CHERYL PORTER

Vocal Coach

E-BOOK
Vocal Exercises
Practice Log
Vocal Work

CHERYL PORTER
SINGER TRIBE
VOCAL METHOD

Hello my Baby and Welcome to the course!!!!

I'm so **proud** of you for making this important step to becoming the singer that you know you can be! I'm honored to be your vocal coach and to guide you on this incredible journey to becoming a great singer!

Before we start I want to ask you a question! Do you think that you are a:

1. A horrible singer
2. A decent singer
3. A good singer
4. A great singer
5. A phenomenal singer

Look at the list and be honest! What did you choose? Were you **honest**?

Well, whatever you chose, I've got some **great news** for you!
You can become a better singer and find the voice you know is inside of you!
Becoming a great singer is not something that just happens, it's something that you have to work at. It takes **practice**, **determination,** and **motivation**, but most of all it takes a lot of **love**. Do you love to sing, baby? Of course, you do! Let that love be the driving force behind everything that you do!

Being a great singer comes from **understanding our own voice**. We have to know what's good about our voice and what we need to improve. No great singer just woke up a great singer! Even the greatest singers of our time were once students.

This course will give you the tools to better understand your voice so you will no longer be afraid of what holds you back: Insecurity and fear. It's time to face those fears and become the singer that you know you can be!!! Let's get to work and **KILL IT!!!!**

Love,
Your Vocal Coach,
Mama Cheryl

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Before we start our vocal work everyday, I need you to remember the questions I am about to ask you below! Please write out your answers and read them every day before you start practicing. Be as honest as you can, baby!

What is special about me?

What can I offer the world?

What am I grateful for?

What can I do to help people?

Why do I want to sing?

Which is my life's dream?

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CONTRACT WITH MYSELF

I _____ promise that starting today I will work hard towards becoming the best singer I can be. I promise to study, to develop my talent, and above all to believe in myself and to improve each and every single day. I promise to be my greatest fan, to cheer for myself, to celebrate every small or large victory, and to forgive myself for any mistakes and/or shortcomings. I know I am not perfect, but I will do everything in my power to nurture my talent and my abilities so that I may become a singer who can spread joy, love, and hope in this world with my voice.
I also promise to:

_____

_____

_____

_____

_____

_____

It's a long road, but as of today, I embark on this journey with a new attitude, with much more strength and determination. I am prepared to be the best singer I can be and to never give up on my dreams.

_____ _____

Mama Cheryl's Signature My signature goes here!

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Finding Your Real Voice and Important Tips

-Your voice should feel **natural**

-Your voice should not feel **forced** or tense

-Stop i**mitating others** and find your own style

- Don't be afraid to have a **point of view**

-Don't be afraid to e**xperiment**, change notes and **improvise**!

- Make sure to sing with **meaning** and that you understand the **message of the song**

-Sing songs that you **enjoy** and share your **life experience**

-Find the message and the **joy in every song**

-Know what the song **means to you** and to the composer

-Whatever you do baby, **have fun**

-Feel good and relax, it only takes **a few seconds**

-Every performance is a **celebration**

-**Challenge yourself** with new styles

-Remember that you are gifted. **Use your talent to touch others.**

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STRAW WARMUP AND STRAW PHONATION

Do you have your straws???

Hey baby, one of the most important things for singers to remember is the importance of the Vocal Warm-up and Vocal Warm-down. A great way to warm up the voice before practicing is by doing straw phonation exercises. Working with a straw will help your voice:

Relieve Tongue Tension
Improve Vocal Placement
Build Resonance
Correct Nasal Singing
Stretch Vocal Cords
Help with Breath Flow and Air Dosage

Here are some straw exercises that you can do before you start practicing, as a vocal pre-warmup, and that you can also use during the day to relax the voice and massage your vocal cords!

* It is important that you **DO NOT BLOW** into the straw, but instead hum into the straw. You should feel the straw **vibrate** and also a little tingling **resonance** on the roof of the mouth (palate).

STRAW EXERCISES for Pre-Warmup and Vocal Warmdowns

1. With the straw between your lips, lightly **hum** into the straw for 3-5 minutes. Make sure you are not just blowing and that you feel the resonance! Hum whatever you like!
2. With the **straw between your lips** do some vocal **slides** up and down for 3-5 minutes.
3. Try your vocal exercises with the straw in your mouth, then immediately do the same exercise without straw. Do you feel anything different?
4. Sing an **entire song** with the straw in your mouth, then immediately sing the song again without straw. Do you feel anything different?
5. Do some vocal scales or exercises with straw in your mouth. Make sure you feel that humming resonance! (Better to do exercises with only vowels!)
6. Try to sing a song with the straw **under your tongue** (longways)! Yes! Under your tongue. As you sing, make sure that the tongue **does not slip back** into your throat. This will help relieve tongue tension.
7. Try your **vowel placement exercises** with the straw under your tongue. Make sure the tongue does not slip back into your throat. Immediately after, do the **same exercise without the straw**! This will help you with vowel r**esonance and placement**!

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TIPS ON INTERPRETATION

Interpretation is one of the most important aspects of being a great singer. It's not just about the **beautiful sounds** that we create, but we must be able to **tell the story**! In order to be a good interpreter, it's important for us to understand the text, context, meaning, sentiment and overall **emotion of the song**. The biggest challenge is to have a **point of view**, put yourself inside of the story, and not be afraid to express yourself. This is your time to shine, Baby!

Ask yourself these questions when approaching your song:

What does this song mean to me?

Which are the most important words in the text?

Who wrote the song?

How does this song make me feel?

What do I want to make people feel when I sing this song?

Why do I like this song? (Why don't I like this song?)

Which are the most difficult parts of the song for me?

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HOW TO BECOME A BETTER BELTER

Belting as a vocal style is very controversial. People who don't really understand belting may think that belting is more like **yelling** on pitch than singing. There are many singing teachers who think that **belting is dangerous** and can ruin your voice, but **bad technique** in any musical style can ruin or **damage the voice**.

Belting is like any other style. **It takes time to master it**. If you are a beginner or a master, belting must be a part of your daily routine. Honing your speaking skills will also **improve your belting skills**.

Some of the **greatest singers of our times** are belters! Pink, Celine Dion, Beyonce, Lady Gaga, Sia, Bruno Mars, Christina Aguilera, Laura Fabian and Panic at the Disco, just to name a few. To be a contemporary singer, it is paramount that you **master the art of belting** as well as the other vocal registers (see next page for a full list of vocal registers).

Because speaking is so closely related to belt singing, the speaking voice is a great place to start for producing a great belt sound. Like in lesson 7, start off by calling someone with a **"Hey you!" "Hey stop it!" "Wait a minute!".** That volume, resonance, and power must be mastered to fully develop and improve as a **contemporary** and modern singer.

If you are just starting to belt, it is important that you have a **strong vocal technique**! Your breath control and **vocal support** must be very good in order to **belt correctly** and not damage your voice. Belting is not the only interesting part of the voice. **Head voice, mixed voice, falsetto** and **whistle register** are other amazing sounds that the human voice can produce. Make sure you are always working on **every part of your voice**! There is no part of your instrument that is more beautiful than the other, there are just parts of the voice that are **less developed than others**.

The key to improving your belting as well as any other technical aspect of your voice is to be **patient** and not get discouraged. In the beginning, your belting voice may sound raw, difficult to control, out of pitch or "ugly", but I promise you, **it will improve**. Be persistent and don't give up. Your belting voice should improve tremendously after **10 days of your HOMEWORK** vocal exercises from the course. You will be amazed by the result!

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VOCAL REGISTERS

(Lesson 6)

Vocal Fry, Pulse Register
(Fry)
Dark, guttural, pulsating
Vocal cords are thick and limp

Chest Voice, Modal Voice
(Petto)
Warm, rich and robust
Vocal cords are thick and vibrate throughout their entire length

Mixed Voice
(Misto)
Warm and bright
Vocal cords are extended and only a part of their
length is affected by the vibration

Head Voice
(Testa)
Light and resonant
Vocal cords are long, and the vibration affects
about a third of their length

Falsetto
(Falsetto)
Light and at times airy
Vocal cords are thin and not completely closed

Whistle Register
(Fischio)
Brilliant and very resonant, similar to the commonly known whistle
Vocal cords are closed, and only a part
of them is affected by the vibration

How to PRACTICE, do your HOMEWORK and PRACTICE LOG

Now listen very closely my darling...

Practice is the most important part of your **singing journey**. Even if a singer has a great voice lesson, if they don't practice **regularly** they will lose all that they have learned in that lesson. It is important that you practice with a clear **GOAL** in mind and to make sure YOU KNOW what you want to **work on that day**. Your practice and homework session is where **YOU BECOME THE COACH**. You must listen to yourself, be **critical but forgiving** and practice until you are pleased with the result. Be kind but also **push yourself to be better**!

IN THIS COURSE YOU ARE ASKED TO PRACTICE AT LEAST 3 to 5 days. YES, you can practice EVERY DAY if you can, but make sure your voice is not being overworked. Listen to your body and your voice. **I recommend at least 1 day of vocal rest every 10 days!**

How to do your Homework and study effectively

1. You can add additional exercises to your HOMEWORK PLAN if you like, but only if your voice is not **tired**, raspy, cracking, shaking or you feel that you are out of breath.
2. Make sure to stop if you feel your **throat is burning** and write me a message or email.
3. Take vocal rest when needed. It's important that you **don't strain** your voice!
4. If you are an experienced or professional singer, it's ok if you do not take vocal rest. Just listen to your body and your voice and promise **to be careful**.
5. Where it says CHOOSE 2 TO 3 vocal exercises, that means that you are free to choose which exercise you want to practice. You can **switch up** the exercises from day to day! Remember, you can add additional exercises if you want!
6. As you practice, make sure that you listen to yourself **carefully**.
7. Make sure to **record yourself** when you do your homework exercises and listen to yourself.
8. Make **critiques** and try to do better the next day.
9. **Be proud** of yourself after every practice! You are working hard, Baby, and I'm proud of you!

DAILY PRACTICE LOG

DATE:_____ TIME:_____

PRACTICE GOALS:

_____

_____

TODAY'S EXERCISES:

_____

_____

_____

PRACTICE OBSERVATIONS

Which exercises were most **difficult** for me?

_____

What was difficult about the exercise?

_____

What am I still **struggling with**?

_____

Do I hear any improvements since my last practice?

_____

What did I **discover** about my voice today?

_____

What do I want to improve for the **next lesson** or homework session?

_____

NAME OF SONG THAT I WILL PRACTICE TODAY

_____

DAILY PRACTICE LOG

DATE:_____ TIME:_____

PRACTICE GOALS:

_____

_____

TODAY'S EXERCISES:

_____

_____

_____

PRACTICE OBSERVATIONS

Which exercises were most **difficult** for me?

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TODAY'S EXERCISES:

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PRACTICE OBSERVATIONS

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What do I want to improve for the **next lesson** or homework session?

