

Vocal Anatomy

What's going on in there and
how does it work?



HOW DO WE SING?

Air travels from our lungs through the vocal cords and exits through our nose or mouth.

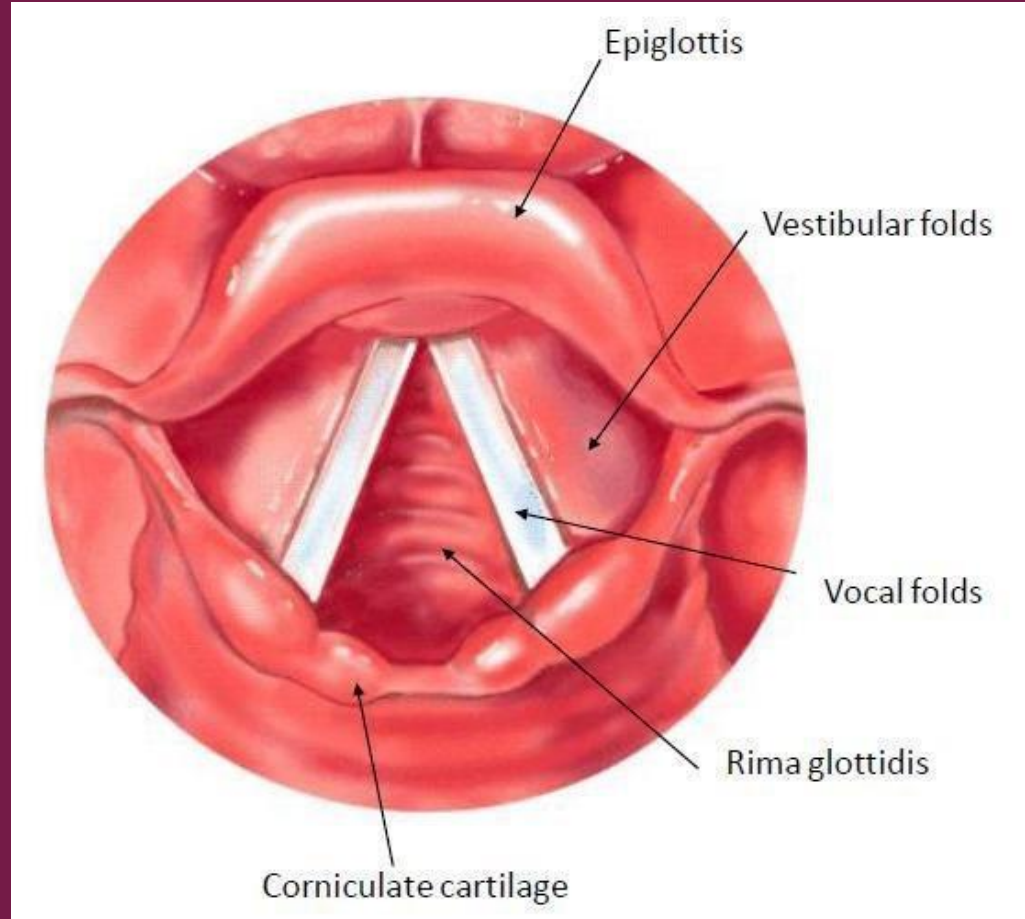
Vocal cords separate/open when we inhale or exhale, and come together/close when we make a sound.

Closed vocal cords vibrate when air travels through them, which creates the initial sound.

The sound then gets amplified in the back of the throat and resonates up through our nasal, oral, and chest cavities.

False cords (Vestibular folds) and True cords

TWO TYPES OF VOCAL CORDS



TELL ME MORE ABOUT THOSE CORDS

Vocal cords are elastic membranes.

They have a particular size, thickness, and stiffness and will always spring back into their position after they have been closed.

