

**CHORAL
WARM-UP
MATERIALS
DEVELOPED BY
THE TEACHER
("Learning the
Paced Renewal of
Breath-Energy")**

LEARNING the PACED RENEWAL of BREATH-ENERGY

Preparatory exercise:

Place the palm of your hand on your belly, fingers open and relaxed.

"Blow out seven candles with one breath, but with separate abdominal impulses". (3x)

Piano

ff

$\text{♩} = 56$

(Sing gently, without overcrowding the lungs)

Vocal

DE - EP, DE - EP, DE - EP, DE - EP, DE - EP, DE - EP, DEEP

mf

$\text{♩} = 60$

FE - EP, FE - EP, FE - EP, FE - EP, FE - EP, FE - EP, FEFP

♩ = 66

SE-EP, SE-EP, SE-EP, SE-EP, SE-EP, SE-EP, SEEP

♩ = 72

HE-EP, HE-EP, HE-EP, HE-EP, HE-EP, HE-EP, HEEP

♩ = 80

DE-EP, DE-EP, DE-EP, DE-EP, DE-EP, DE-EP, DEEP

♩ = 88

FE-EP, FE-EP, FE-EP, FE-EP, FE-EP, FE-EP, FEFP



$\text{♩} = 96$

SE-EP, SE-EP, SE-EP, SE-EP, SE-EP, SE-EP, SEEP

$\text{♩} = 104$

HE-EP, HE-EP, HE-EP, HE-EP, HE-EP, HE-EP, HEEP

Ask yourself, "What changes in the way I am breathing as the tempo goes faster?"