_____

NAME OF SONG THAT I WILL PRACTICE TODAY

_____

CHERYL PORTER VOCAL METHOD

Lesson #1 - Pre-Warm Up & Warm Up

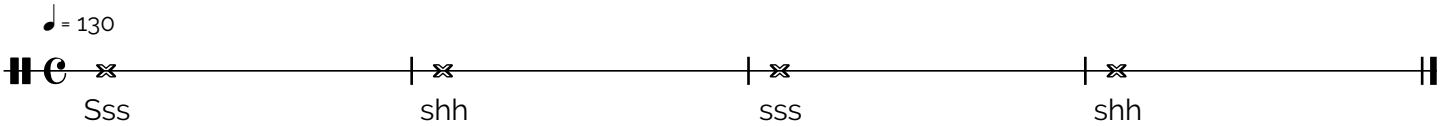
1. Breath In, Breath Out

Body relaxation exercise

Tacet

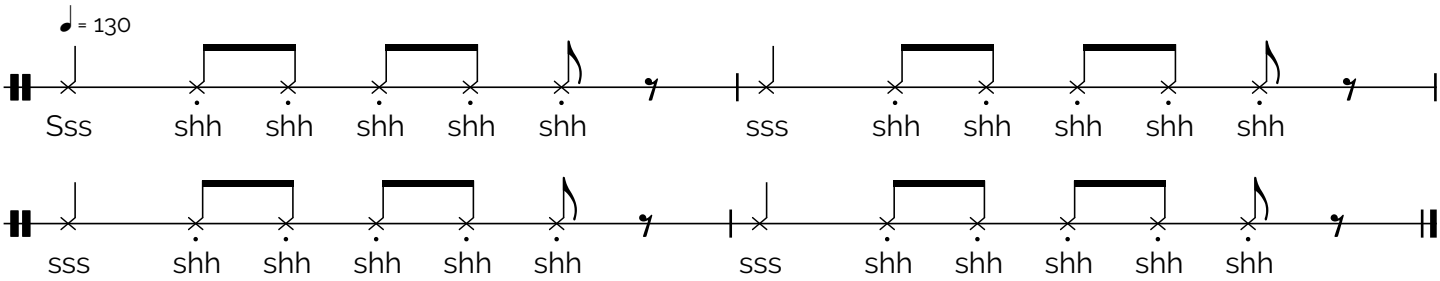
2. I've Got A Secret

Breathing warm up and diaphragm engagement



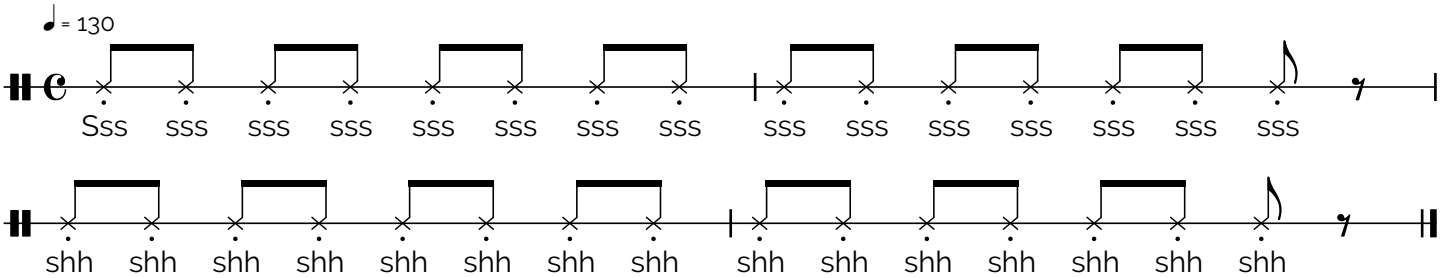
3. Be Quiet

Diaphragm workout exercise



4. In The Library

Diaphragm workout and resistance



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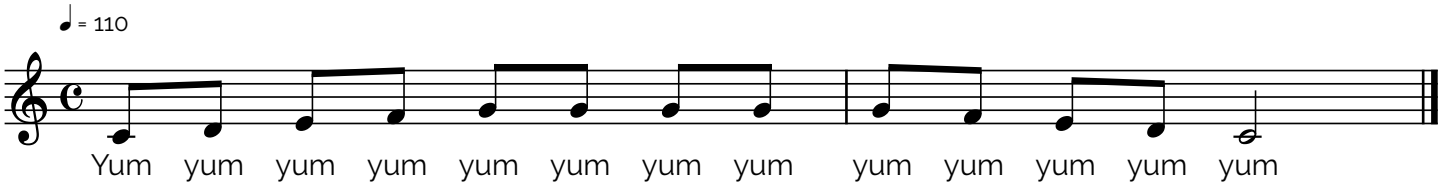
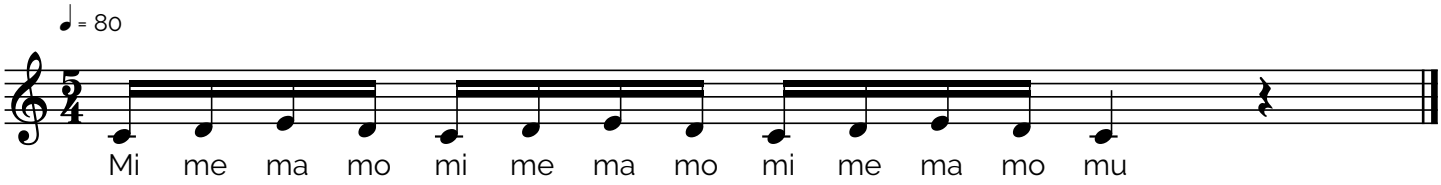
5. Yummy Dance

Vocal warm up and tongue relaxation



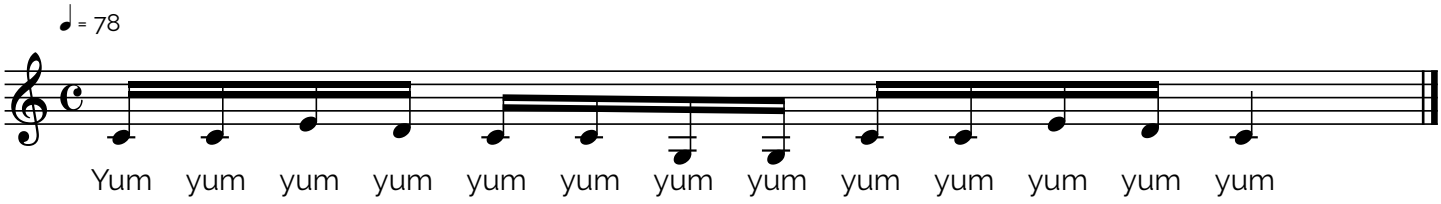
6. Mi Me Ma Mo Mu, I Love You

Vocal warm up



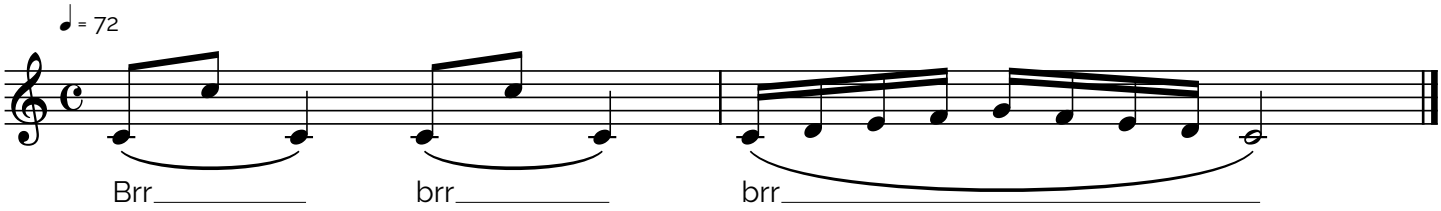
7. Time For Lunch

Jaw relaxation and vocal warm up



8. Warm Down Brew

Vocal warm down



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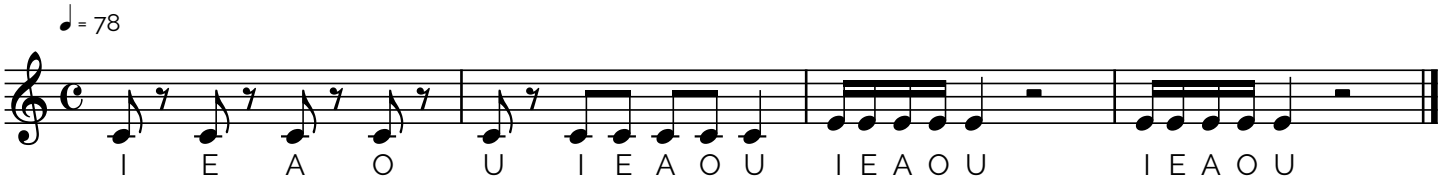
Lesson #2 - Vowel Placement

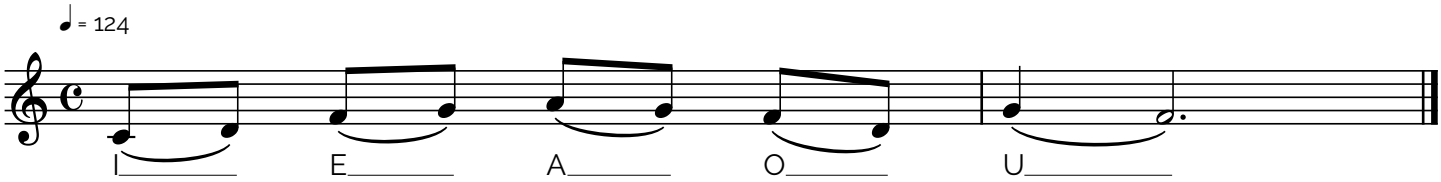
1. Calm Down Vowels

Vowel placement and vowel unification



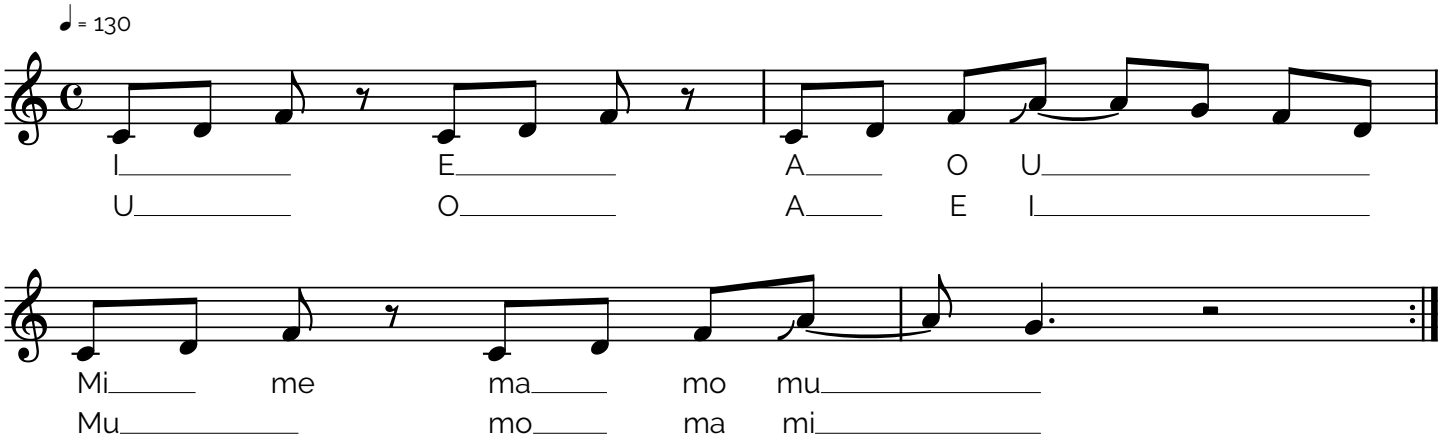
2. Disco Vowels

Vowel placement and pitch precision



3. James Charles Warm Up

Vowel placement and flexibility



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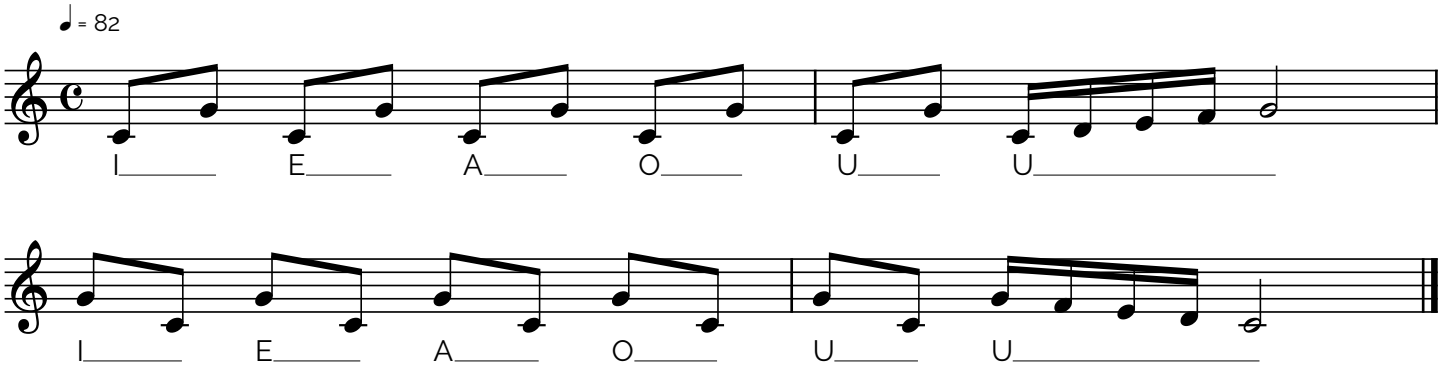
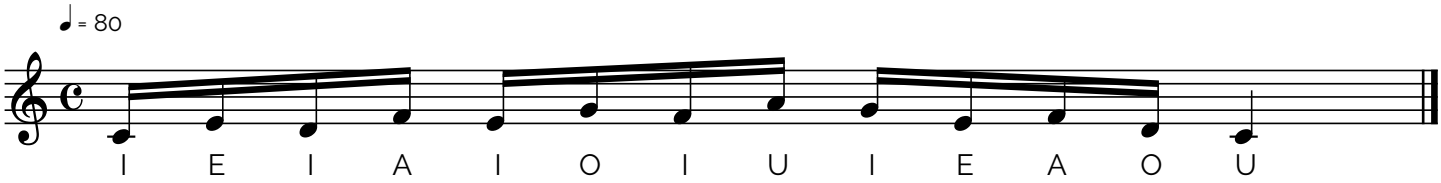
4. High Five