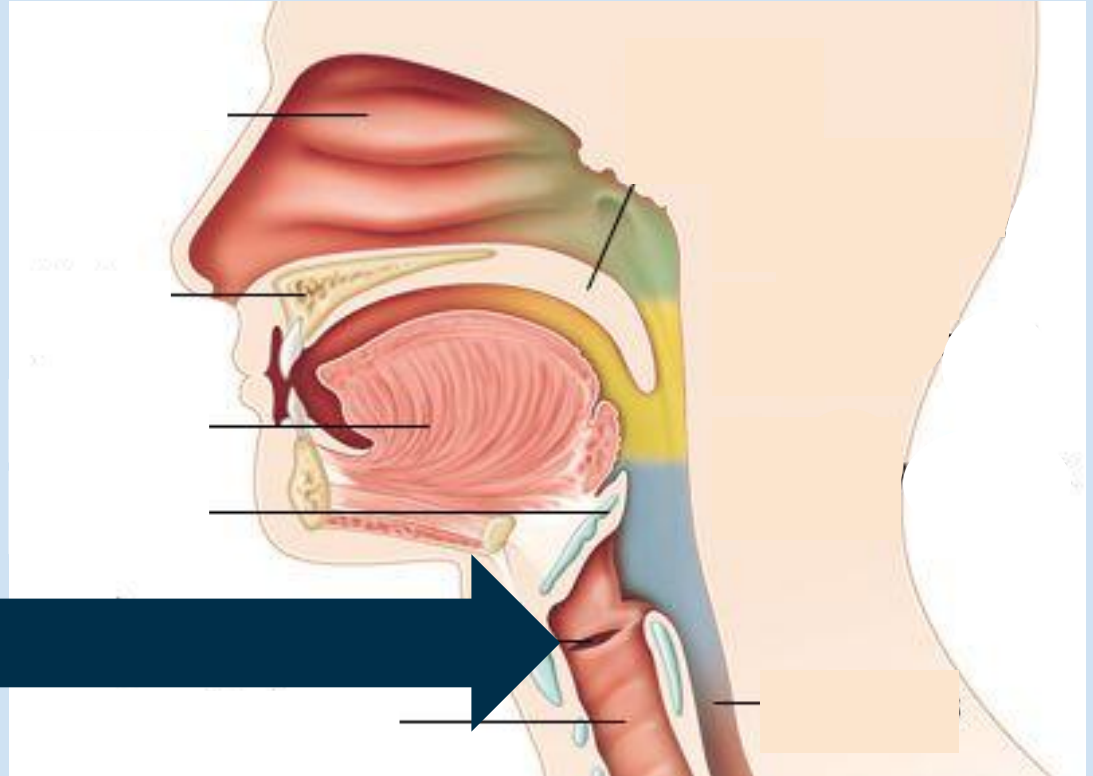
They have a particular frequency and will always resonate there naturally, unless altered.

Muscles are attached to these folds and can affect how the cords open and close, or spring back and forth. Loose = low. Tight = high.

An untrained voice can typically move their cords to the range of 2 octaves.

WHERE
DO
THE
VOCAL
CORDS
LIVE?

Vocal cords live inside the **Larynx**.



