

# HOW TO BECOME A BETTER SINGER



**HOW TO**

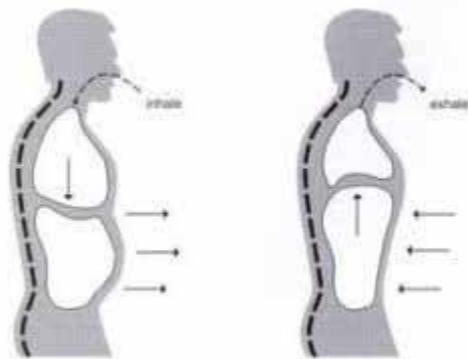
**BECOME A**

**BETTER SINGER**

Learning how to become a better singer is quite possible if you follow some simple steps. Here is a list of the 17 best singing exercises and voice lessons which are suitable for both beginners as well as for singers at an advanced level. These vocal exercises are time-tested and proven to improve your singing voice no matter what level you are at. Professional voice coaches teach these simple and powerful tricks to budding vocalists to help them reach their full potential quickly and easily.

## #17 Become A Better Singer By Learning How To Breathe Correctly When Singing

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The first step to becoming a better singer is to breathe correctly when you are singing. Let us take a look at one of the best breathing exercises for singing.

Diaphragmatic breathing or Belly breathing allows you to sing at full power while maintaining a steady, high-quality voice. As you sing while breathing with your belly, your voice rides on the exhaled air and creates the best tonal quality. Belly breathing is especially helpful when singing for long durations of time and so it is one of the most preferred breathing techniques for singers.

As you start singing, air in your throat starts vibrating and generates sound. This air keeps on vibrating as you breathe out until you run out of air. If you breathe only using your upper chest, your sound will be airy and weak and you will quickly run out of air thus causing your voice to break.

Practicing the following breathing exercise will train you to belly breathing correctly when you are singing.

1. Lay down with your back on the floor. Keep your knees bent and pointed upwards towards the ceiling. Keep your feet flat on the ground and your hands on your sides.
2. Keep a slightly heavy book on your stomach near your waist.
3. Now slowly take a deep breath in through your nose and fill your belly with air.

4. Notice how the book rises as you inhale. Once your belly is full of air, hold your breath for 10 seconds.

5. Then gently breathe out using both your nose and your mouth and watch the book slowly go down. As you breathe out hum a note or make the sound “Haaa”.

6. Repeat this breathing in and out for 10 more times.

7. You can hum a different note each time you breathe out or make the same “Haaa” sound each time.

This is possibly the best breath control exercise for singers as it will gradually build the strength of your abdominal walls and slowly retrain you to breathe with your belly whenever you sing.

Once you have become comfortable with taking 10 in and out breaths with the book on your belly, you can then switch to a heavier book like the yellow pages. After you become comfortable with that book, then start using multiple heavy books.

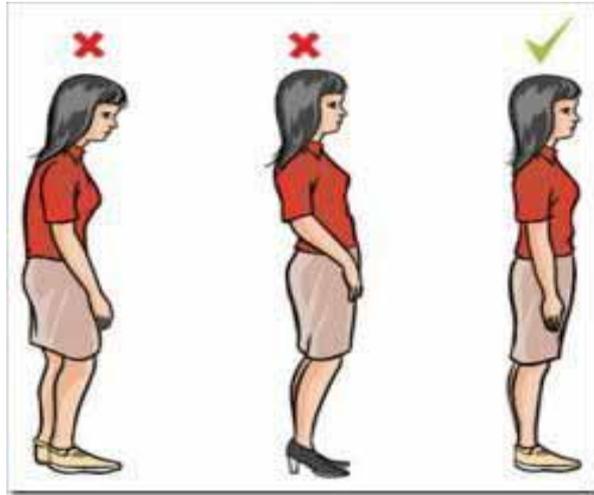
As the strength of your abdominal walls and your diaphragmatic muscles gradually increase you will become much more comfortable at singing.

Once you are able to comfortably breathe with your belly and sing, then do this exercise standing up. Only this time instead of the book, place your hand on your abdomen and press inward. Then breathe in and expand your belly pushing your hand away from your body. Remember to always sing a note on the out breath. This simple breathing tip will help singers get a clear, strong voice of high tonal quality every time they sing.



[Click Here And Discover The Fastest And Easiest Way To Become A Better Singer](#)

**#16 How To Be A Better Singer By Simply Changing Your Standing Posture**



Once you've learned to breathe properly when you sing, the next step to get a better singing voice is to learn proper singing posture.