Vowel felxibility and placement



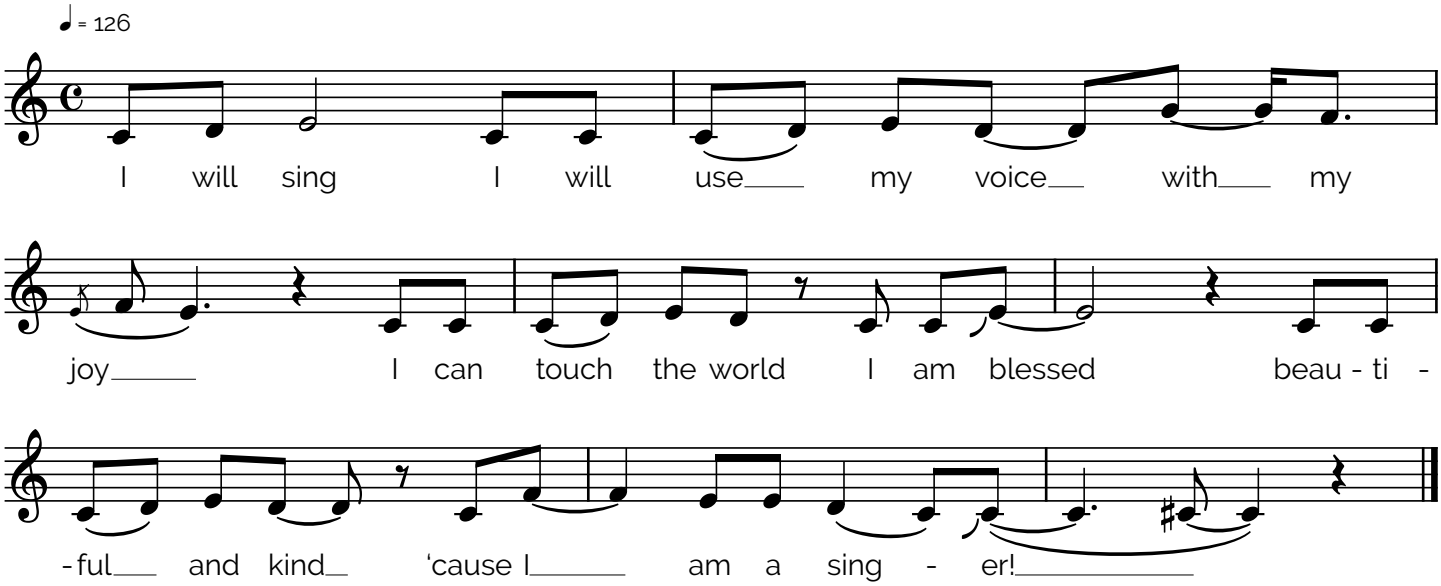
5. No Bubble Gum

Vowel placement, pitch precision and vocal agility



6. The Singer's Pledge

Uplifting and insiprational song



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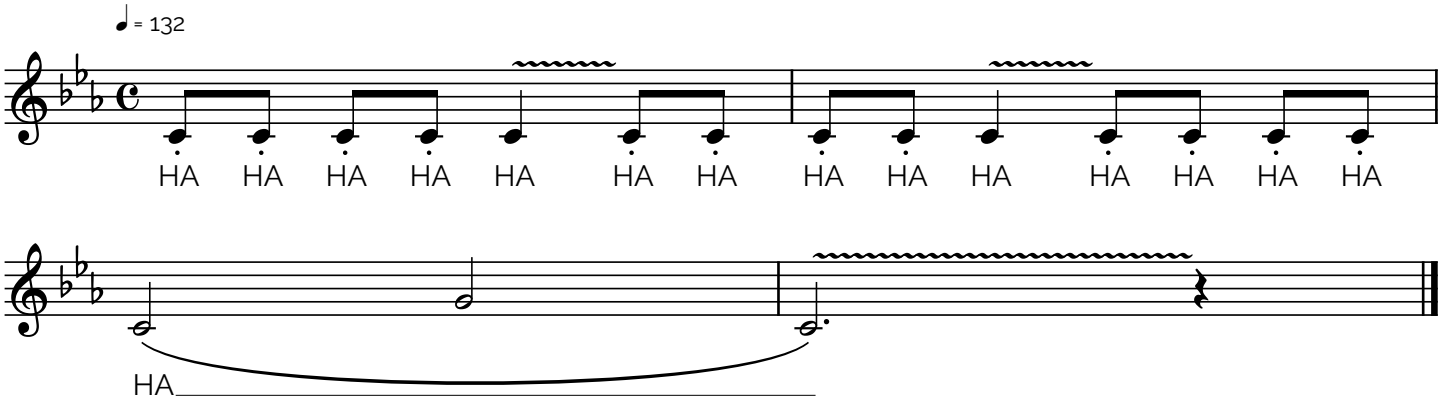
Lesson #3 - Singer Breathing Bootcamp

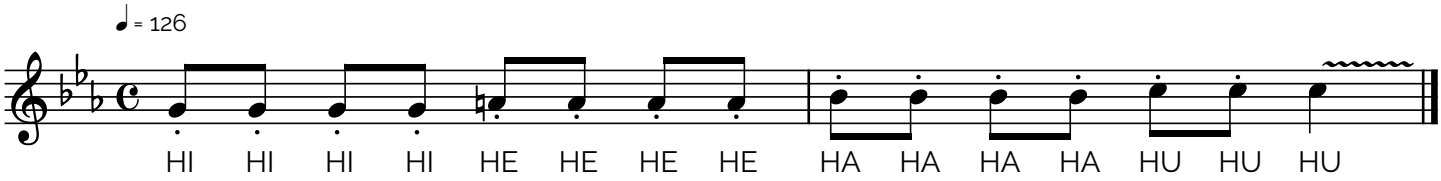
1. Rocky VS Apollo Creed

Breathing workout exercise



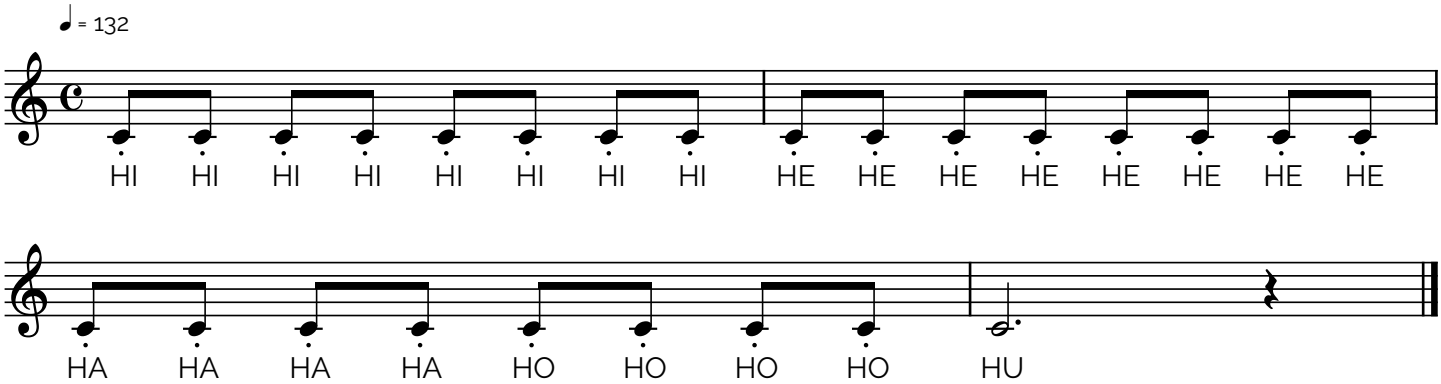
2. Muhammad Ali

Diaphragm workout with vowel placement



3. Run For Your Life

High intensity diaphragm resistance exercise



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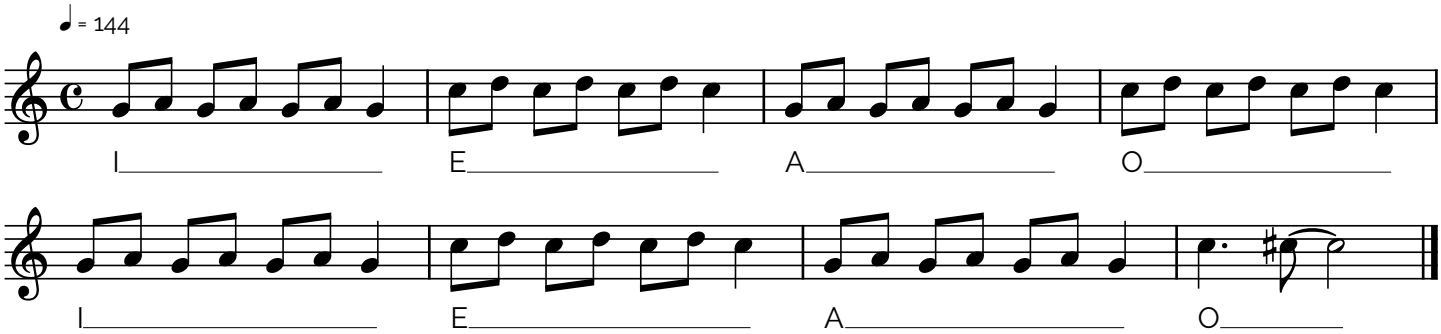
Lesson #4 - Vibrato and Stability

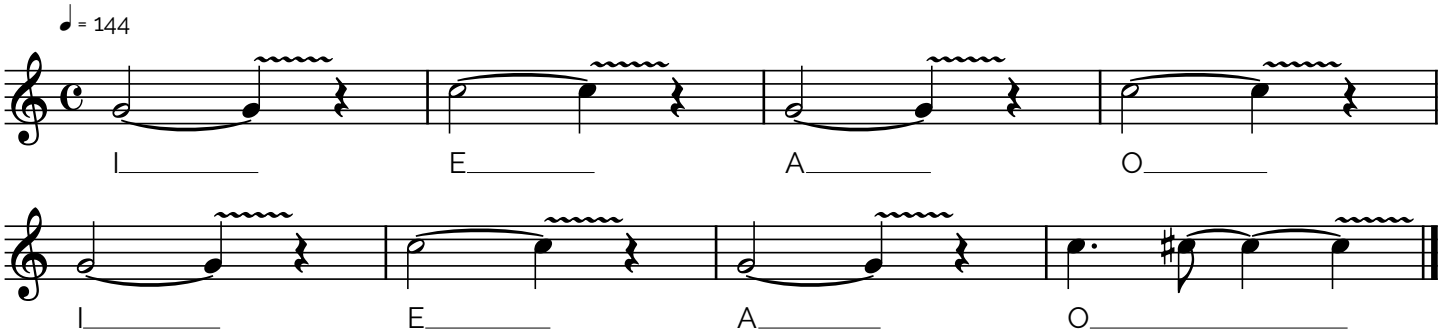
1. Where's My Vibrato?

Vibrato kickstart exercise



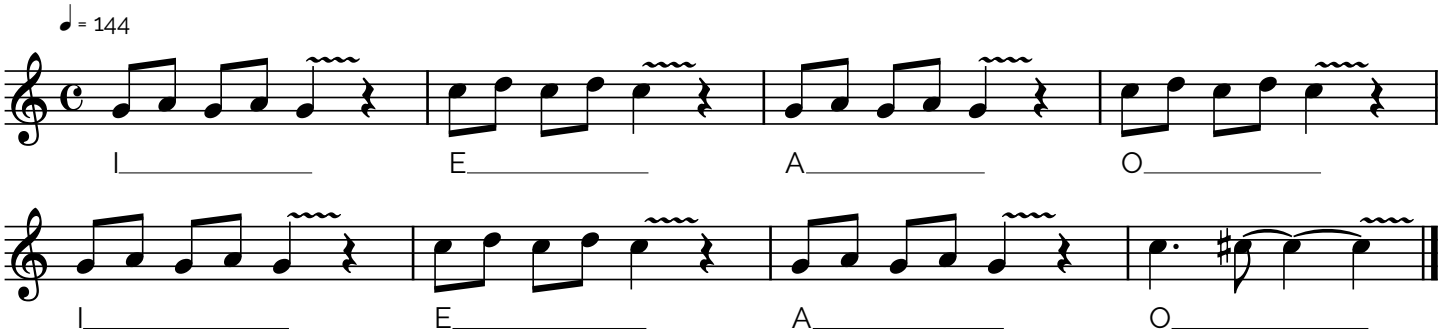
2. Vibrato, baby!

Vibrato kickstart exercise



3. Killer Vibrato

Vibrato stability exercise



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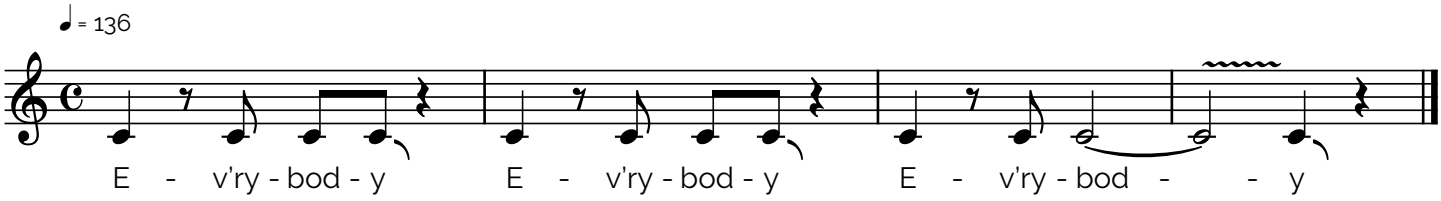
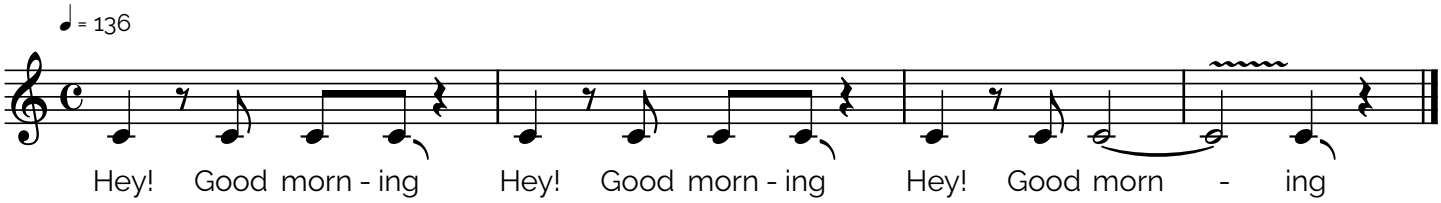
4. Kill it! Ev'rybody