THE LARYNX

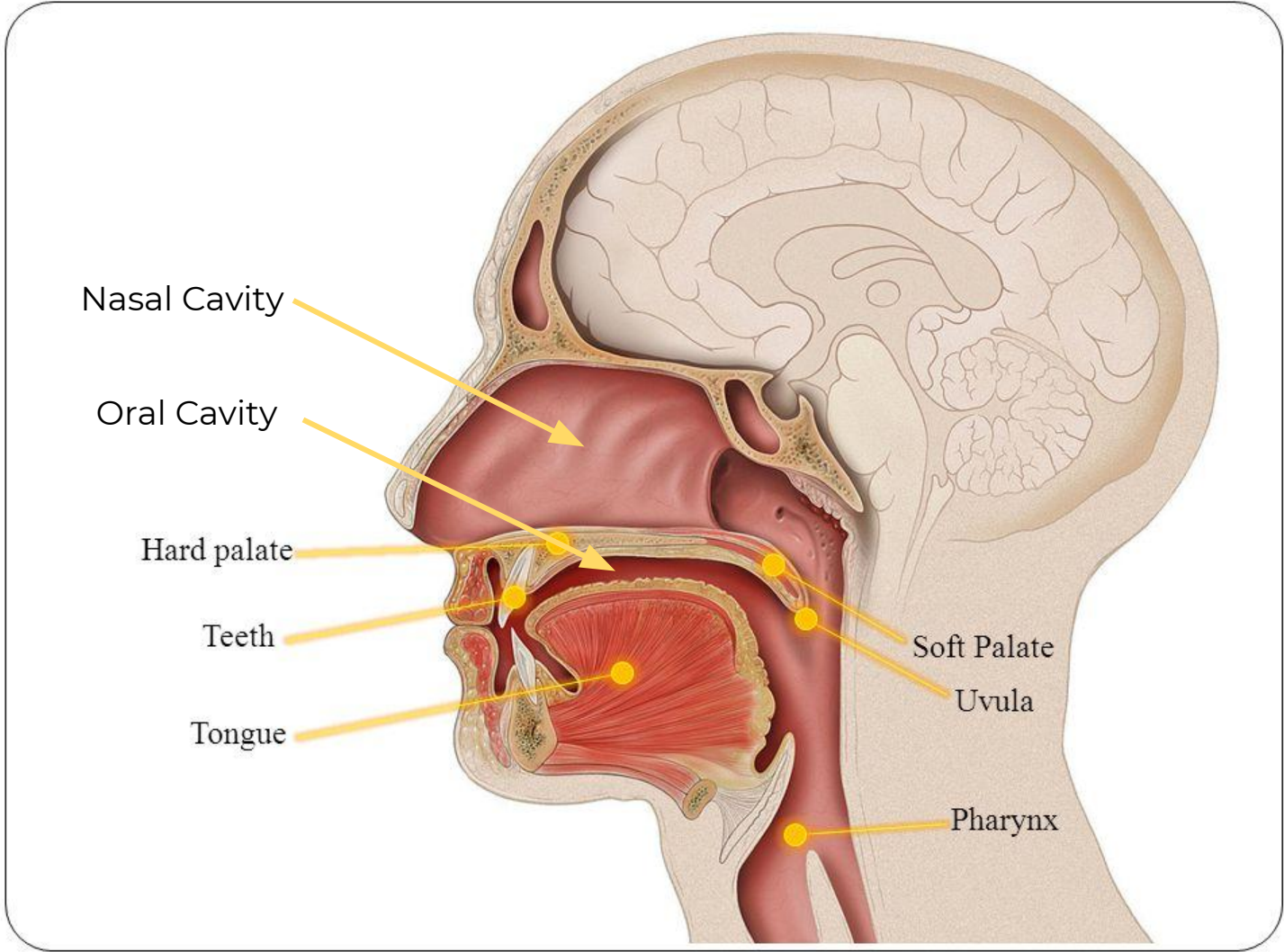
Known as the voice box.

It's main functions are to produce sound, aid in breathing, and help protect the trachea against pizza and wine.

Made of up cartilage and muscles.

The upper part houses the false cords and the lower part houses the true vocal cords and the rima glottidis.

It lives below where the Pharynx splits into the trachea and esophagus.



WHAT ARE WE
REALLY TRYING TO DO?

Use all these parts
WITHOUT tension.

