know your voice – baseline
- Allergies: s-z or f-v then (no pushing), slowly stretch vf on notes, using 'v', or straw trick
- Fever – infection – inflammation - swelling
- Listen to your body.

When to see the doctor... 15

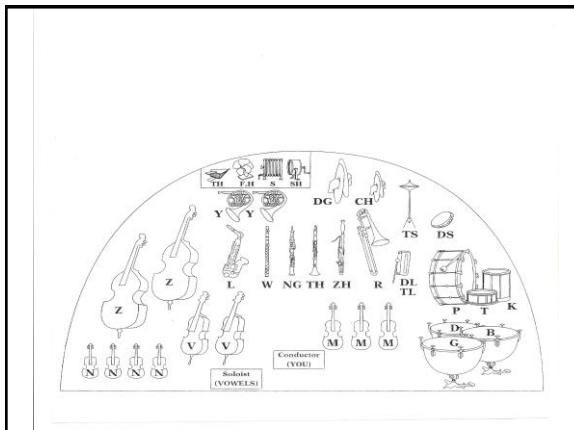
- Hoarseness persisting after 2 wks.
- Laryngitis that does not resolve
- Any change in the voice after 2 wks.
- Decrease in speaking/singing range
- Throat discomfort or pain
- Suspect reflux
- Vocal nodules

The Holistic Approach 16

- Left brain – right brain
- Planned vs. organic
- Work vs. play
- Feel, Taste, Smell
- More holistic...less complicated

The Consonant Orchestra 17 *Benefits*

- Clearer and more connected speech
- Energy, emphasis, emotional content
- Fast and intelligible
- Conversational roles
- Change rhythms, versions
- Mark first 10-20 words for audition



Playing the Instruments 18

Strings: Violins, Violas, Cello, Bass Fiddle
N M V Z

Woodwinds: Saxophone, Flute, Clarinet, Trumpet, Bassoon
L W NG TH ZH (as in 'beige')

Sound effects: Bellows, fan, radiator, wind machine
TH F H S SH

Percussion

Drums: D T G K B P

Cymbals, Tambourine: DG CH TS DZ

Woodblock: DL TL

Brass: Fr. horn, Trombone Y R

Play the sound-not the letter 19

- Begin consonant, consonant blend – no as in 'mad' or 'tree'
- C next to C mid-word as in 'electronic' - yes
- C next to C end of word as in 'disk' – yes
- Strings, woodwinds, special effects – 2 lines
- Drums, cymbals, woodblock – 1 line

Words 1 – sustain 20
strings, woodwinds, sound effects

man hash gum is bus
 bees force jungle cough after
 bathe with beige belong flashlight

The thundering monsoon rains inundated the entire mountain range.

Bees plus fleas, in twos and threes..

Words 2 – tap 21
Drumbeats/double drumbeats

bat rack dog hub absorbed
 mad shape kept apt adverse
 effect hoped 'project management'

The captain looked through the periscope.

The shocked actor was docked part of his pay.

Words 3 – clash, crash, click 22
cymbals, tambourine, woodblock

bats hats cats hands friends
 catch fetch watch watchman pledged

middle kettle perfectly

Hey diddle diddle . The cat and the fiddle.

The cow jumped over the moon.

Linking

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- Direct Link: grab it
Ex: besides a beesidza... besides a
- Other links: 'play and link', 'prepare and link'
- Purpose: to keep clarity and precision while keeping an easy flow of talking, minimizes hard glottal productions

Marking Text..making it easy 24

- Mark the drumbeats (one line), say text
- Mark the sounds that sustain (two lines). Say text once with just the strings, then add the woodwinds, then special effects.
- Read reg voice, gradually fade voice out – let consonants lead. Bring voice back in slowly. This brings your attention to the consonants.
- Your personal favorites? What works for you?

Marking

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- Jack Sprat could eat no fat.
- His wife could eat no lean.
- And so betwixt them both you see
- They ate the platter clean
- Everything is on sale at Macys.

The Consonant Orchestra 26

- sustain: m, n, ng, l, v, s, f, th (voiced)
 th (voiceless), sh, z, zh
- tap: t, d, k, g, b, p
- crash/clang: ts, dg, ch, dz, dl, tl
click

- do not play: r w h y

You Tube Videos 27

- **3-D view of the diaphragm**
www.youtube.com/watch?v=hp-gCvW8PRY
- **Soprano, alto, tenor, bass vocal cords singing**
www.youtube.com/watch?v=km5ZccQsqE4
- **Fun Articulation Exercises**
www.funknfun.com
- **Straw Trick** – Dr. Ingo Tizte, Tom Burke
<http://www.youtube.com/watch?v=0xYDvwmBIM>

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- www.estillvoice.com Voice Training Workbooks 1-2
- Bonnie Raphael, Theatre Arts: Master Class-Malibu 3/2014
