Singing Resources

<https://youtu.be/GD-HPx_ZG8I>

 This video explains how atmospheric pressure combines with chest muscles and diaphragm to cause air to go in (inhale) and out (exhale) of lungs.

<https://www.singwise.com/articles/breath-management-support-of-the-singing-voice>

 This article explains the two forms of “singing”:

 contemporary: contracting of the abdominal muscles

 classical: appoggio inspiratory hold (keeping chest expanded—chest muscles contracted) as diaphragm exhalation is slowed down

<https://www.voicescienceworks.org/appoggio.html>

 Here is article which explains how to do “appoggio” (a style with tensed chest.  Here are quotes from that article:

 “Steps:

1) Body centered with a sense of release in key areas like the head, neck, jaw, ribs,hips, abdomen, and thighs.

2) Soft feeling and relatively relaxed-feeling position for the transverse abdominis, internal and external oblique muscles, back muscles, and upper three quarters of the rectus abominis (at all times).

 The diaphragm is, of course, contracted during inhale, and in a relaxation posture during exhale.

3) Soft feeling and relaxed position for the lower quarter of the rectus abdominis ("kick out" muscle) during inhale, and contracted/engaged feeling during exhale.”

Note from Dr. Clark: Remember: the coordination challenge lies in allowing the other abdominal muscles and the intercostals to remain relatively quiet while the lower bellies of the rectus abdominis ("kickout" muscle) engage. If all of the abs and intercostals squeeze inward at the same time, tension will result. As a side note, the kind of tension that comes from that squeeze is emotionally connected to fear, so, the more time you spend contracting all of your muscles, the more you tell your body to feel fear while you phonate.

<https://www.thenakedvocalist.com/singers-heres-a-quick-five-step-plan-for-releasing-that-tight-jaw>

 This article explains a singer should not have tight facial or jaw muscles.

<https://youtu.be/O_-JIIcpXuc>

 This video gives exercises for releasing facial tension for a singer.

<https://www.shape.com/lifestyle/mind-and-body/tightness-in-chest-causes-treatment>

This article discusses that on-going tensing of muscles can create Musculoskeletal chest tightness which is related to anxiety.