Causes

of

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Not being warmed up
(singing cold)

Causes

of

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Reaching for notes
beyond our range or
being out of shape

Causes

of

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Lowered soft palate

Causes

of

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Bad posture
(neck, chest, back)

Causes

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Tightness or stiffness
in the jaw, tongue,
and neck

Causes

of

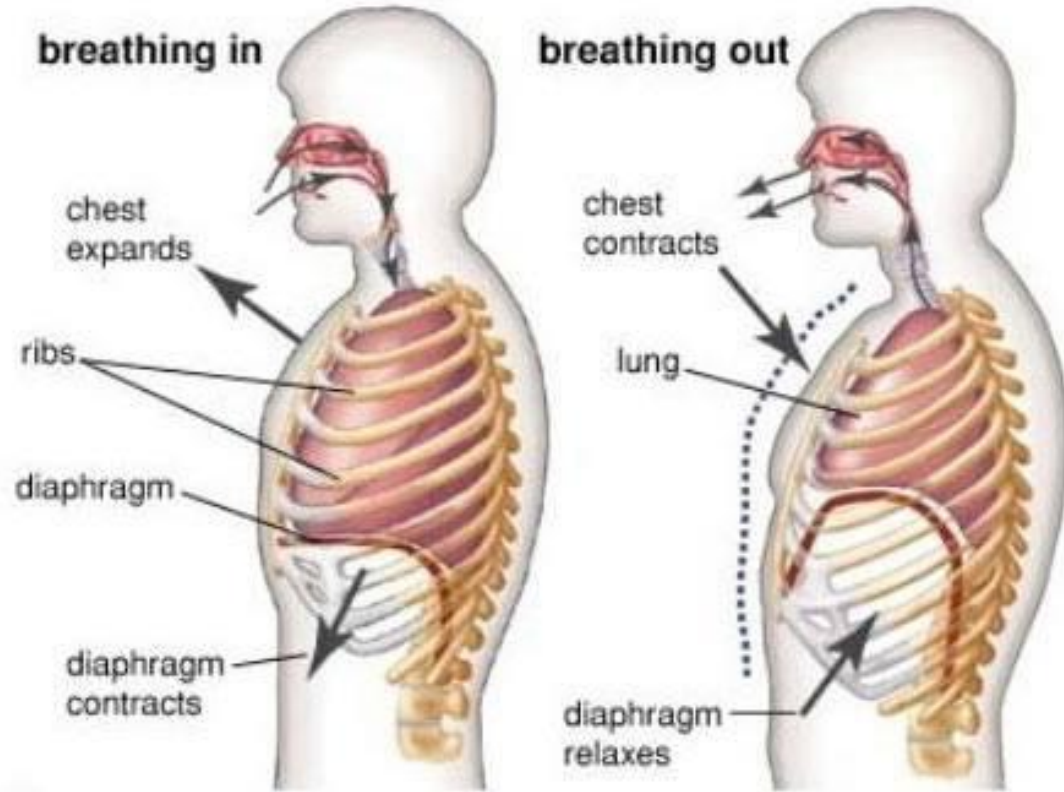
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Restricting your
ribcage and not
connecting to your
diaphragm