Sustained vibrato exercise



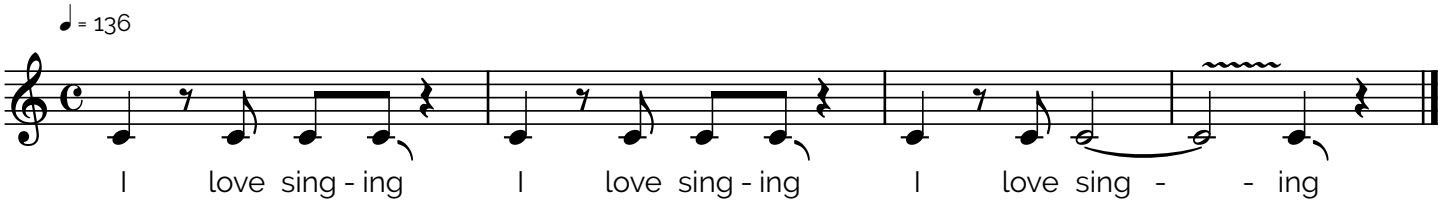
5. Kill it! Hey, Good Morning

Sustained vibrato exercise



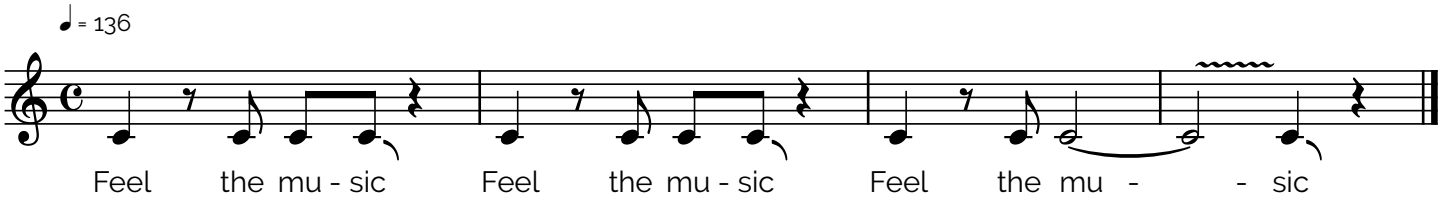
6. Kill it! I Love Singing

Sustained vibrato exercise



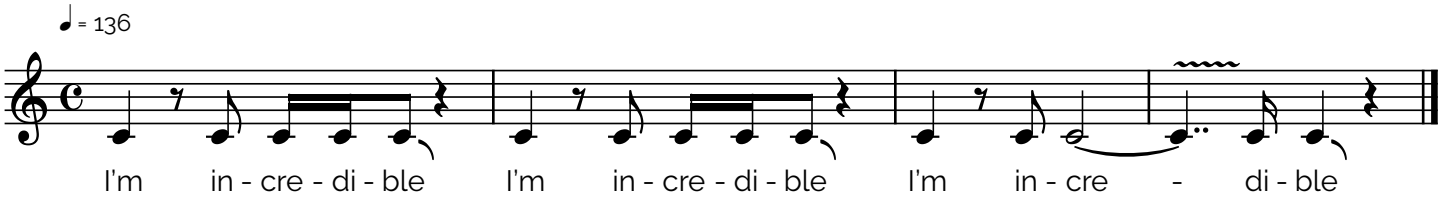
7. Kill it! Feel The Music

Sustained vibrato exercise



8. Kill it! I'm Incredible

Sustained vibrato exercise

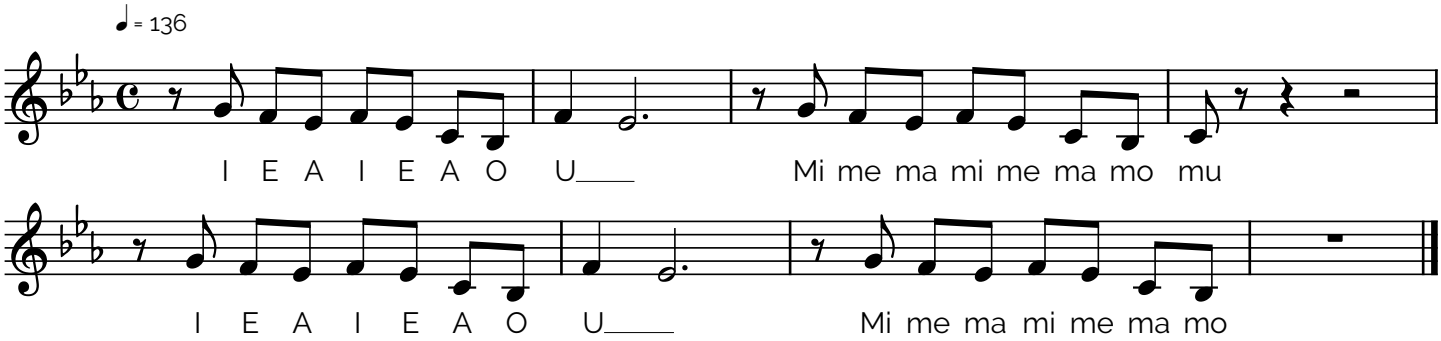


CHERYL PORTER VOCAL METHOD

Lesson #5 - Timbre and Tone Quality

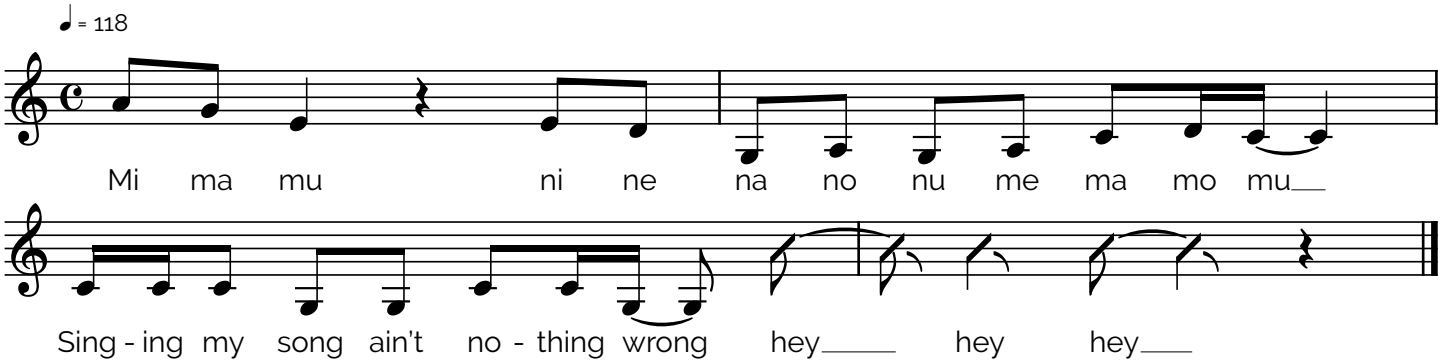
1. Jonas Blues Vowels

Timbre, tone quality and vocal flexibility



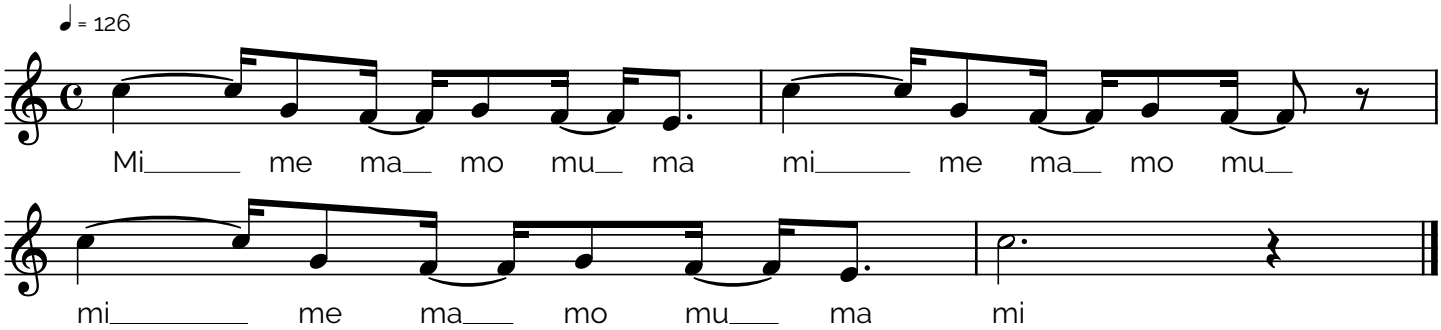
2. Trap Queen

Vocal warm up, flexibility and tone production



3. Penelope's Song

Timbre and tone quality



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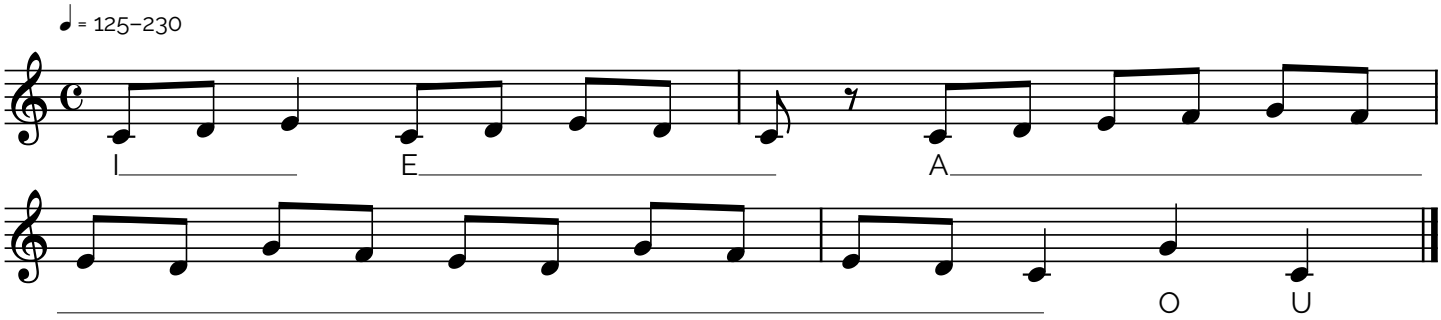
4. Merry Go Round

