

BODY SOUNDZ 3

We're going to explore two different Body Soundz experiments: "Yawn & Slide" plus "Body Drumming".

Before we get onto these, start with the deep breathing exercises from Body Soundz 1 - exhaling on a long "sssshhhh" sound. Then the humming exercise. This will get the lungs, vocal chords & resonators engaged & ready for action.

Yawn & Slide:

Take a deep breath & open the back of the throat as if about to yawn. Start the pitch in the mid to high part of your comfortable vocal range & slide down just a few notes & back up again. Repeat this up & down slide with an open, yawning throat & use it to explore your vocal range. Keep the sound continuous & take breaths as you need to.

Work your way down lower & lower, then higher & higher. Then try going from your most extreme high pitch to slide all the way down to your most extreme low pitch. Try sliding up & down, repeating the most extreme high & low, trying to gradually increase the range even further.

Keep a nice open, yawning throat & it will help not to strain the vocal chords as you experiment with your extremes of vocal range.

You will probably end up really yawning a few times too!

Body Drumming:

Before you begin, imagine the battery of a drum roll – it's rapid, continuous drill. You are going to replicate this sound on your own body. Begin with the chest, using the palm & flat fingers to create a drum roll on your chest. This part of the body has a nice, resonant sound because of the cavity your lungs provide. Now move down the body to all the parts you can reach with both hands – continuing the drum roll down the rib cage, the stomach, the abdomen, thighs & all the way down to your feet. Listen to how the timbre of sound changes. Then work your way back up, this time going up the back until it's impossible to reach back behind yourself & continue up to your head. You can alter the sound from your cheeks by the way you hold your mouth.

Now explore the sounds from parts of the body you can only reach with one hand – up & down each arm, sit & drum the sole of each foot.

If you can find a partner, then you can drum roll on each other's backs (which is a nice massage too!)

Now that you have explored the different sounds from each part of the body (as well as creating a tingling sensation in your skin), start to create your own rhythm. You could even add a "Plosive Rap" on top of it too.