Causes

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Causes

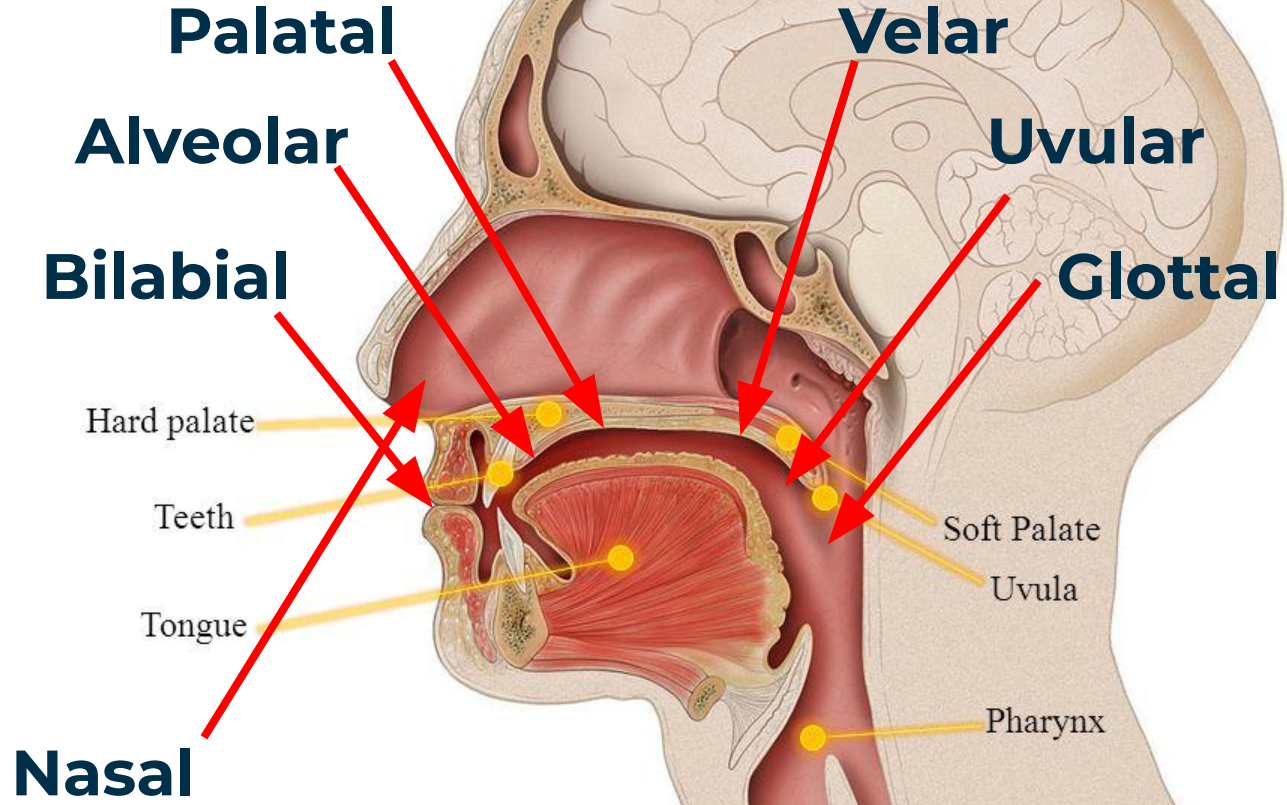
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