Timbre, phrasing and vocal flexibility

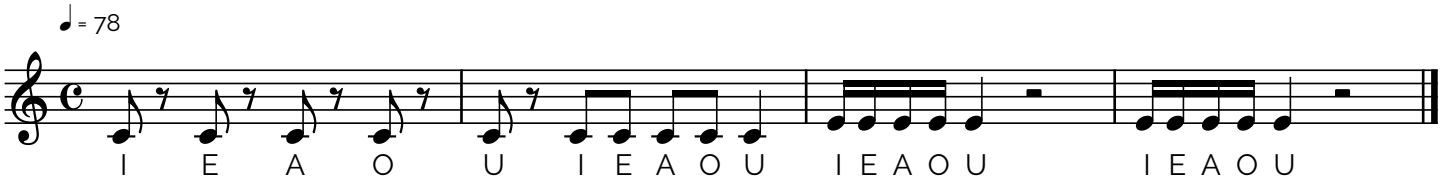


CHERYL PORTER VOCAL METHOD

Lesson #6 - Vocal Registers and Passaggio

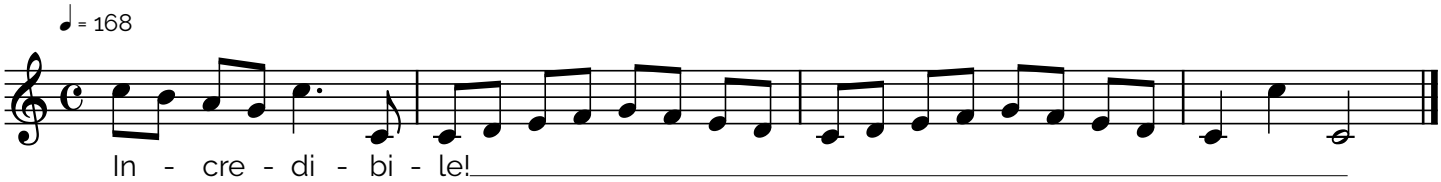
1. Calm Down Vowels

Vocal register recognition



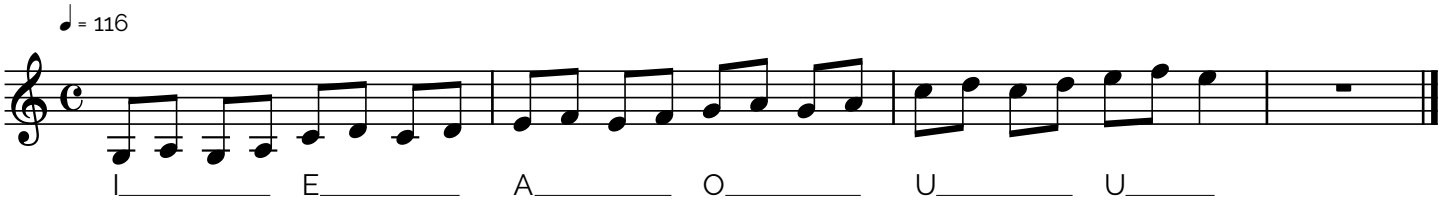
2. Incredibile

Chest register to head register passaggio



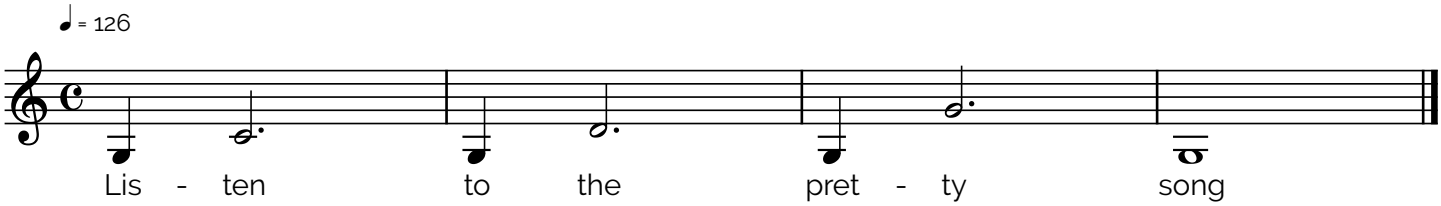
3. Angel's Wings

Register blending and register passaggio



4. Listen To The Pretty Song

Chest to head and mix register blending



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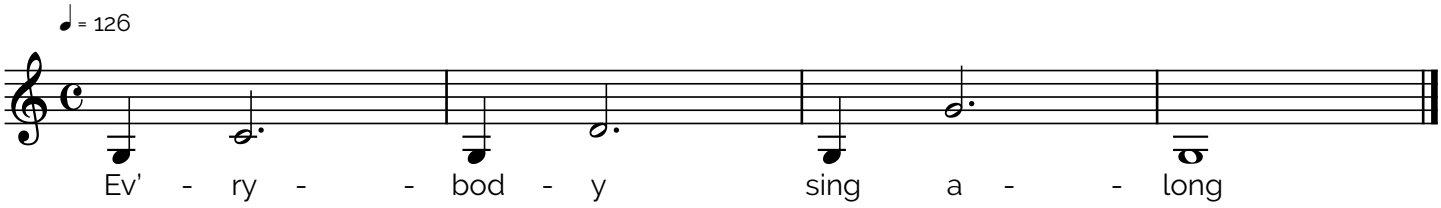
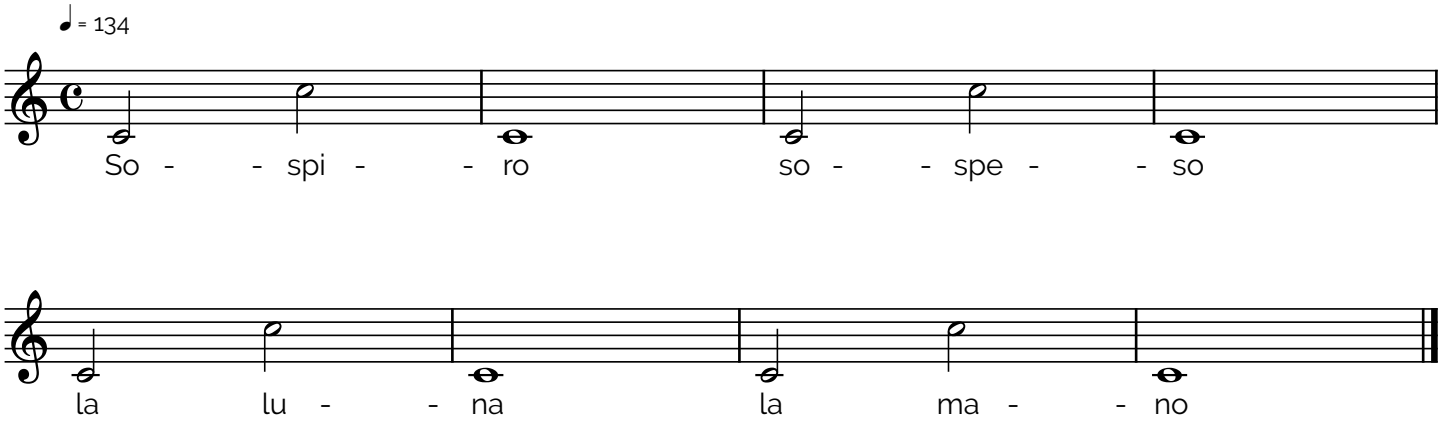
5. Ev'rybody Sing Along

Chest to head and mix register blending



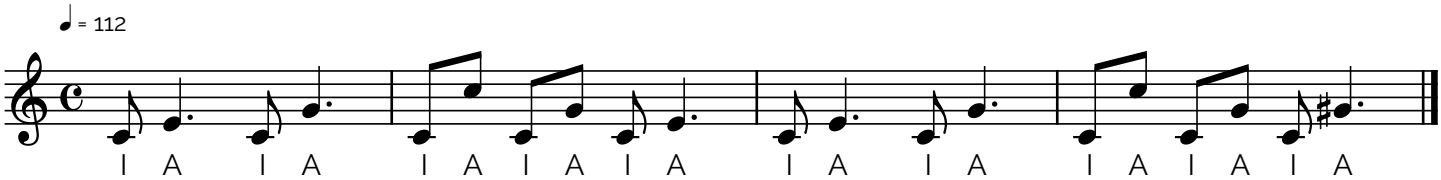
6. The Robin Sings

Chest to head or mix passaggio with vowel placement



7. Silvia Dolores

Advanced register blending, agility and passaggio

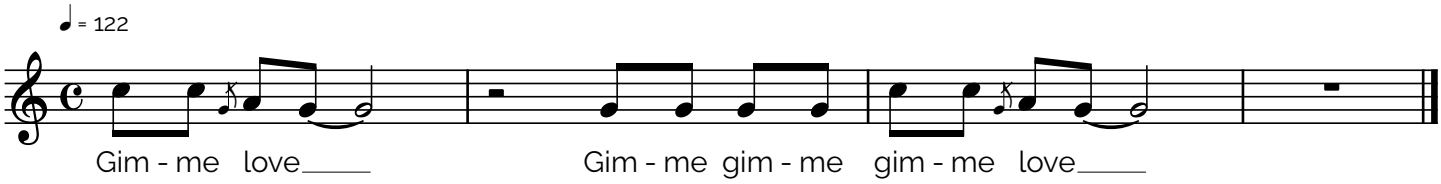


CHERYL PORTER VOCAL METHOD

Lesson #7 - Belting High Notes

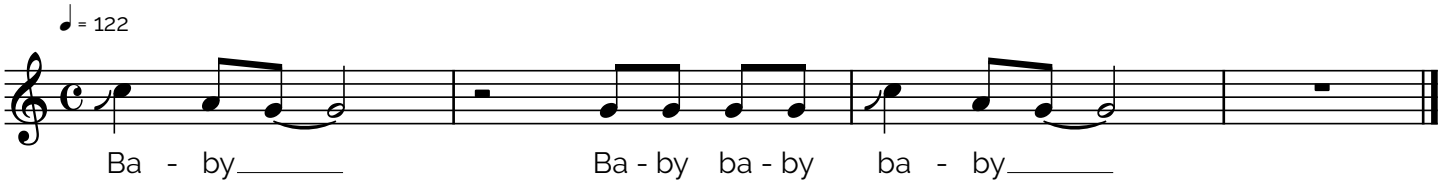
1. Gimme Love

Chest voice and belting exercise



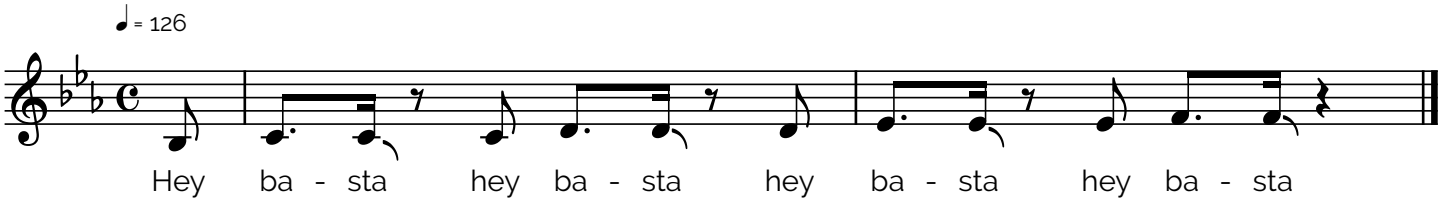
2. Baby

Chest voice and belting exercise



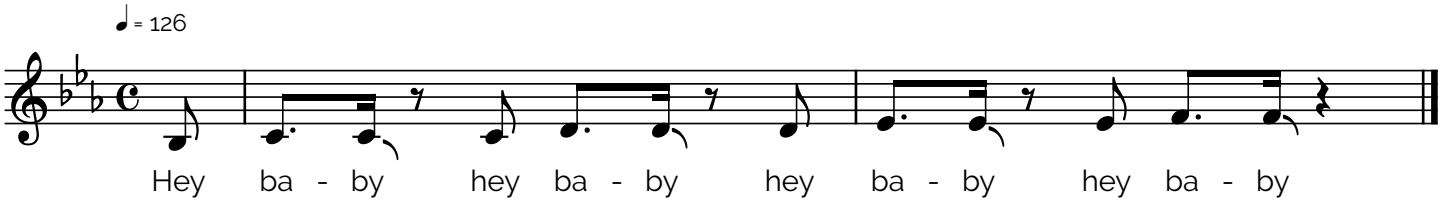
3. Put On Your Belt - Hey Basta!

Belting vocal exercise



4. Put On Your Belt - Hey Baby!

Belting vocal exercise



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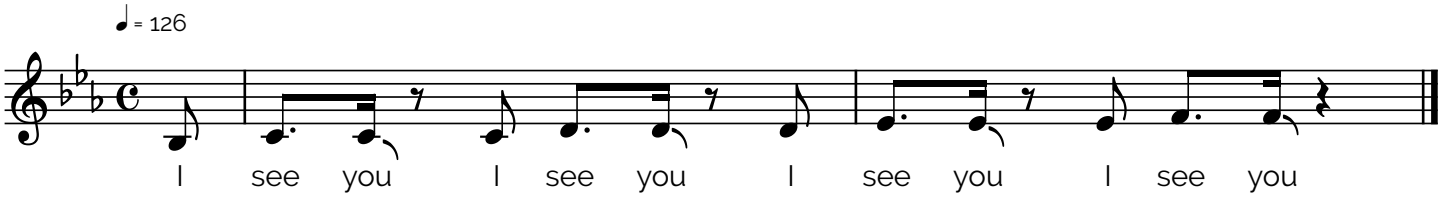
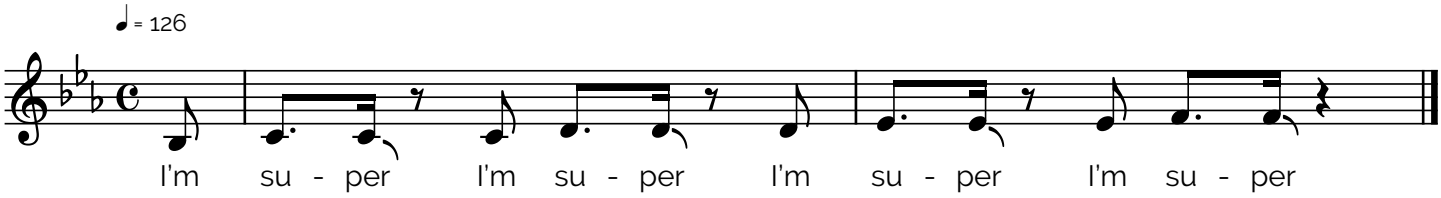
5. Put On Your Belt - I See You!

Belting vocal exercise



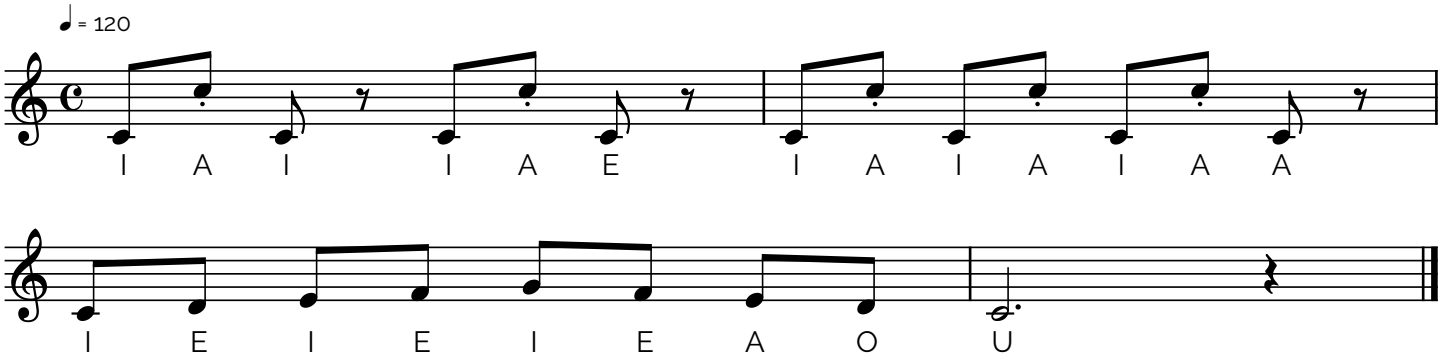
6. Put On Your Belt - I'm Super!

