

## **SOME METHODS OF BREATHING AND TECHNIQUES OF BREATHING FOR MUSIC STUDENTS AT THANH HOA UNIVERSITY OF CULTURE, SPORTS AND TOURISM**

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### **ABSTRACT**

In singing, in addition to the vocal element, the breath is an important factor that determines the success in performing the work. In teaching and learning vocal music, breathing should be given special attention. Currently, breathing is an important and difficult factor for students at the first stage when they are first exposed to vocal music. Most the children have not yet learned to sing, so when they first approach vocal techniques, they often breathe naturally, so the amount of breath in the lungs is still small, leading to shallow breathing, poor breathing regulation... for the voice to develop, have the ability, to perform works with long, short, strong, light, and low-pitched lines smoothly, gradually forming a good voice that is ideal for a natural and comfortable beautiful voice, free from defects that reduce the expressive power of the voice.

**Key words** Take a breath, breathe, hold your breath, practice vocals, sound samples, legato, Staccato, Vocalise

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### **INTRODUCTION**

Vocal music, or music with lyrics, is the oldest form of musical art. The earliest, simplest forms of vocal music were born in the middle of the dawn of human society when people began to use language as a means of communication. It is vocal music that has been a companion of people at every stage of life. From time immemorial to now, the art of music has come a long way through many centuries, becoming richer and richer with new and novel means of expression.

Singing is an art that combines language and music, called vocals, singing, is derived from voice, including tones, with content to express states, to move the soul listener. To go deep into the listener's heart, the singing must first come from the soul of the composer and performer. To achieve the beauty, the beauty in singing, any performer, any singer, any singer must find the soul of the song and then convey it to the listener's ears with a voice. most talented singer.

#### **Research overview**

Thanh Hoa University of Culture, Sports, and Tourism is one of the typical schools in the Northern region that specializes in vocal training. To meet the needs of serving society in the teaching process, the lecturers often apply the presentation methods - the teaching method, the presentation method combined with the teaching method... However, the selection and using effective teaching methods suitable for each student depends on the experience and flexibility of the lecturer. In the past time, in the process of researching methods

as well as exploiting singing techniques, many authors have paid attention, including some typical works such as:

Vocal pedagogy of Nguyen Trung Kien (2001), Culture Publishing House. Here, the author has systematically presented a method of learning to sing including theory and practice based on a relatively comprehensive and scientific explanation of many vocal technical issues of various vocal schools. music in the world. From there, it can be applied appropriately to the teaching and learning of vocal music in Vietnam.

The vocal teaching method of Meritorious Artist Ho Mo La (2008), Encyclopedia Publishing House. With content written about problems of the pronunciation apparatus, problems of union, problems of vowels, consonants... this book is a valuable resource for professional vocal teaching.

#### **Research Methods**

The article uses the method of analysis, comparison, synthesis, and contrast based on works of musical practice. Thereby selectively inheriting the achievements of previous authors and using interdisciplinary research methods, mainly breathing and methods to help students be more active in real learning. onion.

#### **Research content**

##### ***Breathing exercise method***

Vocal breathing is a persistent practice in one direction, by the requirements of the art and the characteristics of the singer, and should not be underestimated and impatient. It takes regular practice to grasp the fixed sensations of activities, to become the right habits.

In addition, due to the implementation of regulations on pauses, breathing is sometimes still free, the work does not achieve good results, easily leading to disadvantages such as shoulder comparison, neck retraction, not breathing in the abdomen, then it has bulged out. After taking a breath, you don't know how to hold and regulate your breath... Therefore, teachers need to always remind and find ways to communicate easily to understand, suggestions for students to feel and perform better in the practice. Use your breath to sing.

Principle of breathing: Inhale quickly, more, exhale slowly, less, evenly.

When taking a breath, absolutely avoid protruding shoulders.

