



VocalLab

3 SINGING MYTHS I USED TO BELIEVE

(AND TEACH AS FACT
TO MY STUDENTS).



1. YOU SING **FROM** YOUR DIAPHRAGM

The diaphragm muscle is only contracted (and therefore 'on') during **inspiration** (breathing in).

As we typically sing on the **expiration** (out breath), the diaphragm is not 'on' during singing. Therefore we cannot sing 'from the diaphragm'.

It is the abdominal muscles that are the primary muscles of expiration.

2. YOUR TRUE AND FALSE VOCAL FOLDS COMBINE TOGETHER TO MAKE YOUR THICK FOLDS



The term 'thick folds' refers to our thyroarytenoid muscle (aka our true vocal folds) contracting and getting shorter and hence thicker. This creates a lower, stronger sound.

Our false vocal folds sit above our true vocal folds and are responsible for closing over our true vocal folds and windpipe when we swallow to stop food 'going down the wrong pipe'. Therefore, our false vocal folds are not involved in creating thick folds.





3. TWANG IS MADE IN THE NOSE

Twang is made inside a structure called the Aryepiglottic Sphincter or AES.

The AES is created when the aryepiglottic folds between the epiglottis and arytenoid cartilages, tighten and create a small, resonant chamber.

The sound waves bounce around inside the AES which amplifies the sound, creating the 'twang' quality. After twang has been made in the AES, it can be redirected into the nasal or oral cavity by the soft palate to have **either** nasal twang or oral twang.



"NOW THAT I KNOW BETTER, I DO BETTER" - MAYA ANGELO

No singing teacher ever sets out to give the 'wrong' advice. But in the singing teaching industry there is a unspoken rule that we **should** 'know it all' and 'have all the answers' now.

Consider this your permission to say "I'm not sure, I'll look that up!" or "I don't know how to teach you that yet" before of making something (well intentioned) up.

If you have questions about the voice or facts that you teach that are similar to what mine used to be head to vocalab.com.au and upskill your vocal knowledge in the **Vocal Educator Toolkit**.

Elle Nichelle - VocaLab