Standing the right way can make a huge impact on a vocalist's voice. In proper singing posture, you will observe the following features.

- Chin would be almost parallel to the floor
- Shoulders will be pulled back and down and chest held high in a relaxed position
- Abdomen would be flat and firm and set in a position where you can expand it easily
- Hands will be relaxed and motionless on your sides
- Knees would be loose, flexible and unlocked
- Feet will be shoulder width apart and one foot would be slightly in front of the other

You can get a feel for what it is like to be in proper singing posture, by practicing the below exercise.

1. Stand up against a wall with your head, shoulder, buttocks, calves and heels touching the wall.
2. Notice how your spine stretches and becomes erect in this posture.
3. Now shift the weight of your body forward until you are almost standing on the tips of your toes. Feel the sense of floating balance as you are in this position.
4. Then step away from the wall, stand in a slouched manner and notice how it feels different.
5. Step back to the wall and repeat steps 1 to 4 and take notice again of how it feels to stand erect in an almost floating state.
6. Now step away from the wall, maintain this erect posture and practice singing.

Proper singing posture is very vital for anyone who wants to learn how to become a better singer. Don't underestimate the power of this simple technique. It is often the first thing taught in professional voice training classes by vocal coaches.

## #15 How To Get A Better Singing Voice Fast By Understanding Your Three Voices

Voice Range	Bass	Baritone	Tenor	Alto	Mezzo Soprano	Soprano
High Note	C4	E4	G4	D5	F5	C6
Low Note	E2	G2	B2	F3	A3	C4

It is a common misconception among novice vocalists that head voice, middle voice and chest voice are 3 separate registers (sections of voice) independent of each other. This is not true. In reality there are four different vocal registers but only one register, the modal register is used in singing. The modal register is manipulated during singing to produce, the head, middle and chest voice.

You simply cannot flip a switch and turn off your chest voice and move into head voice or vice versa. Believing that these 3 voices exist independent of each other may make a beginner feel that it is quite difficult to manipulate their voice during singing to produce the appropriate note.

There is a smooth continuum between head voice, middle voice and chest voice. These terms don't refer to 3 different registers, but a single register which resonates in different regions of your body.

Before your voice leaves your body it resonates with different structures inside your body. The kind of voice you produce will depend on which body part your voice is in maximum resonance with.

### Head Voice

When a singer is using their "head voice" it means they will feel vibrations around the upper half of their face, because, during head voice the main body part in resonance with their voice is their sinuses. However, this does not imply that other vocal parts are not resonating. It only means that the most amount of resonance is happening in their sinuses as compared to any other part.

### Middle Voice

When a vocalist sings in their "middle voice" they feel most of the vibrations around the lower half of their face, their chin, and upper neck. In this scenario, the vocal structure in maximum resonance is their hard palate (roof of the mouth). Again, this doesn't imply that remaining structures aren't vibrating. Their chest and sinuses also contribute, but to a much lower degree.

## **Chest Voice**

When a songster in using their “chest voice” most of their sound vibrations are felt around their lower neck, and chest area. This is the voice most people use during regular speaking. If you put your hand at the center of your chest when you speak, you can feel it vibrating. This is the chest voice.

These 3 voices form a continuous spectrum with the head voice at one end and the chest voice at the other end. With regular practice you will be able to carry your voice comfortably from one end of the voice spectrum to other end without your voice breaking. You can also mix you resonance areas, to produce all kinds of mixtures between chest, middle and head voice.

Here are some fun exercises which will help you get a feel for your 3 voices.

- Hum a note, and slowly move the pitch of your voice up and down.
- Close your eyes and feel as the sound vibrations move inside your body. Notice how the intensity and region of vibrations change as you change the pitch of your voice.
- Sing each of the vowels A, E, I, O and U and notice in which body region each vowel resonates most. Does “EE” resonate in a different area than “O” or “A”?
- Pretend you are yawning as you are singing a note. Notice how it changes the vibrations.
- Now pretend to buzz like a bee while humming a note. Play around with you voice and notice the difference in each of these three voices. It will help you become a much better singer.

## **#14 How To Get A Great Singing Voice By Building A Daily Practice Routine**



This may sound like an obvious fact but this is actually the most important action you can take in your journey to becoming a better singer. Practice singing daily. Practice truly does make you perfect. Repetition is the mother of skill.

As you train your voice and mind over and over again, you will slowly hand over the more difficult nuances of singing to your unconscious mind. In time you will reach a point where you will be able to sing completely on auto-pilot with very little conscious effort.