This method is a must from the very first lessons. Instructors must pay attention to explain to students the importance of breathing in singing, as well as guide how to inhale, push and regulate breathing properly when practicing vocals and singing. At the same time, make the students understand through explanations such as: "You breathe in from both your nose and mouth, find the feeling that the airflow is deep down to the bottom of the lungs, the inhaled air will stretch the center of the ribcage. and the sides of the chest, making the abdomen expand", and at the same time, the lecturer checks the breathing of each student, and instructs the students to take their breath gently, without making any noise according to the principle of breathing. Combine the nose and mouth for deeper airflow.

Example 1: How to take a breath [2]



In terms of the essence: vocal technique.

Sound waves originate from the larynx due to the opening and closing of the larynx and acting on the "air" from the lungs. It produces different lengths and intensities of sounds. Vocal technique by taking rhythmic breathing, and pressing will help you express better, sweeter, and clearer lyrics.

Moreover, the breath also contributes to clarifying the meaning of the song.

Like a piece of music, some pauses create a settling, humming, emotional climax. The timely pauses of the verse, as well as the long pauses reaching the right places, will help make the lyrics more meaningful, expressing the right feel that the song wants to convey. That is to help the song be more meaningful, more emotional, and more alive. vocal technique.

First, we classify there will be 3 main breathing patterns: Chest breathing pattern:

That is, only the upper chest is active, so the breath is less, can be used to sing gentle songs, without climax, short verses.

- Belly breathing pattern:

As a breathing style where only the abdomen bulges out due to the lowering of the diaphragm, the lower abdominal muscles actively work to support the diaphragm. vocal technique.

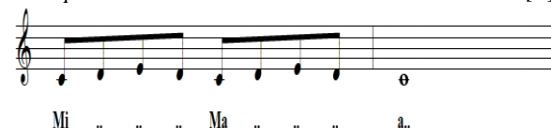
- Abdominal breathing combined with chest:

Includes 2 movements: Abdominal bulging (due to the diaphragm lowering and the ribs rising) and rib cage stretching (lower chest stretch, maintain tension and move to upper chest). Take the breath in that order, the air goes deep into the bottom of the lungs, spreading evenly throughout the left and right sides, and the maximum amount of air can be inhaled.

Vocal practice using samples:

This is a very important content in the singing learning process of students. Through vocal training, students can practice singing techniques such as Singing technique, vocal technique, singing with loud and small nuances, etc. From that, they can be applied to Vocalise songs. suitable works.

Example 2: How to Practice Vocals [2]



The example above is an exercise with a simple melody and rhythm, step by step, singing higher and lower down each half step, which has the effect of turning the sound out and training the breath. When singing these samples, teachers need to pay attention to guiding students to take deep breaths, the sound plays steadily, without changing position. These vocal training sentences will become longer and more complex to constantly improve and develop the voice required by each learning stage.

- Practice vocals to help you breathe better

Breathing is the premise for most vocal techniques. Among them, vocal exercises are the most effective means to practice good breathing. In daily life, due to the influence of activities, we often do not pay attention to our breath. For a long time, it leads to shallow, not deep breathing. So, through vocal training with exercises that require a long breath, you will help form the habit of breathing deeper. When you take a deep breath, the lungs will expand, and the amount of air will also be more, thereby helping you to have a long and full breath.

- Vocal practice makes the voice stronger

Vocal training is the process of training the muscles to develop and work together more effectively. During vocal training, you will gradually control your singing power and volume by controlling the action of your vocal cords and auxiliary muscles.

In addition, vocal exercises also help to make your voice stronger and stronger thanks to the sinuses in the face. Exercises related to the mouth shape will help you bring the sound to the reverberation range more easily. And once you get used to the feeling of bringing the sound to the reverberation range, you will be able to use it in any song you like. From there, your voice will be loud, resonant, and strong without damaging your vocal cords and making you tired.

- Vocal practice helps to control the pitch of the voice

In vocal exercises, the rise and fall of the pitch are divided from easy to difficult, from simple to complex, which will help you improve your voice. You will be familiar with the pitch as the level increases. From there, you will have better control of your pitch. The pitch of the sound is like the stairs and you are like a toddler walking on those stairs. You may fall, you may not be able to figure out where the next step will be, etc., but with practice, you will be able to move up those stairs skillfully. The same goes for altitude.

