



INSIDE THE VOICE

How it Works, and How to Keep it Working!

Touché Quartet
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I. The Instrument Inside

- Not visible
- Not conscious

II. More than Just Vocal Cords!

- Body Systems
- Vocal Systems

III. The Vocal System

- | | |
|------------------------|--------------------|
| ✓ Diaphragm | ✓ Vocal Cords |
| ✓ Lungs | ✓ Pharynx |
| ✓ Trachea | ✓ Mouth |
| ✓ Larynx – “Voice Box” | ✓ Other Resonators |

IV. Damage Control

- Cords are fragile!
- Overuse
- Tension
- Warm ups?
- Range

V. Vocal Speed Bumps

- Nodes
- Repeated Overuse
- Treatment/Surgery

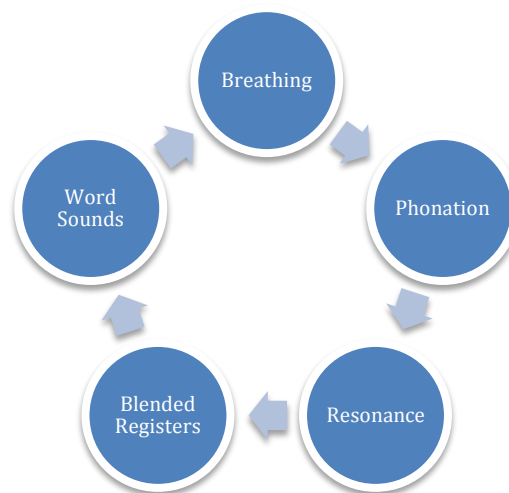
VI. Vocal Cord Health

- Lifestyle
- Exercise and rest
- CPR!
- Hydrate, hydrate, hydrate!
- Smoking...really?

VII. Vocal Flexibility

- A healthy voice = a flexible voice
- Key to vocal longevity
- Requires
 - A supportive mindset
 - Lifelong commitment – USE IT OR LOSE IT
 - Personalized voice building program – one size doesn't necessarily fit all!

SKILL BUILDING PROCESS



VIII. Flexibility Fitness!

- ↓ Mind Setting/Physical Stretches/Body Alignment
- ↓ Breath-ercise
- ↓ Looseners
- ↓ Balancing Resonance
- ↓ Register Blending
- ↓ Dynamics
- ↓ Agility and Range
- ↓ Cool Down

IX. Maintenance Contract

- YOU!
- Pacing
- Saying “No!”