
Breathing For Singing

- Good breathing begins with good posture and proper body alignment. If the body is out of alignment, undue strain is placed on the skeleton and then muscles cannot function easily and effectively. Poor posture is often the cause of faulty breathing. Every organ functions properly when the posture is correct.
- How a violinist handles his bow, is the key to his tone quality, phrasing ability and dynamics. He draws it very steadily over the strings, at the right tempo and weight. This means definite control of the bow arm, an integral part of learning to play the instrument. The breath is to the vocal cords what the bow is to the strings, and the control of that breath contributes very much to the quality, phrasing and dynamics of the singing tone.
- Breathing for singing is to take in the necessary amount of air as quickly as possible, quietly, and in such a way that it can be controlled by the right muscles.
- Good inhalation must be done without inducing muscular tension in lips, tongue, jaw, pharynx, shoulders, etc. The upper part of the chest must not move on intake of breath, and must not collapse when singing. This can be attained by the feeling of "holding out the ribs". There is an old saying, "we raise the chest to breathe, we do not breathe to raise the chest."
- Breath drills practiced daily help to develop the physical and muscular coordination, and to control "increased amount" of breath necessary for good singing.
- Correct breathing for singing cannot be the same as breathing for living, and is not automatic or "natural" but a developed process.
- **YOU MAY BE A GREAT BREATHER AND A POOR SINGER, BUT YOU WILL NEVER BE A GREAT SINGER AND A POOR BREATHER.**