Example 3: How to Practice Vocals[3]



*Legato (Legato)*

This is the most basic form of singing in vocal technique, a way of singing that transitions steadily from one syllable to another, creating unbroken connected verses. The technique of singing in unison is a difficult technique that requires a long time of practice and cannot be obtained at first when learning to sing.

Example 4: How to get instant breath[3]



When singing the above exercise, you need to take a deep breath and push your breath steadily, one sound after another, the position of the sound must be shallow and compact. Notice the wide-open mouth, not a stiff jaw.

Example 5: How to Raise Your Voice[3]



With the above exercise, the vocal position of the singer will be determined mainly in the high resonant cavity on the top of the bridge of the nose. With the right breath and an appropriate opening of the mouth, the singing will fly to the sound position and spread to the adjacent sinuses, creating rich and beautiful resonances for the voice.

Example 6: How to Take a Slow Breath[5]



Practice singing with long, continuous tones, the first note is gentle, then gradually develop the volume, when you turn down, you need to sing softly. In turn, we practice singing up and down, half a step each time starting from node c1 to f2. For high notes, the practitioner needs to strengthen the breath, compress the air, and push the air evenly in combination with opening the mouth to create a bright, round sound. The skill of singing legato, if we use it for regular practice as

introduced above, will be effective quickly for students who have a disjointed singing habit.

*Staccato:*

Practice your breath with a variety of fast and long vocal patterns, and train your abs with bouncing vocal patterns (Staccato)

To sing well, the singer needs to pay attention to loosening the lower jaw, opening the upper teeth like when smiling, and placing the sound emitted from the base of the upper teeth, combined with breathing must be continuously compressed and gently pushed, not blowing out each note. Practicing the technique of staccato singing has many benefits for vocal development. The flexibility in the way of singing and bouncing helps the vocal tract and the transmission part to be gradually active and sensitive, creating a habit of turning on the right sound when singing. For singers who have a deep, heavy, and stiff voice, when practicing bouncing techniques, they will overcome the above defects because of the requirement of flexibility, lightness, and clarity of the voice combined with the forced placement of the sound in the middle and high position, the voice will gradually become clear.

Example 7: How to get a bounce[5]



This is one of the difficult staccato training exercises. The teacher asked the students to open the mouth wide vertically and horizontally, as if smiling, with a happy face, raising the upper jaw and raising the tongue high, taking a deep breath, positioning the sound at the base of the upper teeth. Turn on the sound decisively, quickly, neatly, gently, resonantly, steadily, and stabilize the sound position. When singing each note, the abdomen must draw in first and then open up to open the breath to make the sound gently attract each other to produce the sound quickly and concisely.

Example 8: How to Take Shortcuts[5]



With this exercise, the teacher guides students to take a deep breath, pay attention to open the right mouth, smile like a smile, and hold their breath firmly in the abdomen and waist. Put the right sound position, sing unmute, and bounce out.

**Methods for self-training in breathing techniques**

This requires students to focus mentally, keep habits, and practice with an optimistic, relaxed and excited attitude. To make the practice more scientific, we should divide the practice session into the following steps:

**Start boot:**

- Warm-up your body - Warm up your voice - Practice breathing actively and relaxing your abdominal muscles
- Practice stretching your breath.

*Warm-up to the body*

Vocal training is no exception, a comfortable body before starting to sing is important because when singing in addition to singing, we also use our body to express the work. So getting started is essential.

Turn the head slightly: the purpose is to relax the neck organs and relieve tension so that the jaw opens comfortably during the relaxation time. Turn your head to the sides, gently lower your head, chin touching your chest, let the weight of your head stretch the strong muscles of your neck, and slowly rotate your head, leaving your mouth and jaw open. Continue doing the opposite.

Shoulder rotation: Aim to relieve upper back and shoulder strain.

During the exercise do not stop and remember to breathe normally. Raise both shoulders to the ears and then rotate back until the shoulder blades are almost touching, bringing the shoulders back to the starting position. Next, students need to reverse direction and keep rotating.

