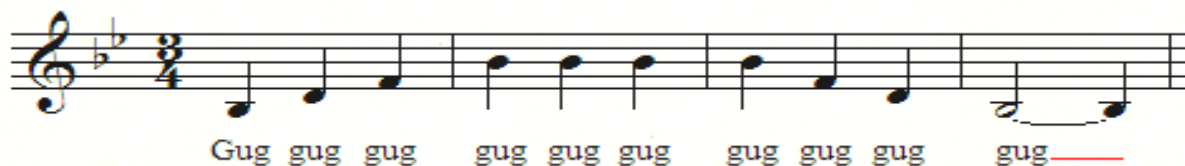


HOW TO RAISE YOUR SCORES IN ALL FOUR CATEGORIES

• SOUND CATEGORY

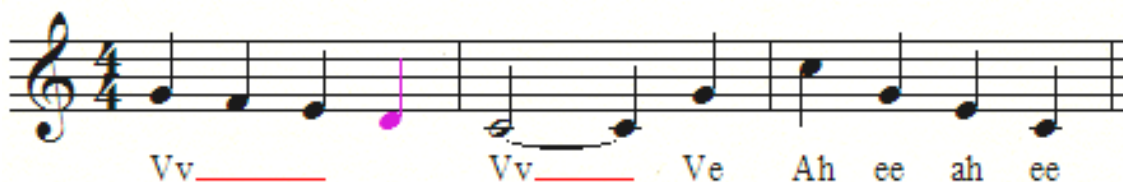
- Posture and Breathing – Standing Yoga
- Hiss to the count of 10
- Shh to the count of 10
- Sing Oo to the count of 10
- Engage abdominal muscles last

- Gug – to align the voice.



Musical notation for the 'Gug' exercise. It consists of a single staff in 3/4 time with a key signature of one flat (Bb). The melody is: G4 (quarter), A4 (quarter), Bb4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), Bb3 (quarter), A3 (quarter), G3 (quarter). The notes are labeled with 'Gug' underneath. The final 'Gug' is followed by a red line indicating a sustained sound.

- Breath energy and tone flow (V ah ee ah ee)



Musical notation for the 'V ah ee ah ee' exercise. It consists of a single staff in 4/4 time with a key signature of one flat (Bb). The melody is: Vv (half), Vv (half), Ve (quarter), Ah (quarter), ee (quarter), ah (quarter), ee (quarter). The notes are labeled with 'Vv', 'Ve', 'Ah', 'ee', 'ah', 'ee' underneath. The first two 'Vv' notes are followed by red lines indicating sustained sounds.

- Tag

- – “In a Gingham Gown” – Tuning, Balance and Blend



Musical notation for the song "In a Gingham Gown". It consists of two staves in 4/4 time with a key signature of one flat (Bb). The melody is: In a ging - ham - gown she stole my heart a - way, a - way. The notes are labeled with the lyrics underneath. The final 'a - way' is followed by a red line indicating a sustained sound.

Earl Moon
Popular version

• **MUSIC CATEGORY**

- Posture and Breathing
- Chorus Line Stance – 1&2&3&4& etc.
- Accuracy and precision

1 1 2 1 1 2 3 2 1 1 2 3 4
Do Do Re Do, Do Re Mi Re Do, Do Re Mi Fa

3 2 1 1 2 3 4 5 4 3 2 1 1 2
Mi Re Do, Do Re Mi Fa Sol Fa Mi Re Do, Do Re

3 4 5 6 5 4 3 2 1 1 2 3 4 5 6
Mi Fa Sol La Sol Fa Mi Re Do, Do Re Mi Fa Sol La

7 6 5 4 3 2 1 1 2 3 4 5 6 7 8
Ti La Sol Fa Mi Re Do, Do Re Mi Fa Sol La Ti Do

7 6 5 4 3 2 1
Ti La Sol Fa Mi Re Do.

- Intervals Instantly Accurate

The first staff shows an ascending scale starting on middle C (C4) with the following fingerings: 1, 2, 1, 3, 1, 4, 1, 5, 1, 6, 1, 7, 1, 8, 8, 7. The second staff shows a descending scale starting on G4 with the following fingerings: 8, 6, 8, 5, 8, 4, 8, 3, 8, 2, 8, 1.

- Tune octaves-transition high to low

The staff shows a sequence of notes: Do (C4), Sol (G4), Do (C5), Sol (G5), Do (C6), Do (C4), Sol (G3), Do (C3), Sol (G2), Do (C2). The syllables are written below the notes.

EXPRESSION CATEGORY

- Posture and breathing -
- Puppet on a string
- Be a snake-see a snake
- Five Italian Vowels – Ee Eh Ah Oh Oo-with kinesthetics

• Ping Pong Ball – Articulation and Unit

1
Where's the boy with the ping pong ball? Where's the boy with the ping pong ball?

5
Where's the boy with the ping pong ball? Ping pong, ping pong ball. Ping, pong, ping, pong.

10
ping pong ping pong, ping pong ping pong, ping pong ball? Ping pong ping pong, ping pong ping pong.

15
ping pong ping pong ball. Ping pong! Ping pong! Ping pong! Ping pong!

Dynamics and beauty of tone – Round – The First Snow

The first snow falls so si-lent-ly down that none can hear it

Fine
touch – the ground, but still it falls... and falls... and falls... The

SHOWMANSHIP CATEGORY

- Posture and Breathing
- Sternum High – Face Lifted
- Ch ch ch ch
 - Exaggerated counting to loosen face.
 - Lip trill for energy in the tone
 - Choose any of the previous exercises and perform them for a score.