

Singing- it's easy!

by
Claudia Klasicka



With illustrations by
Domizia Tosatto

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Claudia Klasicka has asserted her right
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This book is dedicated to my daughter Alwynne,
in appreciation of her assistance in its preparation,
and for her love, support and sense of fun.

Thanks also to my husband Gwyn and my daughter
Victoria, for their encouragement and enthusiasm.

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the privilege of working with over the years,
and for everything they have taught me.



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Introduction




When I was a child, I sang with freedom and joy. It was something I did without thinking. When I grew up and started to take lessons, the discipline of formal training was a challenge. I was confused by the terminology and imagery used by my teachers and the books I read. I longed for a simple handbook to guide me.

Despite my early difficulties, with time, patience and applying simple techniques, I became a performer and singing teacher. To continue developing my voice, I devised a set of easy exercises which I shall enjoy sharing with you in this book.


No two voices are alike, but the physical structure is the same for all of us: air vibrates your vocal cords, enters your mouth and comes out as a sound, shaped by the words you sing.





At the end of each section, there are Top Tips to help you keep it simple. Having a set of simple exercises to follow has huge benefits, not only in developing the voice but also in feeling more relaxed and focused. Of course, this is a great strategy for many situations in life that need close attention for decision-making or problem-solving. What's not to love?

As your voice is always with you, you can have fun practising the exercises almost anywhere at any time (I dare you!).

Where you see the symbol  there is an audio demonstration of that exercise at www.singing-its-easy.uk



**Let's
get
Started!**

Posture



If your body is relaxed, your voice will be too.

Play with your balance.

What happens when you move your weight forwards and backwards?

Pretend you're in a small boat in slightly choppy water; you must sway gently forwards and backwards to keep your balance.

Let your knees be relaxed – not locked.

Gently tuck in your bottom.

Imagine you have a tail that you want to place between your legs. You don't need to squeeze.

Raise your arms above your head, stretching your waist out of your hips.

Lower your arms slowly, using the muscles around your waist to keep it stretched.

Find something to focus on at eye level – a picture on the wall or something out of the window.

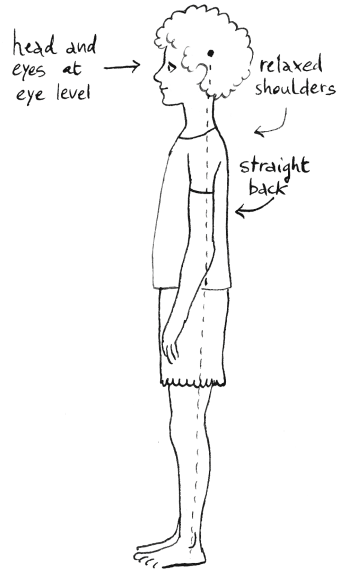
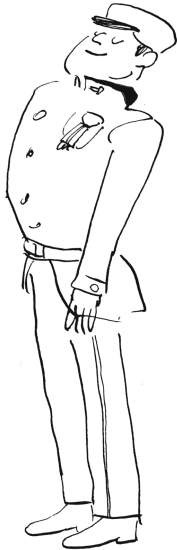
Breathing and good posture go together – how you stand will determine how you breathe.

Top Tips!

Use a mirror.

Relax your shoulders.

Eyes looking straight ahead.



Childhood Memories



For as long as I can remember, I have loved to sing. As a child, I sang in made-up languages, copying my dad, who always sang in Polish (which I couldn't understand). I also sang when I helped with the housework (with eleven people in a tiny house there was lots to do!), entering another world. I wasn't aware of anything except the pleasurable feeling of singing. I sang to my six younger brothers and sisters when they were small, and when they tried to copy me, we all sang together.

Talent Competitions

In our little house, on the outskirts of Glasgow, we used to hold family talent competitions in the living room. Although small, it was home to a couple of pianos, with space enough for us to battle it out with songs, poems, and sometimes dancing. Mum was always the judge, and a fair one, too.