Posture: The first step to learning is standing, correct posture increases lung capacity and reduces stress. A comfortable, natural stance doesn't necessarily mean bringing your chest up. The chest press position makes it difficult to control breathing when singing and reduces the ability to breathe.

In the problem of self-study, students have to perform synchronously the following operations: headphones, eyes to see, brain to think, mouth to sing. The forms of self-study in class are mainly as individuals, in groups with activities, and groups attending lectures. Students' self-study in class is only effective when students have high concentration. Loss of concentration or being dominated for any reason harms the process of students' acquisition and training. During class time, the teacher organizes for students to participate in group activities such as rotating vocals, practicing vocalizing, practicing compositions, listening to sample singing, or singing with piano accompaniment...

Knowing how to self-study in groups will help students maximize the coordination of activities of the senses towards knowledge acquisition, skill training, and the formation of techniques. This process will help students gain confidence, and promote initiative and creativity. At the same time, this process also helps teachers get early, accurate, and relatively comprehensive feedback on issues related to students' self-study ability.

#### Activate voice

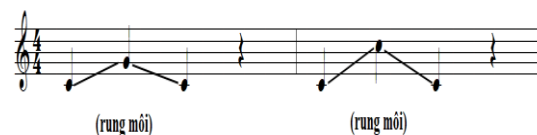
Surfing: The purpose is to start practicing vocals, very useful for students to reduce stress. During the learning process, check the tension on the jaw, and neck and try to relieve it, check the mid-range, the voice should come out comfortably and have steady sound quality. Standing in front of a mirror, students can raise their voices up and down, start at or above their normal speaking pitch, and say "ho", gradually lowering their voice. Imagine letting your voice flow out of your body, without any restraint or manipulation. Start at a higher pitch and repeat then continue at a higher but comfortable pitch and then gradually lower.

Lip Vibration: The purpose is to create an initial sound with steady breathing and a relaxed jaw. Lip vibration is useful at the beginning of the warm-up in part because at

this point the voice is weak and helps to remove inhibitions before singing. Practice evenly for lips and voice. Don't be discouraged if you can't get your lips to vibrate at first.

Gliding Warm-Up: A combination of gliding comforts the larynx and vibrating lips, maintaining a steady flow of air for a productive warm-up.

#### Example9: How to vibrate your lips[5]



The teacher needs to ask students to do the above exercise several times, increasing each half step.

#### Practice breathing actively and relax your abdominal muscles

Put your hands on the table, slightly bent down about 30, 40 degrees, then take a deep breath and try to keep the belly down, do not stretch the muscles in, then exhale slowly with the abdomen stretched. gradually harden. While inhaling, feel the expansion of the muscles and ribs behind your back, relaxing your abs so that it feels like your belly is being pulled to the floor. Then stand up straight and repeat the above movement but keep the same feeling.

Stand up straight, feet shoulder-width apart, chest lifted moderately and comfortably.

Inhale deeply through your nose and mouth to gradually expand the abdomen while keeping the abdominal diaphragmatic from tightening, then sing the "A" sound at a moderate height and length. While the length is still keeping the rib cage open, the chest is not forced down.

When inhaling, do not inhale too much. Inhaling too much of the lungs will cause the throat and jaw to tighten just before the sound is produced. Inhale deeply and gradually compress to expand the abdominal cavity and lower abdomen. Take care to avoid overhanging your shoulders, as this will create tension.

Practice regularly to form the right feeling until it becomes a reflex.

#### Practice stretching your breath

After taking a deep breath, hold your breath for one to two seconds, then exhale slowly and evenly until your breath is gone. When exhaling, the state of the tongue and teeth as if pronouncing a prolonged "S" to control the regularity of the breath and to pay attention to the breath so that the volume of air in the lungs is almost unchanged. . We can compare with the following image: when taking a deep breath, the chest is like a balloon inflated, and when exhaling like a balloon, it is deflated because of a needle hole, that is, very slowly and evenly. Can practice and test by watching the watch. Try to last as long as possible.