Belting vocal exercise



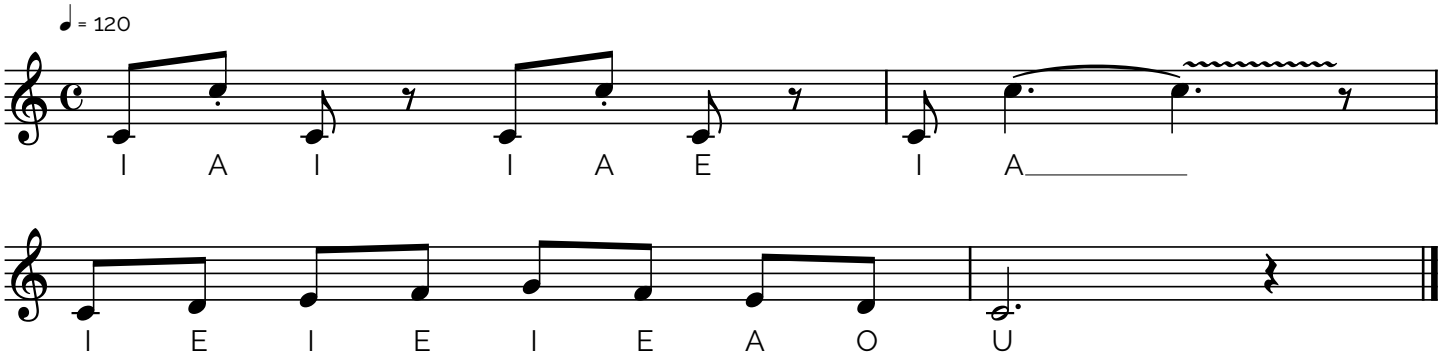
7. Boxing Gloves

Advanced belting and agility



8. Jack Johnson

Advanced belting sustained

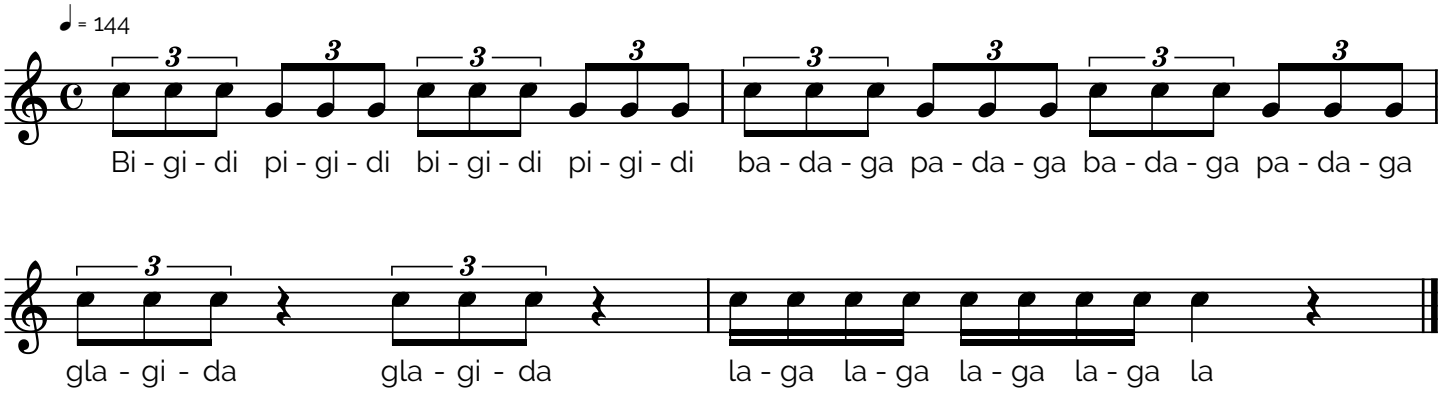


CHERYL PORTER VOCAL METHOD

Lesson #8 - Articulation

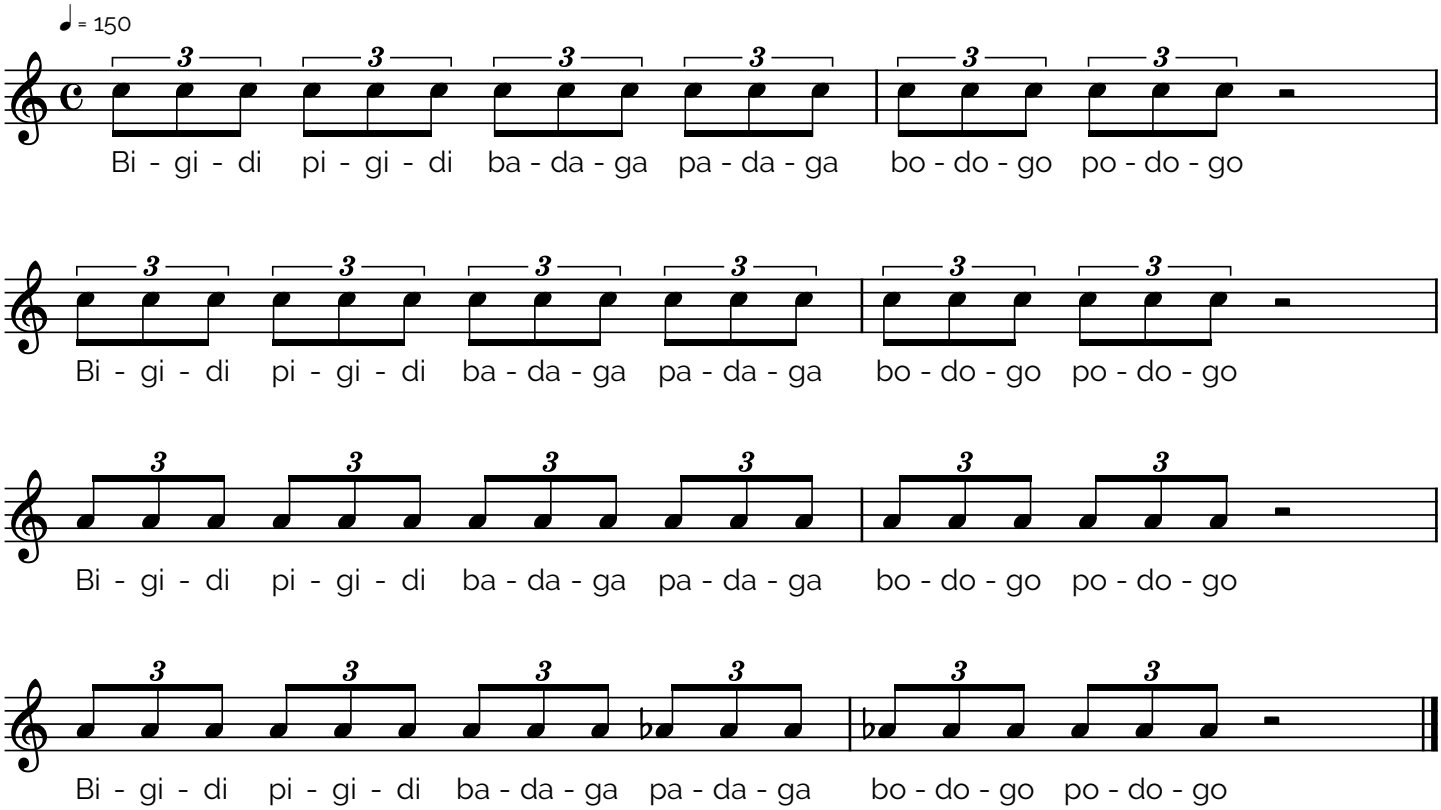
1. Say The Words

Articulation and tongue relaxation



2. Bigidi Pigidi

Articulation and hard consonant production



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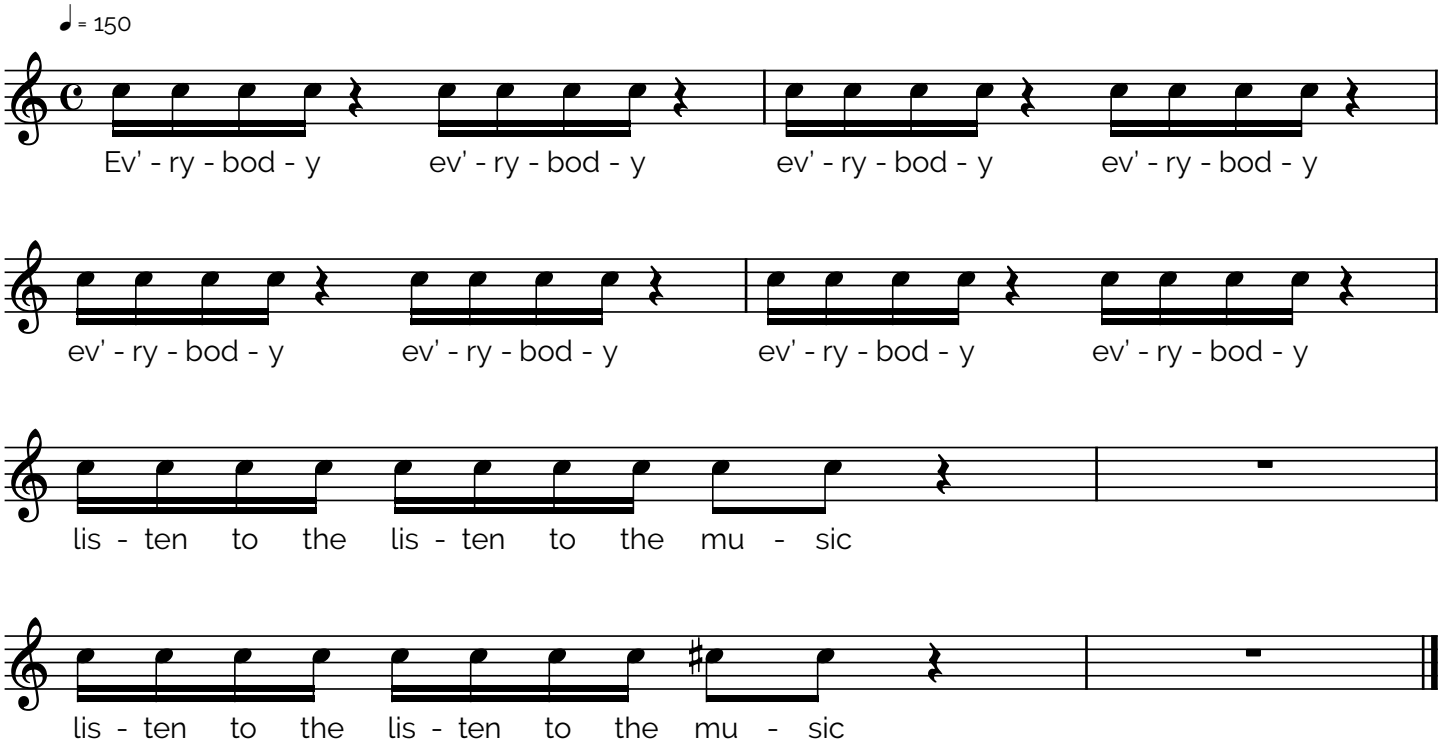
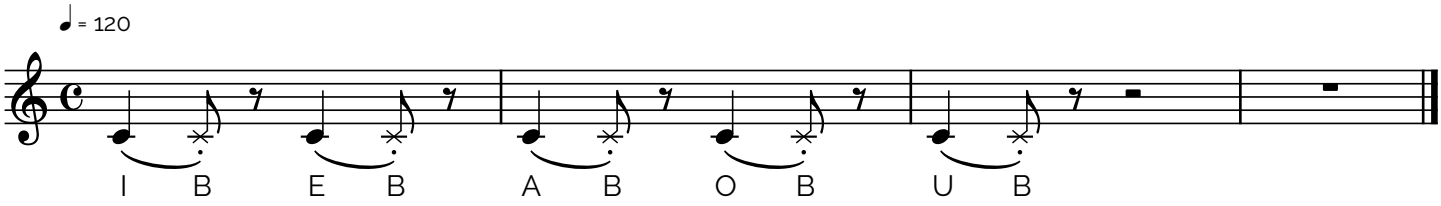
3. Ev'rybody Listen To The Music

