

## BODY SOUNDZ 2

For our second Body Soundz experiment, we're going to develop an improvised "Plosive Rap"!

But first, to focus in on the breath and the voice, go back to Body Soundz 1 & take a couple of deep breaths with the accompanying arm movements, exhaling on "ssshhh". Then hang forward & perform a couple of the hum/shake/tone sequences.

Once you feel fully engaged with your vocal apparatus, we can begin to investigate plosives.

As the name suggests, a plosive is a mini explosion. The letter sounds are on p & b, t & d, k & g. The explosion occurs in much the same way as Champagne explodes out of a bottle once the cork has been removed & the air bubbles are released from its pressure.

Each set of plosives has the same physical placement in the mouth, but one is voiceless & the other voiced (engaging vibration of the vocal chords).

p & b are both initiated by the lips pressing together (acting as the "cork"), however p only engages the release of breath, while b also engages the vocal chords.

t & d come from the tip of the tongue behind the front teeth, k & g are placed further back, with the back of the tongue pressing up against the back of the hard palette (in the roof of the mouth).

Play with each plosive individually; repeat each as quickly as possible – like rapid fire. Then slowly – deeply fill the lungs & create a huge explosion which each one. Imagine the lungs & trachea as the "Champagne bottle" & place the cork as pressure in the part of the mouth the sound is being created (as described above).

Note: You are just using the basic sound of the letter – not how you would pronounce it in regards to a letter of the alphabet. (e.g. p[uh] – not p[ee])

Now have fun improvising to create a rap out of these sounds.

Mix them up in any order you like, create rhythms, start dancing to your own beat!

If you want to get really tricky & you have the right electronic gear, you could create loops of Plosive Rap & keep layering.