There is only one way to reach this level of mastery and that is through constant practice. Recent research has revealed that every person who is a master in their field has practiced their skill for at least 10,000 hours. Same is true for world-class singers also.

These 10,000 hours may seem like a lot at first, but when you break this down into regular practice sessions, day after day, month after month, year after year, that target will seem smaller and smaller.

The trick to building a successful daily practice routine for singing is to turn it into a habit. Pick a time of day and a place where you can practice singing for at least an hour without any interruptions. Turn off your cellphone and lock your door. Perform some warm up vocal exercises to get yourself into a singing mood.

It is important to practice your singing at the same time and same place every day, because by doing this, in just a few weeks, your mind will get “primed” for singing as soon as you enter your practice room at that time of day. Once you have built a habit out of it, then you will no longer need to put as much effort into your singing. Your brain will automatically bring you into the perfect mental state for singing as soon as you start your practice.

## **#13 How To Improve Your Singing Voice Quickly By Modifying Your Diet**



Foods you eat on a regular basis and foods you consume immediately before singing both have a huge impact on your voice as well as mental state. Some foods can greatly help your singing while others can do great damage. One of the simplest tips for singing better is to change your diet so that you avoid foods that hurt your voice and eat foods that help you sing better.

### **Bad Foods That Can Hurt Your Singing Voice**

- **Alcohol:** Alcohol increases the diameter of your blood vessels and causes them to swell. That can be very harmful for your voice box. When your blood vessels are swollen, blood thins out and arrives closer to the surface thus increasing the chances of hemorrhaging your vocal cords when you sing. Alcohol also dehydrates your body so you should drink plenty of water on days you drink. Alcohol also delays your reaction time and makes you lose co-ordination of your vocal muscles. You must control your alcohol intake and completely avoid it on days when you have a performance.
- **Caffeine:** Like alcohol, caffeine dehydrates your body by making it lose water quickly. It will make your throat dry out faster. Dry vocal chords make you sound hoarse and severely limit your vocal range and endurance. If you do have to drink coffee, choose decaf instant coffee rather than filtered coffee. Also make sure to drink plenty of water later to rehydrate your body.
- **Dairy Products:** Milk, butter, cheese and other dairy products increase the thickness of the mucous present in your airway making it more difficult for your vocal chords to produce sound. Avoid any kind of dairy before a show.
- **Smoke:** Any kind of smoke, from cigarettes or anything else will cause inflammation of the tissue in your throat which will drastically affect your vocal chords. Long term exposure to smoke can even cause permanent damage to your voice.
- **Spicy Foods:** Foods that are too spicy will irritate your throat and produce discomfort when singing.
- **Sodas and Cold Drinks:** These will fill your stomach with gas and make it hard for you to breathe and sing comfortably. Drinking too many of them can also end up giving you a sore throat.

### **Good Foods That Can Help Your Singing Voice**

- **Water:** Drink at least 8 glasses of water a day to keep your vocal chords hydrated, toned and healthy.

- **Honey & Lemon:** Both honey and lemons have anti-microbial properties that help to kill any resident germs in your throat. They help prevent sore throat and also sooth your vocal chords. Honey is also a good source of energy that will invigorate you and put you in better emotional state for singing.
- **Ginger Tea:** It can be a great substitute for coffee as it has the same energy boosting capability of coffee without containing any caffeine. It also has anti-bacterial properties that helps heal and prevent sore throat.
- **Green Leafy Vegetables:** These vegetables are a good source of energy and they help maintain a healthy and strong voice. They reduce swelling and inflammation of the throat and boost your immune system.
- **Salt Water Gargling:** Gargling with warm salt water every night before going to bed is an effective way to avoid sore throats and keep your vocal chords in top condition.

[Find Out How You Can Get Better Control On Your Singing Voice And Increase Your Range By A Full Octave By Clicking Here](#)

## **#12 How To Train Your Voice For Better Singing By Re-Conditioning Your Mouth And Jaw**



Here is a voice training exercise that will quickly train your mouth and jaw to make you singing sound better.