Fast articulation with vowel production



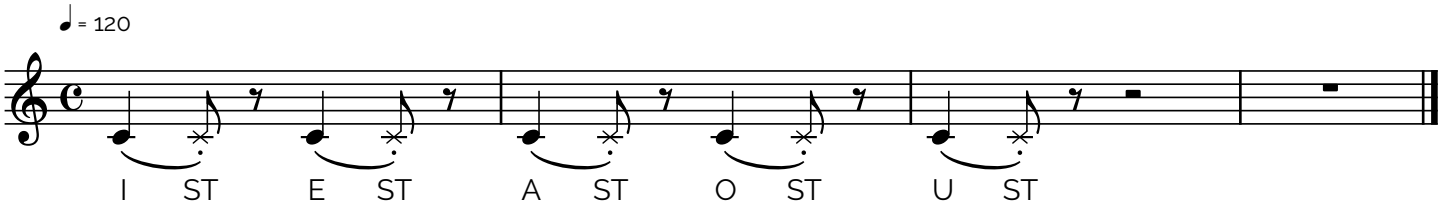
4. Teddy Bear - IB

Vowels and consonant balance



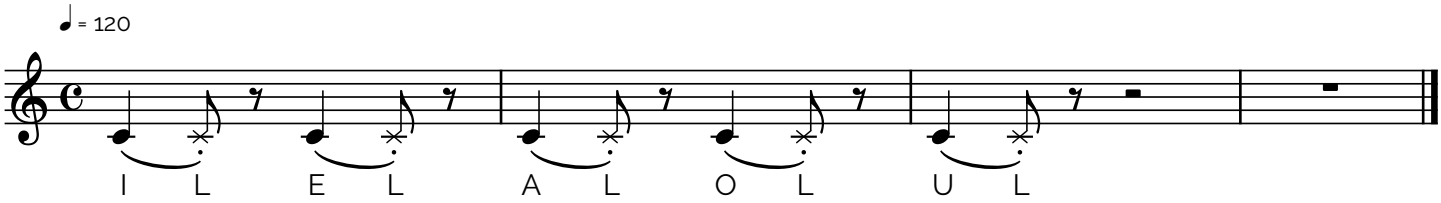
5. Teddy Bear - IST

Vowels and consonant balance



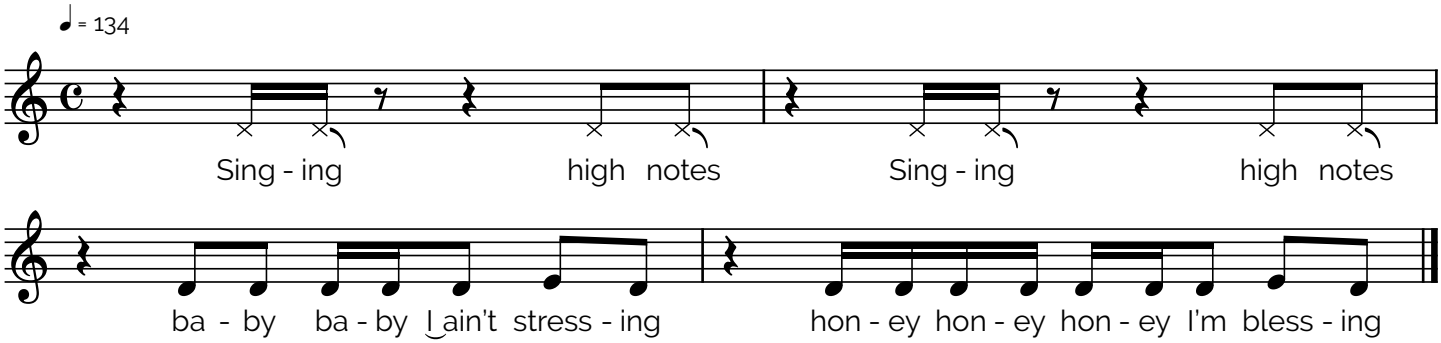
6. Teddy Bear - IL

Vowels and consonant balance



7. Baby baby! Honey honey!

Fast articulation

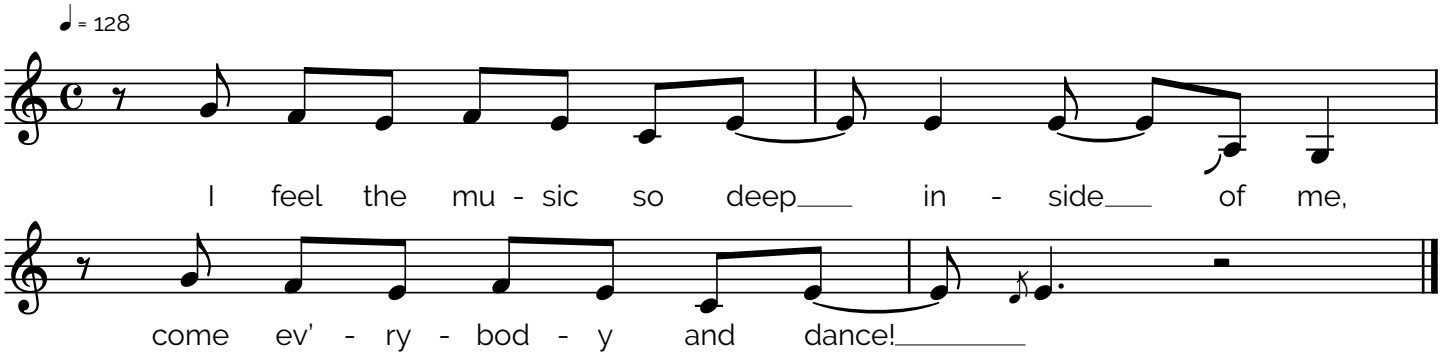


CHERYL PORTER VOCAL METHOD

Lesson #9 - Agility and Intonation

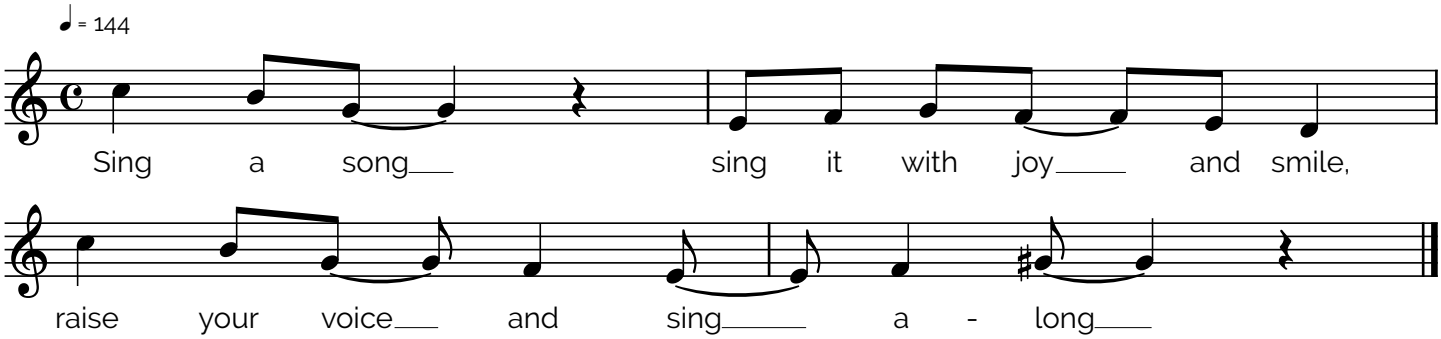
1. I Feel The Music

Swing agility and vocal precision



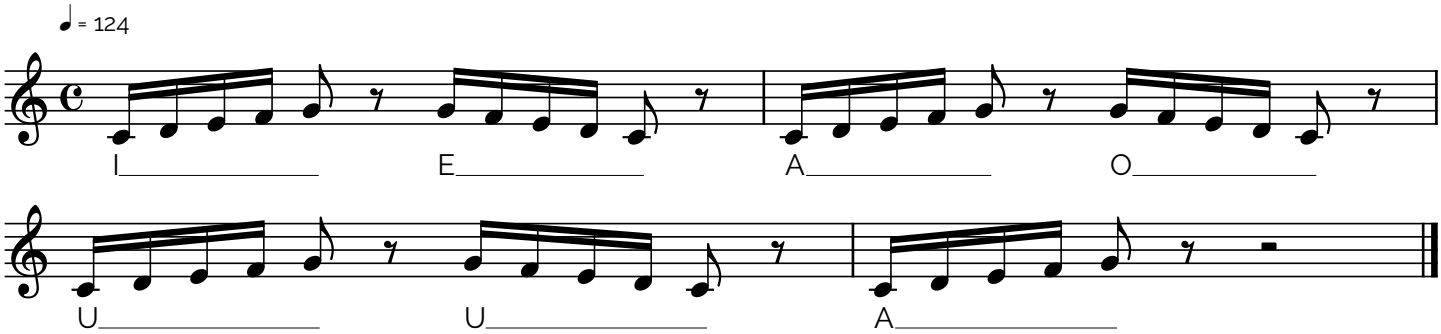
2. Sing A Song

Ascending and descending interval training



3. Myron Myers

Intense vocal precision, intonation and flexibility



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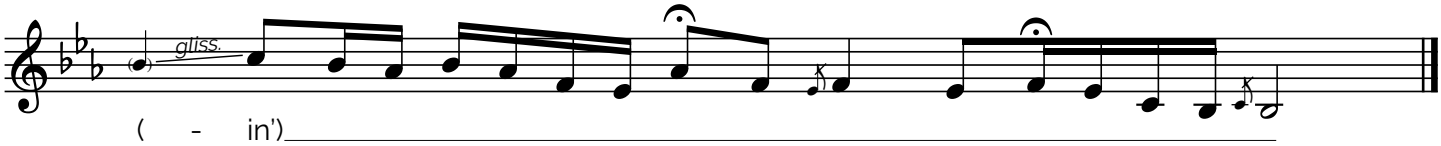
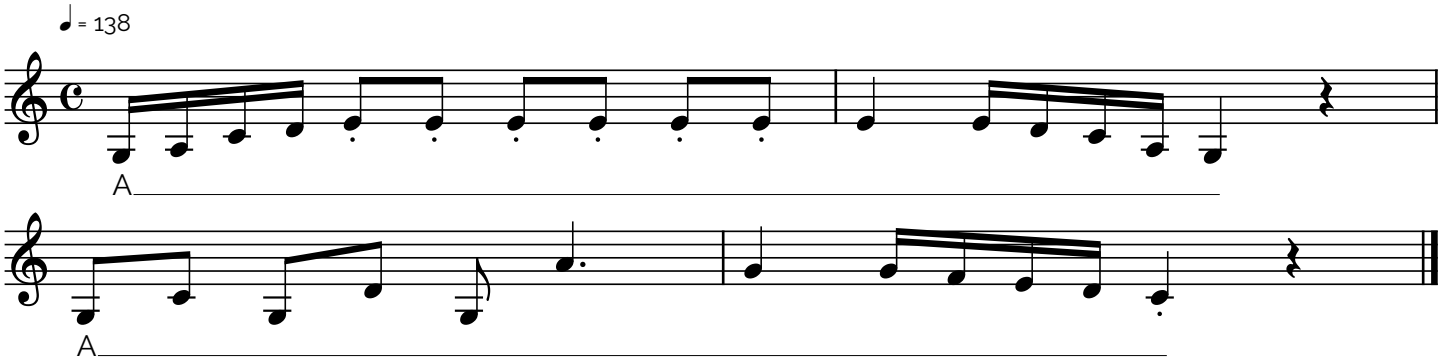
4. Fallin' And Gettin' Up

