

TOOL CHART

Name	Procedure	Sensation
Bubbles	Trying to focus more breath on the head rather than my chest and throat (trying not to grab because it closes of the throat)	From changing to a falsetto, it was important that I focus on not putting more pressure to the notes. Its okay that the notes don't come out. Focusing on the bubbles and not the note
Lip Trills	Utilizing hands on face to focus more air on the head rather than the throat. *(more bubbles and air than note)* (make it extremely loose) (as if it is floppy) (5 second lip trill)	<p>**When I reach the C#, that is when it sounds good; however, when going to D, it was important that I reached the falsetto , 100% air and more loose (don't focus on the pressure rather making the lip more loose)</p> <ul style="list-style-type: none"> - Making it breathy helps with using a lot of air
Nose pinch trill	Utilizing more air and focusing it on the nose rather than singing with the throat. (fast and light)* more focusing on lips and nose	When pinching my nose it was helpful when I put faster air into my system. This helped it sounds better (c# is the switch **)
Rollerd R nose pinch	Trying rolling while utilizing my tongue. Have to provide more pressure and air so that it keeps on rolling. But also trying to focus air on my nose	When opening my mouth more, I was able to roll my R's more. By doing this, I was able to transition into the sho sho tool (as if you're going to gag)
Reverse snore	Reverse snoring making sound but have to focus air to the nose	
Paper Flag	When seeing the paper go down I can tell that I need to put more air into my system when singing	When blowing, it was important that I don't focus on the note. I should focus on the air and make it smoother. It doesn't matter if its not loud
Gargling	This part really helps with the lip trills. It's because when gargling, it releases tension while singing.	This really helps with loosening the tension with my throat.
Raspberry Drill	Putting my hands in a circle and not letting my top part of my teeth out. Creating more space at the end of my bottom teeth and putting more air	This helped when we were doing our falsetto scale. Makes my soft pallets smoother. Putting fingers on nose also helps
Vocal Fry	Can be done in multiple ways. Right before singing note. Trying to release the tension	It helps with removing pressure from the throat.
She eo oh	Can be practiced with lip trills but hands on my face or can also be done with vocal fry	<p>Filter was readjusted by the nose pinch by trying to use a different muscle</p> <ul style="list-style-type: none"> - New method trying is to sing tall - Having my mouth rounded and tall is necessary
Shooioooi (finger on lip)	Dr.Adams magic = sitting down and leaning to the front (both hands on the side of the face)	<p>(focusing more air on the nose) **clarity when going through the head rather than the throat . Trynna focus notes on the nose as mentioned before.</p> <ul style="list-style-type: none"> - Nose pinch and rolling Rs inside mouth with cheeks puffed up is necessary
Kazoo bubbles	Blowing at the tip of the straw (like when blowing an instrument) but then focusing on the phhh sound	When trying to blow it, it makes you lightheaded

Rolled R	Helps with focusing air on the nose (when rolling the r, it's important to focus on the upper part of the face rather the bottom).	When doing this and incorporating the shi eh oh, it helps with not singing from the throat - Doing this with a straw in water is also another drill.
Misty: 17 → nose pinch and gargle before		
Nose pinch/tilt/tap	More air was used in this process.	**trying to get the filter set-up correct
Stomach hold	**To not hold tight on the stomach part when singing and focusing air on nose	
Falsetto	1. Blowing bubbles really helps with focusing air to the head 2. Octave leaps	Raspberry drills utilizing the sho sho helps with the falsetto
(lip trills) 5 second air out	Trying to release the entire breath out in 5 seconds when doing lip trills - Focusing more on the nose is when I get it right	- Focusing on with lip trills and raspberry drill in this is important - (Lip Trill & Rolled R) → helps with easing the mouth and tensions
Thu thu / Tthe tthe	Drills when utilizing raspberry and pinching nose to allow more air flow	
Nose pinch with air blowing	First blowing air and then adding the shee eh oh	- When taking off the hand at the end, trying to focus more air on the nose is important - Its essential to focus more air on the nose
123 beat sheh oh drill	This helps with counting	
Standing Wave	Putting your hand to the mouth and only blowing it through my nose.	
Rolled R Puffer	Putting finger to my nose and rolling it while my cheeks are wide open	
Hand in front of nose blow	This focused on with the air to nose	
Nose pinch drill with sho	Its important to do the nose pinch first and then lip trills - Also adding more support to the stomach is way more important	- Widening my mouth more and lifting it up will allow it to have more feeling on the nose - But when moving from shee to sho. Gotta move my pallets higher - Focusing on the pallet and the note is the key for this drill
Pucker Puff	Rolled R's. Standing up straight and very breathy	
Nose pinch trill lead in with lip trills / raspberry drill with nose pinch	The lip trill part helps with the breathiness. Overall, just keep it really breathy	- More air is necessary when trying to get the right note - When the lips are slow, it means that I need to have more air in my system - When removing the hand at the end, it's very important to focus with air keep on focusing on the nose

My Way:	<ul style="list-style-type: none"> - Moo. (mouth) keeping it a mooo mouth - Trying to take breaths and keeping it lower 	
Fry/ Snore	<ul style="list-style-type: none"> - Utilizing these two drills is what really helps with getting the air out 	<ul style="list-style-type: none"> - Reverse snore drill is also a tool I did today and was very effective
Bubble (when not working)	<ul style="list-style-type: none"> - When bubbles don't work, its important to focus on your nose and just try it out like 3-4 times by myself - By doing this, then I can focus notes on my nose 	<p>Lip Trills (when not working) – make sure to let all the air out until I feel dizzy</p> <ul style="list-style-type: none"> - This helps with focusing on the nose and stuff - Make sure to focus on the nose
Rah Rah Drill	<ul style="list-style-type: none"> - Important to keep the air going when doing this drill so I don't cut things off 	
Rolled R + Bubbles	<ul style="list-style-type: none"> - When doing this, its important to keep the pallets up and mouth smiling so I can let the air out - But when letting the air out, cheeks also need to be puffed 	
Flow finger Drill + Shee ae ah	<ul style="list-style-type: none"> - First part was focusing on getting the pallets up and not only focusing on the nose - Second part was focusing on not letting the note out too strong. Trying to focus on the pressure - Third part was utilizing the “I am Dumb” drill to reset my pallets 	<ul style="list-style-type: none"> - When doing the flow finger drill, it felt more lighter and was less forced to the throat
Straw blowing in (but tip is covered with fingers)	<ul style="list-style-type: none"> - This drill really helped with keeping my core tight and let the air out more freely - Furthermore, helped with air out without having it forced with throat 	
Red, blue drill	<ul style="list-style-type: none"> - The drill is initially transitioning from low notes to high notes (falsetto) - When its low, focus on chest (red), when its high, focus on head (blue) 	