#### Take a breath:

When taking a breath, they opened their mouths naturally, their chin slightly lowered. Take one breath in through your nose and partially through your mouth. Feel like you are "breathing fresh air", letting the air in to gently expand the abdomen. It is necessary to imagine

the center of the ribcage as a "ball", when inhaling is a feeling that the "ball" gradually expands, and when exhaling the "balloon" in the abdomen gradually deflates. The act of inhaling steam should be felt as light as swallowing air, without making a sound. When singing in the high register, take a long breath. When singing in the mid-range and low-midrange, take a moderate breath.

In singing, depending on the requirements of the verse, it is possible to take a little breath or take a lot of breath. When taking a little breath, the chest and diaphragm expand only moderately. Taking a little breath applies to the performance of short songs that are easy to sing. And often used when having to take additional breaths in the middle of a song. Get lots of breath by taking a deep breath! Creates a large volume of air entering the lungs. Gives the feeling that the chest and diaphragm are enlarged.

In the normal rhythm of life, people stimulate and exhale gently without using consciousness, but in singing, to create the desired sound, one must use consciousness to adjust the breath, so that the breath is not massively but very little, thrifty and gentle, that's the slight impact. The manifestation of the sensation of breathing is a feeling of tension in the central thoracic cavity. Prolonging the slight tension in the central cavity into the verse is a breath-seeking effect.

Finding a strong vapor can be understood as a way of finding a positive vapor, find a strong vapor... used when singing long jumps. When singing with a long vibrato, or when performing a climax, but with a continuous high, etc. A stronghold will create a bit of pressure and give you a clear feel for the lower part. And the muscle is slightly tense, then it is gently pressed inward. When singing in the high register, it is necessary to find slightly more active than singing in other areas. This will make the singing sound full, resonant, and elegant.

#### *Breath push:*

In singing, the push-up is the last operation in the process of using the breath and is performed after the manipulation of breathing and holding the breath. The degree of steam propulsion correlates with the degree of steam restraint. The stronger the push, the more active restraint is required.

Satisfactory sound output means that the singer has done a good job of pushing. Therefore, the process of practicing sound production is the process of practicing push-ups. However, before training push up with sound. Then students need to get used to the feeling of pushing the air with exercises without sound.

The performance of actions to take a breath, hold or push air. It all depends on factors such as the short length of the verse, and the requirement to express the emotional nuances of the song using the vocal zone... Therefore, when performing each of these operations. It is necessary to consider the reasonableness of each specific request.

In teaching vocal music, breathing is always the first concern.

Breathing is the premise to help learners grasp and perform well other techniques. If the learner knows how to use the breath properly. Will facilitate pronunciation.

Sing with high precision. Sing lyrics clearly and create synergies with ease. The breath also contributes to clarifying the meaning of the song. When we sing, if we take our breath and pause in the right place, it will create expressiveness in the music. Help listeners understand the content and image of the song. It can be said that the breath is like a red thread throughout. Leading and controlling all-singing activities. Breathing is the premise for success in the art of singing.

#### **DISCUSS**

This is the basis for preparing the appropriate curriculum, subject content, and training time, which mainly focuses on basic knowledge, and specialized bases to equip learners with basic knowledge and methods so that students can self-study and work for life.

Promote innovation in teaching methods by improving the quality of teaching and learning to apply the works to practice.

Organize many contests on the application of vocal techniques in expressing content in works at the faculty and department to create a playground for students to rub and experience, and this will also help them have fun in learning as well as train them to get closer to their skills.

Expanding seminars and performances on music majors between teachers and learners with experts who are singers at professional art troupes and artists in the province to bring out the best experiences and solutions for specific music specialties.

#### **CONCLSION**

The application of some breathing methods and techniques in the vocal major-music department at Thanh Hoa University of Culture, Sports, and Tourism is an essential issue. Based on theoretical research and practical orientation. Determining the right goals and training models to improve the quality of performing works during practice, the main goal is to train a force of singers for professional art troupes for society, especially in the Thanh Hoa area. Outline the direction and the goal to be achieved in the method to improve the quality of teaching and learning for teachers and students at the school.

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