1. Stand in front of a mirror and say A...E...I...O...U. Watch your jaw movement as you say each vowel. Did you close your mouth while speaking any of the vowels? You most likely closed your jaw on E and U.
2. Now take the first two fingers of your left hand and put them in your mouth. This will lower your jaw about two inches. If you don't want to use your fingers, you can also use a cork or bottle cap to hold your jaw open.
3. Speak the vowels once more and notice how your tongue and throat move a bit differently this time. Now repeat the vowels five more times.
4. Then take out your fingers from the mouth and speak the vowels again, this time taking care that your jaws don't close on any of the vowels.
5. Once you can successfully speak the vowels then practice singing the vowels in a single pitch. Again take care that your jaw and mouth don't close.
6. After you have successfully mastered singing the vowels with your mouth open, now practice singing few phrases from a song keeping your mouth open.

If you perform this exercise correctly and regularly, very soon you will notice an improvement in your voice.

You will sound more resonant and louder. Also you will put lesser strain on your voice when singing louder. This exercise will also release any unconscious tension you may be holding in your throat, jaw or neck muscles.

## **#11 How To Master Singing By Adding More Emotion To Your Voice**



Every song has an emotion attached to it like happiness, sadness, anger or guilt. Sometimes the same song can go through multiple emotions at different

verses. The seasoned vocalist knows how to bring the right emotion into their voice when singing a song.

This may not feel like a vocal technique for singers but with just a little practice you will quickly notice the difference in your voice.

First part of this trick to add more emotion in your voice is to simply change your facial gestures and body language to match the emotion of the song you are singing. If you are singing a happy song, put a big smile on your face. If you're singing a sad song, then make a sad face.

The second and more important part of the trick is to think thoughts that naturally produce the appropriate emotion. So if you are singing a song about sorrow and pain, think of a time in your life when you felt sorrow and pain.

See the things you saw at that time in your mind, listen to the sounds you heard at the time and feel the feelings you felt in your body at the time. Live that moment again in your mind and your voice will naturally change and produce the appropriate emotion in it.

This may seem difficult at first especially if you are singing a song from memory. It is better to read the song when you practice this technique so that you can focus on just thinking the right thoughts.

After few practice sessions, you will be able to evoke the right emotion for the right song and modulate your voice for maximum impact on your audience.

## **#10 How To Develop A Better Singing Voice By Feeling And Improving Your Vibrato**



Vibrato is a vocalist's ability to produce a slight, steady and even tonal oscillation of the center of a pitch.

Vibrato occurs when your voice changes quickly between two pitches. For example, if you were to sing a C note, and then sing a C# and then sing a C again, then a C# and then again a C, you would be singing with vibrato. The secret to a great vibrato is the speed with which you oscillate between the two pitches.

If you can change between the two pitches at a speed of around six times per second, you will have a great natural sounding vibrato.

Vibrato adds a depth and warmth to your voice. Vibrato not only sounds good, but is also very helpful for your voice. It helps your vocal muscles relax and protects your vocal folds from over-exertion. Vibrato usually sounds best at the end of a phrase or at the last syllable of a sentence.

Here are some voice training techniques that will help you get a feel for your vibrato.

### **Diaphragmatic Exercise**

1. Put your left hand on the lower part of your chest in the middle where your ribs come together. Slide your hand down until you reach about an inch above your belly button.

2. Now sing any single note at one pitch in a range that is easy for you.

3. As you sing, slowly push your hand into your belly. Notice how your voice changes. Then push out and again and notice how your voice changes.

4. Keep pushing in and out faster and faster until you reach a speed of about 5 pushes per second.

5. Notice how your voice vibrates. You will hear your voice wavering in vibrato. This is what natural vibrato feels like.

6. Take special notice of how your vocal chords, diaphragm and tongue vibrate.

### **Larynx Exercise**

1. Place a finger on your larynx and sing an easy note at one pitch.

2. As you are singing, gently push your finger in and out at a rate of 5 cycles per second.

3. Notice how your voice wobbles.

These exercises will help you get a better understanding of vibrato. Although, vibrato is an advanced vocal technique, understanding it at an early stage will help you to become a better singer quickly.

You must take care not to force your vibrato or mimic it, but to let it develop naturally. As the muscles you use for singing become stronger through practice, you will naturally learn how to produce better vibrato.

[Click Here To Take Your Singing Voice To The Next Level](#)

## **#9 How To Become A Better Vocalist Fast By Recording Yourself**



When you listen to yourself singing, the sound that you hear is slightly different from the sound that others hear. This is because when your own voice reaches your ears, it passes through your jaw bones, which slightly alters the tone of the sound.

Hence, it is best to record and hear your own voice in order to hear the actual tone that other people hear when they listen to you sing.

Also, when you listen to your own recordings, you will be able to better make out the places where you can do better. You will quickly notice where you went out of tune, or where the pitch was too high or too low. This is why one of the greatest tips for better singing is to simply record yourself singing and listen to it.