Pentatonic scale agility



5. New Boyfriend

Advanced agility and register passaggio

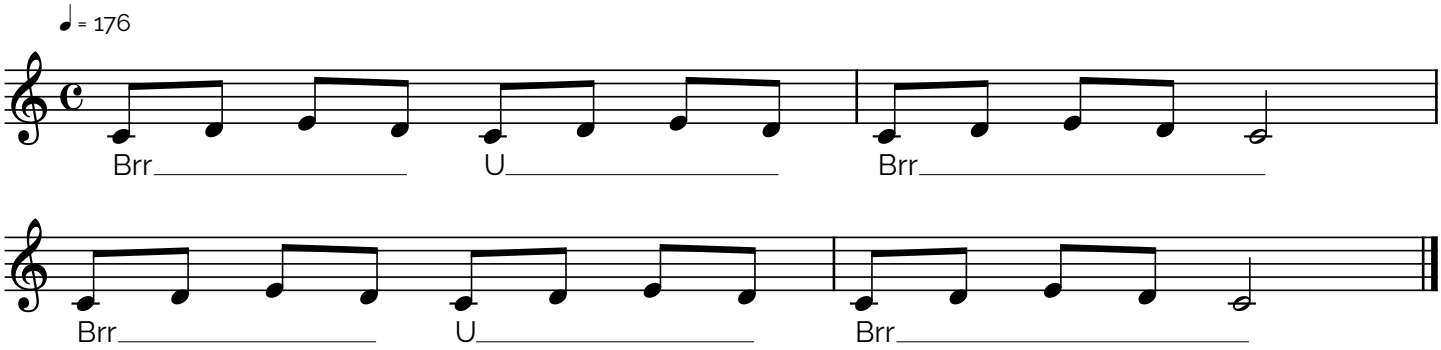


CHERYL PORTER VOCAL METHOD

Lesson #10 - Vocal Resistance Training

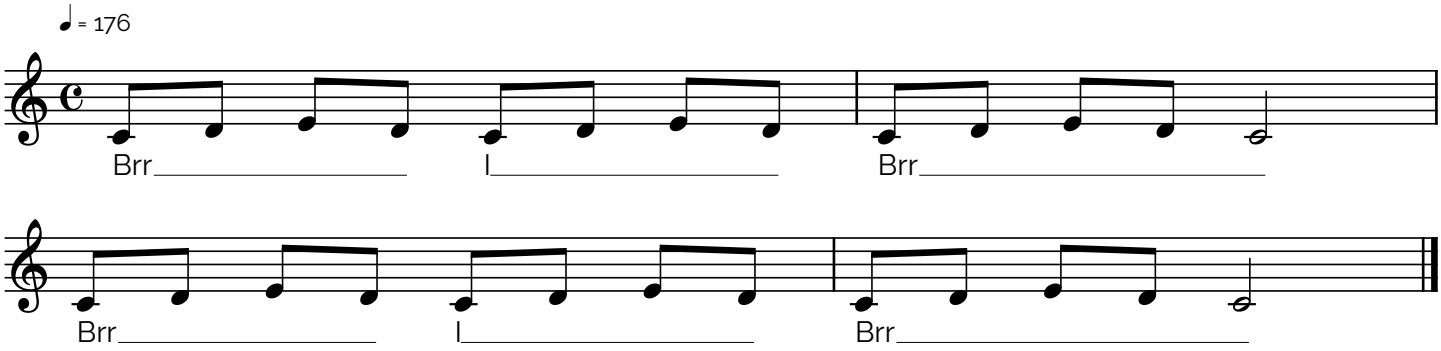
1. Brew U

Vowel placement warm up and breathing



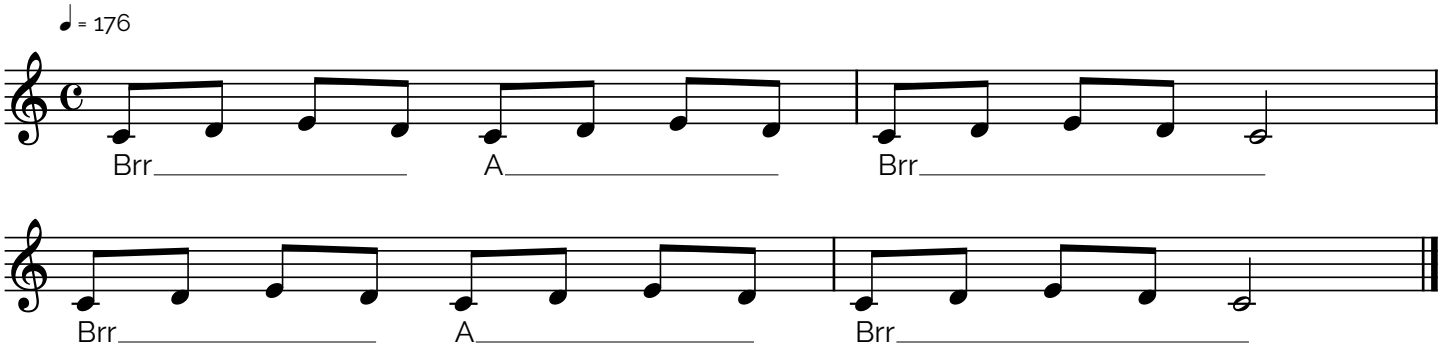
2. Brew I

Vowel placement warm up and breathing



3. Brew A

Vowel placement warm up and breathing



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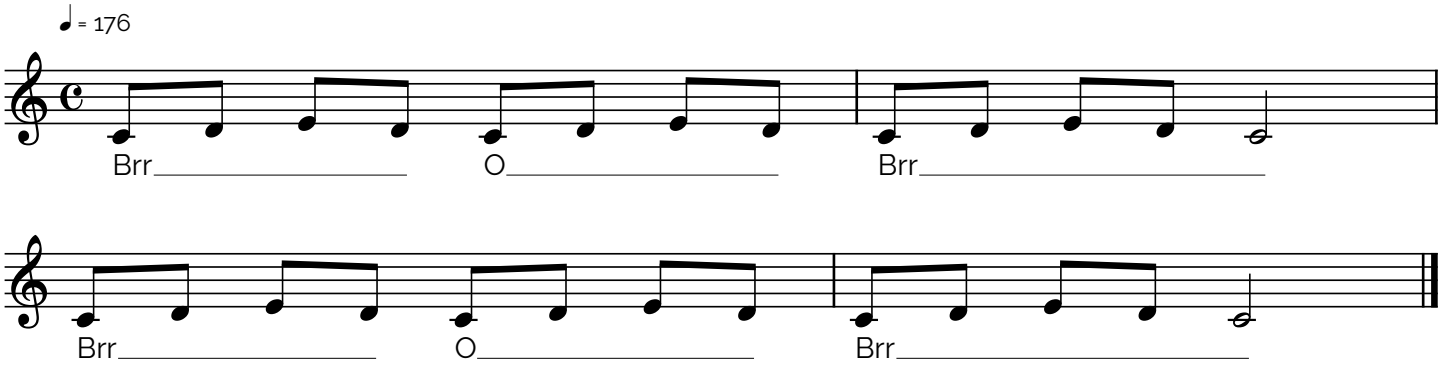
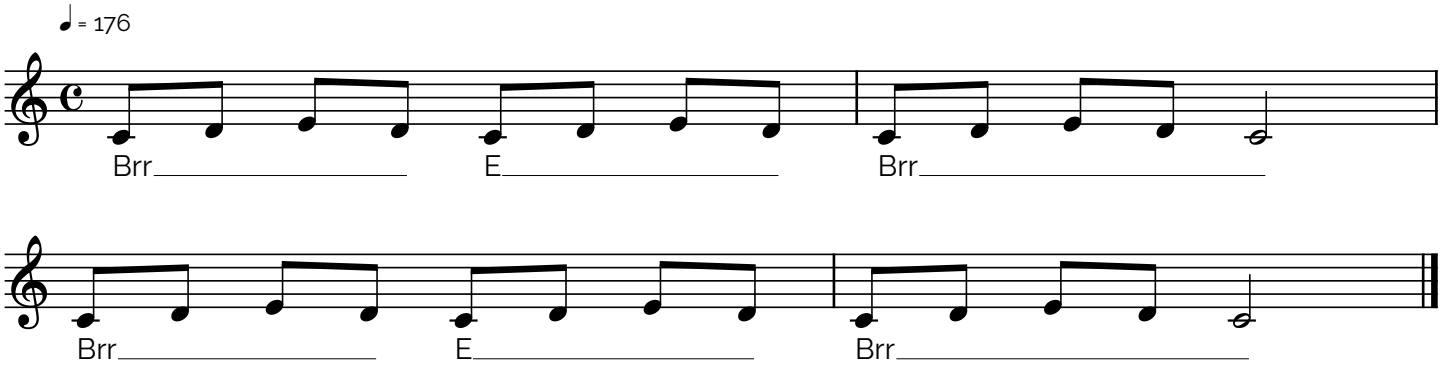
4. Brew O

Vowel placement warm up and breathing



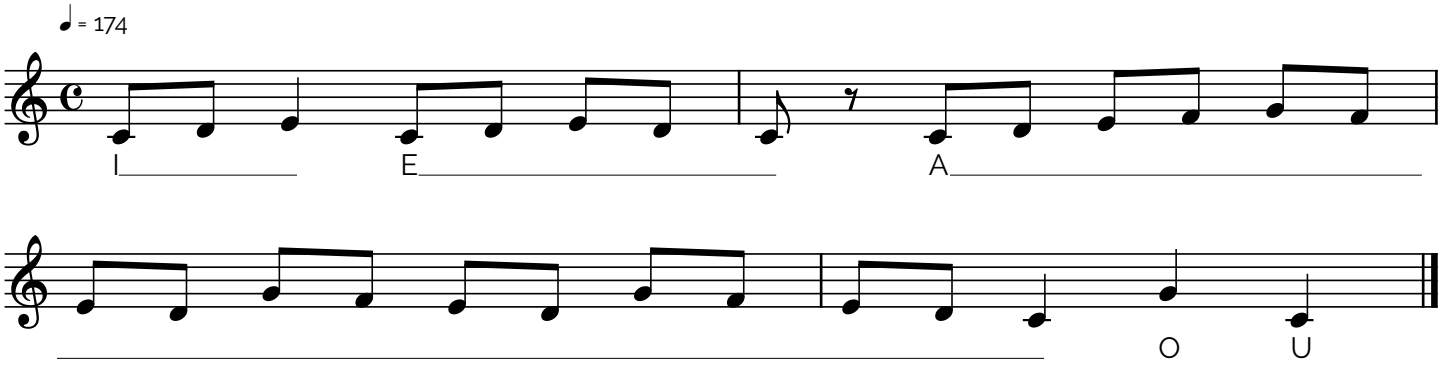
5. Brew E

Vowel placement warm up and breathing



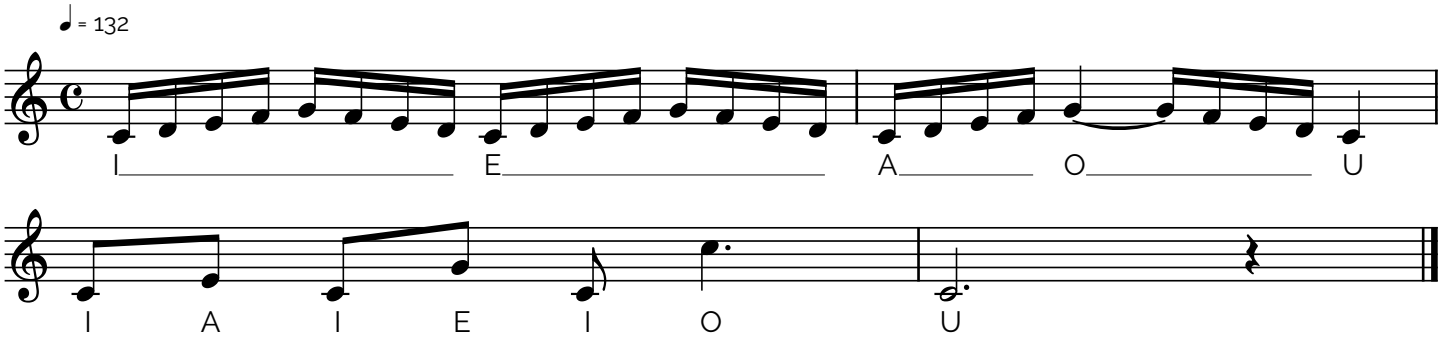
6. Merry Go Round

Timbre, phrasing and vocal flexibility



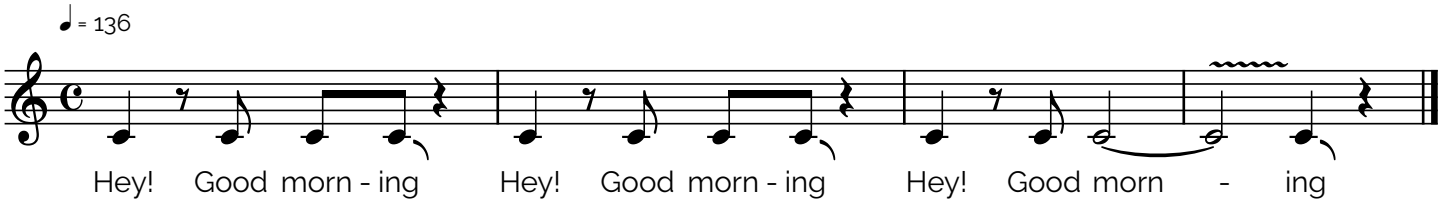
7. Road Runner

Extreme vocal agility



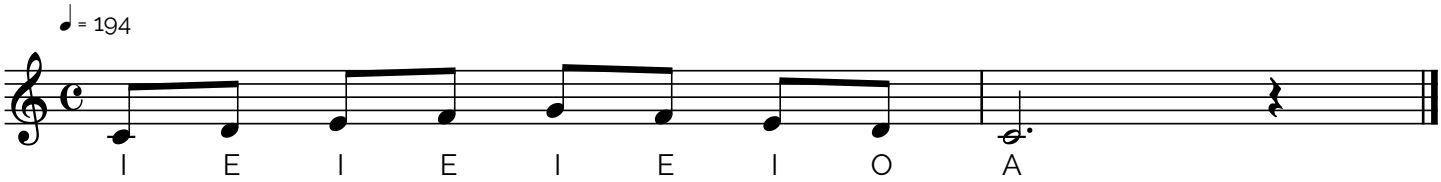
8. Kill it! Hey, Good Morning

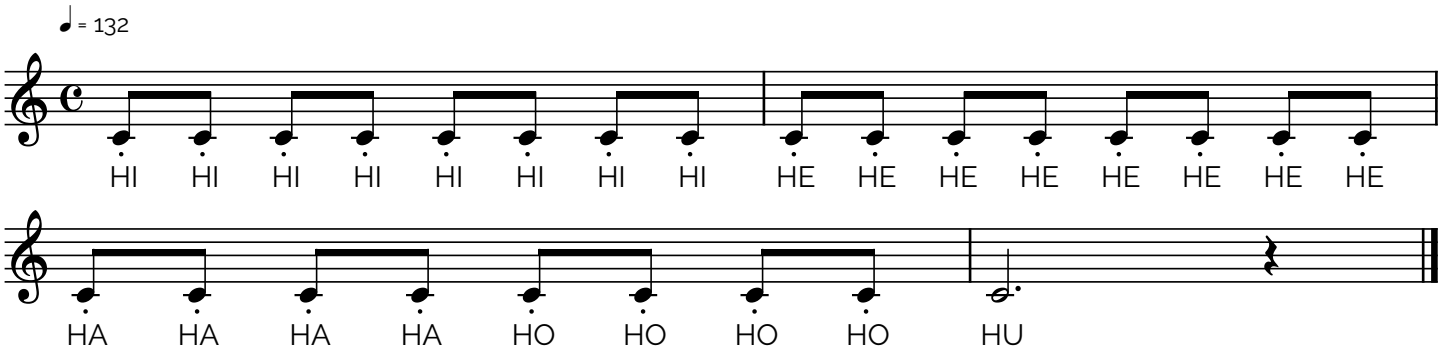
Sustained vibrato exercise



9. Guido's Girl

Open and closed vowel placement and agility



10. Run For Your Life

Extreme vocal resistance and vowel placement