

SINGING TECHNIQUES CD

PAGE	TRACK		PAGE	TRACK	
----	1	INTRODUCTION	39	18	EXERCISES 1
9	2	<u>BREATHING</u>	41	19	EXERCISES 2
	3	HOW TO	43	20	<u>DIPHTHONGS</u>
10	4	EXERCISES		21	EXERCISES
13	5	<u>SUPPORT</u>	47	22	<u>RESONANCE</u> 4 TONE COLORS
14	6	EXERCISES	48	23	EXERCISES HEAD COLOR
17	7	<u>FOCUS</u>	50	24	EXERCISES NASAL
18	8	EXERCISES LOWER REGISTER I	51	25	EXERCISES HEAD/NASAL-HEAD
23	9	EXERCISES UPPER REGISTER I	53	26	MOUTH EXERCISES
	10	EXERCISES LOWER REGISTER II	54	27	CHEST
24	11	EXERCISES UPPER REGISTER II		28	ALL RESONANCES EXERCISES
25	12	<u>CONSONANTS</u>	60	29	<u>REGISTER BLEND</u> - POP SOUND
27	13	EX. LOWER / UPPER REGISTERS		30	EXERCISES - UPPER MIX
29	14	<u>VOLUME</u> EX.1 REGISTERS	63	31	LOWER MIX - CLASSICAL SOUND
31	15	EXERCISES 2		32	EXERCISES
32	16	EXERCISES 3	64	33	REGISTER BLENDING EXERCISE
38	17	<u>VIBRATO</u> DEMOS	----	34	INFORMATION

SINGING STYLE

PAGE	TRACK		PAGE	TRACK	
65	2	INTRODUCTION IMPROVISATION		25	WARNING!
	3	BLUES SCALE EXERCISES	80	26	ROCK STYLE
67	4	IMPROV - BLUES SING-ALONGS	81	27	PHRASING - INTRO - DEMOS
68	5	COUNTRY SING-ALONGS	82	28	COUNTRY EXERCISES
	6	ROCK SING-ALONGS		29	RHYTHM AND BLUES EXERCISES
69	7	BLUES IMPROVISATION TRACK	83	30	REPEAT PHRASES - R&B DEMOS
	8	COUNTRY LICKS SING-ALONGS		31	R&B PRACTICE TRACK
70	9	+COUNTRY LICKS SING-ALONGS		32	ROCK DEMONSTRATIONS
71	10	R&B SING-ALONG LICKS	84	33	ROCK PRACTICE TRACK
	11	+R&B LICKS SING-ALONGS		34	IMPROVISATION - BLUES DEMOS
72	12	ROCK LICKS SING-ALONGS		35	PRACTICE TRACK BLUES
	13	MORE ROCK LICKS SING-ALONGS	85	36	COUNTRY DEMONSTRATIONS
75	14	TONE COLORING DEMOS		37	PRACTICE TRACK COUNTRY
	15	TONE COLORING SING-ALONGS	86	38	ROCK DEMONSTRATIONS
76	16	VOLUME, COLOR SING ALONGS		39	ROCK PRACTICE TRACK
	17	RESONANCE - VOLUME EX.	87	40	MUSICAL INTRODUCTION
77	18	ROCK - PENTATONIC SCALE		41	CHARACTERS
	19	PENTATONIC SCALE DEMOS	89	42	STYLE AND ELEMENTS
78	20	PENTATONIC BLUES - EXERCISES	91	43	OPERA - OPERATIC STYLE
79	21	PRONUNCIATION - INTRO - DEMOS		44	THE TRILL - DEMOS - EXERCISES
38	22	VIBRATO - DEMONSTRATIONS	93	45	STACCATO - DEMOS - EXERCISES
79	23	RHYTHM AND BLUES EXERCISES	94	46	CADENZA - DEMOS EXERCISES
80	24	ROCK		47	SUMMATION + INFORMATION

SUPER VOCALS CD

TRACK			
1	INTRODUCTION	22	THROAT VIBRATO
2	SUSTAINING DEMO	23	REGISTER BLENDING DEMO
3	EXERCISES - SOFT/DELAYED VIBRATO	24	EXERCISES
4	RESONANCE DEMO	25	REGISTER BREAK DEMO
5	BREATHY SINGING	26	IMPROVISATION - PERSONAL STYLE + EX.
6	SUSTAINING EXERCISES GROUP I	27	ADDING "LICKS" + EXERCISES
7	SUSTAINING EXERCISES GROUP II	28	VOCAL AGILITY EXERCISES 1
8	CRESCENDO/DECRESCENDO DEMO	29	VOCAL AGILITY EXERCISES 2
9	VOLUME/RESONANCE EXERCISES	30	VOCAL AGILITY EXERCISES 3
10	RESONANCE - CHEST COLOR	31	"H" IN LICKS
11	EXERCISES - COLOR/VOLUME	32	UPPER REGISTER - CLASSICAL & POP + EXERCISES
12	DECRESCENDO - BRIGHT TONE COLOR + EX.	33	FALSETTO, MALE VOICE EXERCISES
13	CRESCENDO - DARKER TONE COLOR + EX.	34	WITH VIBRATO
14	EXERCISES - CRESCENDO/DECRESCENDO	35	UPPER WITH TONE COLORS + EX.
15	VIBRATO SPEED CONTROL EXERCISES	36	WITH CRESCENDO
16	DELAYED VIBRATO EXERCISES	37	LOWER REGISTER CLASSICAL EX. 1
17	BLENDING WITH ANOTHER VOICE	38	EXERCISE 2
18	MORE SPECIAL EFFECTS + EXERCISES	39	STACCATO EXERCISE
19	ROCK UPTEMPO/NON VIBRATO/TONE COLOR	40	TRILL EXERCISES
20	WARNING!	41	HIGH NOTES
21	VIBRATO SPECIAL EFFECTS + EXERCISES	42	INFORMATION
		43	
		44	

SING-AEROBICS WORKOUT CD – EXERCISES

TRACK	
1	INTRODUCTION
2	DEMO - FOCUS AND VIBRATO
3	EXERCISES - FOCUS AND VIBRATO
4	VOLUME VARIATIONS DEMO (1a) L-S-L / (1b) S-L-S / (1c) S-M-L / (1d) L-M-S
5	EXERCISES - LOW (G-Bb) RANGE
6	EXERCISES - MID (E-Eb) RANGE
7	EXERCISES - HIGH (A-C) RANGE
8	EXERCISES - FASTER MID G-D/C-G
9	SUSTAINING DEMO VIBRATO DELAYED (2a) SUSTAINING W/VIBRATO (2b) SUSTAINING W/DELAYED VIBRATO
10	EXERCISES - SUSTAINING VIBRATO
11	SUSTAINING - DECRESCENDO/CRESCENDO (3a) L-S DECRESCENDO / (3b) S-L CRESCENDO
12	SUSTAINING EXERCISES
13	LOW VOICE EXERCISES
14	HIGH VOICE EXERCISES
15	HIGH VOICE - DELAYED VIBRATO
16	INFORMATION



DVD CHAPTER	SUBJECT
↓	↓
①	- INTRODUCTION
②	- BREATHING
③	- SUPPORT
④	- FOCUS
⑤	- RESONATING SPACE
⑥	- CONSONANTS
⑦	- VOLUME
⑧	- VIBRATO
⑨	- RESONANCE
⑩	- REGISTERS
⑪	- UPPER MIX
⑫	- LOWER MIX + CRDITS