Airflow Rate

Welcome to the $50,000 lesson! I call it that because it was many years (and actually more than $50,000 invested) to dig through tons of scientific research that hadn't yet gotten to the college universities, so that I could discover the core, most essential movement of singing that ties everything else together.

This core movement of singing is your airflow rate and pressure. Everything else in your singing is affected by this one core movement. So for today, we are going to get to know the different settings of the airflow rate.

When we practice, we will work on the consonant "F" because it's easier to hear and feel what we are doing with our air pressure.

We can have steady airflow on "F", or we can have unsteady airflow.

We can then increase our air pressure, keep the air pressure the same, or decrease our air pressure.

We can combine some of these together as well.

In general, we want to sing with a steady air pressure, with only very small, steady changes as needed. However, we want to know all the other options, because those make you more sensitive to changes in your voice, but also because they can help you balance your air pressure.

For example, if you have a tendency to create TOO much air pressure when you sing, you'll feel that difference AND help balance your voice by feeling what it is like to decrease your air pressure. And vice versa.