

The Breakdown of Voices

What each exercise mechanically does, and the benefit it gives your singing.

01



Cat / Twangy

BRIGHT & PIERCING

WHAT IT MECHANICALLY DOES

Narrows the epilarynx / aryepiglottic sphincter (AES) and lifts the tongue.

THE BENEFIT TO YOUR SINGING

Boosts volume up to 600% without extra air pressure. It creates a bright, “pingy” placement (singing in the mask) that cuts through a loud mix effortlessly and makes high notes vastly easier.

02



Cow / Hootie

WARM & ROUND

WHAT IT MECHANICALLY DOES

Lowers the larynx, widens the pharynx, and lifts the soft palate.

THE BENEFIT TO YOUR SINGING

Creates “dome,” depth, and rich resonance. It stretches the vocal tract vertically to provide a warm, operatic, round tone while introducing you to your head voice without strain.

03



Dog (Panting / Whining)

STEADY AIRFLOW

WHAT IT MECHANICALLY DOES

Panting establishes steady diaphragmatic airflow. Whining tilts the thyroid cartilage.

THE BENEFIT TO YOUR SINGING

Unlocks your “mixed voice” and prevents voice cracks. A whimpering/whining sound thins out the vocal folds so you can transition through your passaggio (vocal break) smoothly.

04



Yawn

INSTANT RELEASE

WHAT IT MECHANICALLY DOES

Drastically drops the larynx, expands the back of the throat, and activates the vagus nerve.

THE BENEFIT TO YOUR SINGING

Instantly releases vocal tract tension. It acts as a reset button for a tight throat and jaw, allowing the vocal cords to vibrate freely without “grabbing” or pinching.

05



Lip Bubbles / Trills

BREATH & CORD BALANCE

WHAT IT MECHANICALLY DOES

Creates a Semi-Occluded Vocal Tract (SOVT), sending back-pressure down to the vocal cords.

THE BENEFIT TO YOUR SINGING

Balances air pressure and cord vibration. The back-pressure acts like a cushion, preventing you from pushing too much air while forcing your breath support (diaphragm) to take over automatically.