

# Finding Your Middle Voice

---

## The One-Octave Exercise

Starting in the key of F sing the intervals: 1, 3, 5, 8, 8, 8, 8, 5, 3, 1 using the rhythm demonstrated.

Start on the word “goog”

Raise pitch by a half and repeat.

Continue until you reach the key of D and descend by half steps until the key of A.

Repeat full exercise (starting in the key of F) with the word “gug”

Continue repeating with the following words: moom, mum, no, nay, naa

If you find you need a little more help, do the exercise again with a little “cry” in the voice. Pretend to sound sad. “The cry works by concentrating the flow of air at the back of the throat and helps the air navigate successfully both below the soft palate and above it, into the nasal area. It works to give the breath a boost into the right position so you can feel and hear it.”

## The Octave-and-a-Half Set

Using the same word sounds sing the intervals Do, Mi, Sol, Do, Mi, Sol, Fa, Re, Ti, Sol, Fa, Re, Do

Start in the key of F and continue by half steps until the key of A. Then descend by half steps until you are back in the key of F.

Pitches are only a suggested start and end point for female voices. Depending on your trouble spots, you may want to lower the starting key or go higher than suggested.

---

Instructor: Renée Tramack

\*Exercises from the book “**Set Your Voice Free: How to Get the Singing or Speaking Voice you Want.**” by, Roger Love