

## **Cross Training the Choral Voice**

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- I. Vocal Registers
  - A. Chest Register
    - 1. Lower, louder, heavier quality of sound.
    - 2. Associated with the vocalis or the *thyro-arytenoid* part of the vocal folds
  - B. Head Register
    - 1. Higher, softer, lighter quality of sound.
    - 2. Associated with the female voice and a child's voice and sometimes, men's falsetto.
    - 3. Head register is more relaxed than the chest register
    - 4. Associated with the *crico-thyroid* which stretch and thin the folds to raise pitch.
    - 5. The head register must be used and developed in order for it to work and integrate with the chest register.
  - C. Mixed Register
    - 1. Head dominate with some chest involved passively, chest dominate with some head involved passively.
  - D. Register Changes
    - 1. Primarily something that occur in the larynx, in the vocal folds.
      - a) Chest register is a Thyro-Arytenoid (TA) response
      - b) Head register is a Crico-Thyroid (CT) response
      - c) **Belting is not a new register! It's a part of the chest!!**
      - d) In singing:
        - (1) Classical Singing: High Pressure, high flow of air
        - (2) Belt Singing: High pressure, low flow of air
        - (3) Mix singing: Medium pressure, medium flow of air
- II. Application
  - A. Develop control over all aspects of singing
  - B. Strengthen
  - C. Relax
  - D. Smooth out breaks
  - E. Lengthen range
  - F. Cross-training - the use of Mix
    - 1. Mix is what happens when the sound is not clearly a distinct chest or head quality.
    - 2. It is a balance of both chest and head registers.
    - 3. Mix implies a speech oriented production with unmodified vowels.
    - 4. The most "bang for your buck"

### **Contact Information:**

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