

Singing with correct posture

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Singing with correct posture MAny people love to sing. They sing along with the radio in the cars or in their room. One may even be in a choir and still not being singing with the correct posture. singing with currect posture consist of various techniques that can improve singing dramatically. Whether singing in the car or performing in front of hundreds. In this paper there will be steps on how to sing with correct posture. Step one, be standing up. This allows the body to be in the up right postition.

Not to be slacking or hunched over. After establishing standing up, slightly place one foot in front of the other. Preferbly the oppostie of your dominate hand. This construces balance, which is the equal distrubutation of weight. Also keep knees slightly bent if knees are locked up one may be become faint or want to past out. The third step in our process is allowing the back to be perfectly straight so that the chest can stick out. Standing against a wall is a perfect example on just how straight the back should be.

Then place chin parrell to the floor. All these steps are setting up a base structure for the most important step, taking that deep breath right before the first note sung. The goal is to not allow the chest to come up, for example when some one is scared by another person that person will grasp for air becuase of shouck and most likely the shoulders will rise when recieving the air. So the goal is to keep your chest up and take a deep breath but only letting your stomach come out.

Filling the ribcage expand allowing the diaphragm, a muscular, membranous or ligamentous wall separating two cavities or limiting a cavity, to fill up with air. Therefore the only thing moving is stomach musclues coming in and out. Problems of not breathing correctly are that people breath incorrectly so <https://assignbuster.com/singing-with-correct-posture/>

they will not have breath support for very long. a singer must take a deep breath and withstand the temptation of taking another breath too soon. any songs won't sound just right when a singer is breathing every five seconds because they don't have enough breath support and in achieving great breath support one must have the correct posture. It also conveys great body language when having the correct posture it lets the audience know that their effort is put into this song.

With good posture comes good breath support with good breath support comes success because it is allowing talent to come out of a singer's voice. It may not matter that a singer is getting all the notes right, yes that is great, but if a singer can hit all the notes but has to take a breath every few seconds it cuts off some of the emotion that can come from a song. And when someone can see the talent in a singer and truly appreciate him then the singer has already achieved success. In conclusion if someone really wants to be a great singer, having a great and correct posture is one step closer into achieving that goal. it may not be easy at first but with lots of practice and dedication success will follow.