

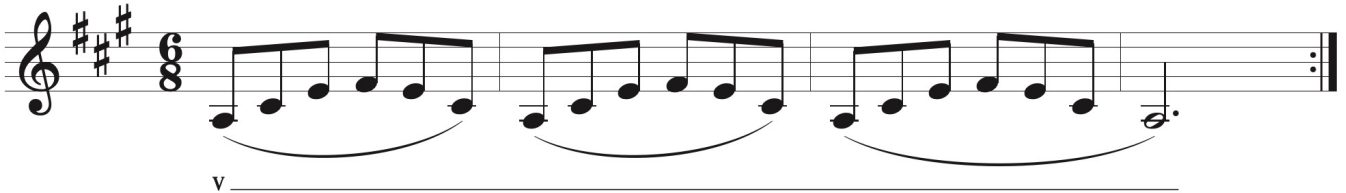
1

- Hand breathing** - focus on where the air is going; **expand ribs; expand lower abdomen; expand back; level four breath as opposed to level 5 breath; keep ribs expanded; check posture: feet, body like tube**
- Breathing hand
 - Sssss/ffffff/chhhhhhhhhh
 - Breathe in 6/suspend 6/ hiss out 10/15/20/25 (this is breath management)

2

- Darlene Rogers: Alignment, buoyancy, head floating**
- Sip in through straw 1 - 8 exhale on sh for 15/20/25 **HOBERTMAN SPHERE**
 - Sip through straw 8 exhale and count the words “one, two, etc...” 15/20/25
 - Sip through straw 8 and sing “oo”
 - Tongue twister: rapid transit ticket taker (repeat) s s s sh sh sh sh -
 - After speaking tongue twister, sing 12345432, 12345432 , s s s sh sh sh sh by 1/2 steps

3



1. Move up by half steps on each repeat 8X on "V"
2. Move down by half steps on each repeat 8X on "Z"

4

ad lib ♩ = 60

As an alternative, the tenors can go back to the high F in m.6 and descend the scale in an octave with the basses.

The 16 vowels are:

We, Sit, Let, Late, Hat, High, Spot, Love, Girl, Moon, Mute, Look, Go, Joy, Law, Crown