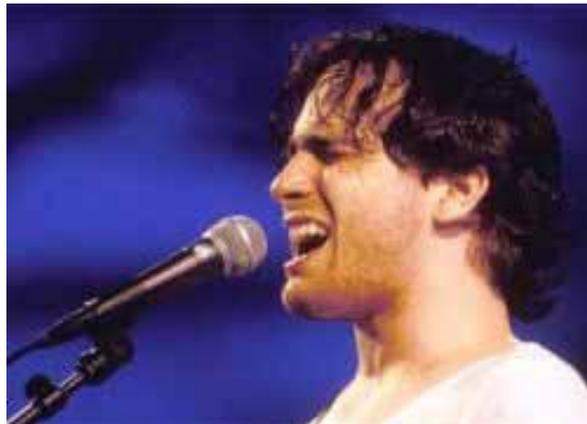
You don't need any fancy recording equipment, especially when you are just starting out. Most cellphones, and smart phones come with a built in recorder program which can be pretty helpful.

If you want something better, you can buy a decent quality USB microphone at your local computer store or online for an affordable price. Hook this up to your computer and record yourself singing.

Make sure to record in a peaceful environment. If you have a basement, that would be best. Otherwise, just pick a place and a time when there is least likely to be background noise.

Keep a distance of at least 5 inches from the mike when singing to get an even volume on the recording and for better voice quality.

## #8 How To Get A Beautiful Singing Voice By Developing Your Falsetto



Falsetto means false voice. It is often confused with head voice but it is quite different from it. Falsetto is an airy and light-sounding tone at a high pitch. Head voice is in comparison much clearer and firmer.

During falsetto, your vocal folds don't come together completely and so a little air leaks through. This makes your voice sound airy and that is why it is considered a "false voice".

Developing your falsetto will help you sing better at higher pitches and also add more variety to your voice. It will train your voice to sing sustained high notes for long durations.

Here are some exercises that will help develop your falsetto and make your voice sound better when singing higher notes.

### **Siren Sounds**

Make the "ooh" noise a siren makes, like on a police car, an ambulance or a fire engine.

- Take care to start the sound from the top of your pitch and then move lower and then higher and so on.

- □Keep making the sound for about 2 minutes. Vary the speed at which you switch from the high note to the low note for maximum effectiveness.

### **Imitate a Child or Female Voice**

- Talk like a 3 or 4 year old child. Notice how you have to change your pitch to do this. Notice the sensations in your sinuses. You will feel your voice in your forehead and sinuses.
- Next try talking in a sexy female voice. Imagine Marilyn Monroe's voice or any of the traditional "sexy" sounding female voices. It should be airy and high pitched.
- While practicing these exercises keep your volume low. Falsetto can be quite straining on the vocal chords. You don't want to tire you voice out by generating falsetto at loud volumes. Instead, practice at a lower, hushed volume level.

## **#7 How To Become A Good Singer Fast By Visualizing The Desired Outcome**



What kind of a singer do you want to become? Do you want to perform theater, musicals, or do you want to sing in clubs? Would you like to become a famous pop, rock or jazz singer, or do you dream of singing in an opera?

You must have a clear picture of the singer you want to become in your mind, to reach your goal in the minimum possible time.

Let's do a fun exercise.

*Imagine, yourself standing in the wings on a stage, just about to make your entry. The theater/club/concert is packed with people. You walk out onto the stage and the crowd goes wild with applause and cheers. Then as you bring the microphone to your mouth, the crowd falls silent, in eager anticipation. You start singing. Your voice is simply breathtaking.*

*Listen to your own voice, look at the people around you, feel the wonderful sensations in your body as you sing.*

*Hear yourself, singing the song, from start to end, with perfect pitch, hitting each note precisely. Imagine giving the best performance of your life. And then, you finish your song.*

*The audience rises up once again in wild applause and cheer. They give you a standing ovation. Feel the thrill of having done a wonderful performance and the deep joy of receiving your audience's appreciation.*

How did you like that? Now each time before you start your singing practice, play that same scene inside your mind. This will guide your subconscious mind and it will slowly turn you into the singer you want to be.

As you run this movie inside you mind before each practice session, your unconscious mind will slowly start making all the necessary changes in your mind and body, so that you gradually start turning into the singer you dream of becoming one day. This trick is used by several professional voice coaches when teaching new singers.

## **#6 How To Train Your Voice To Be A Good Singer With Warm Up Singing Exercises**



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