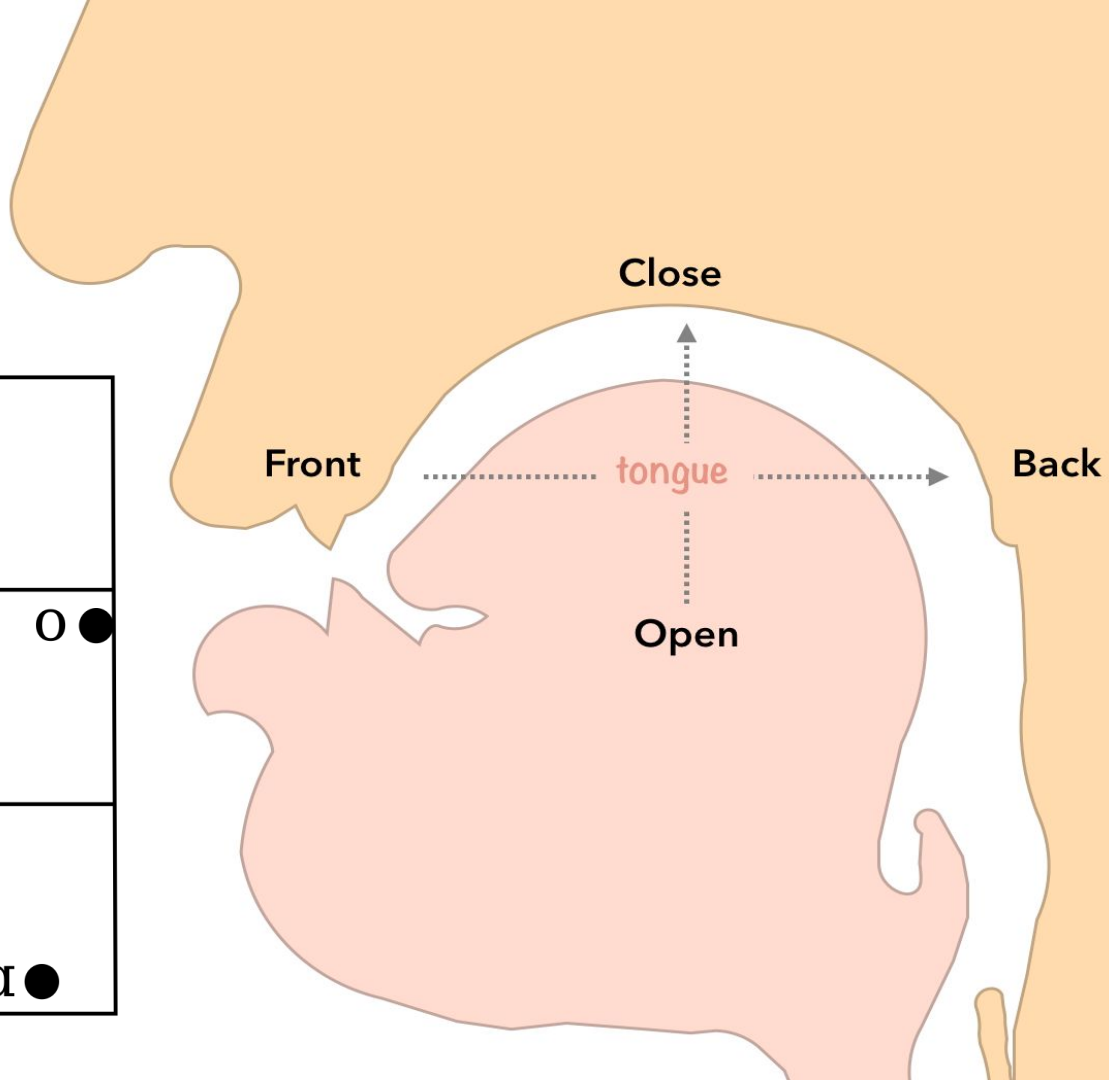
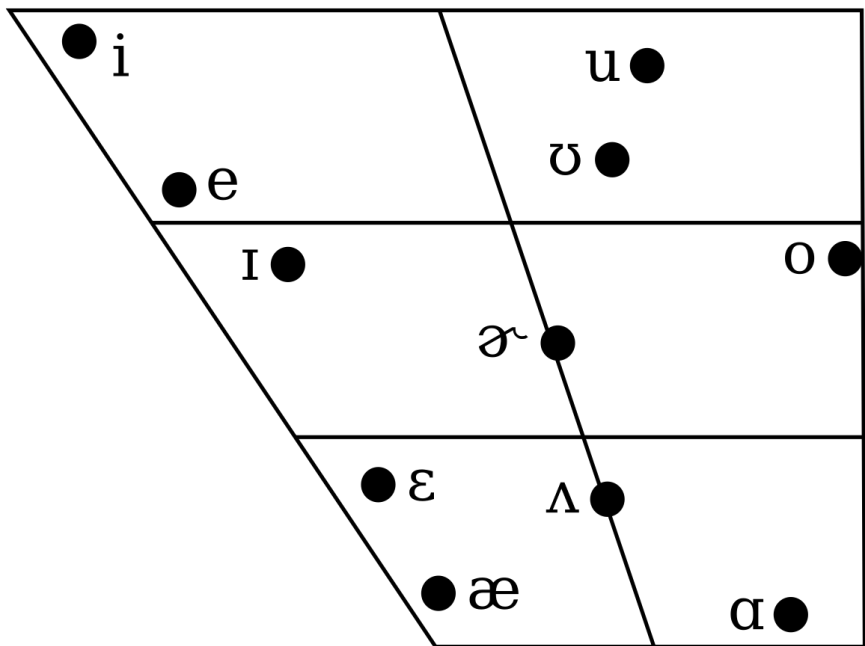
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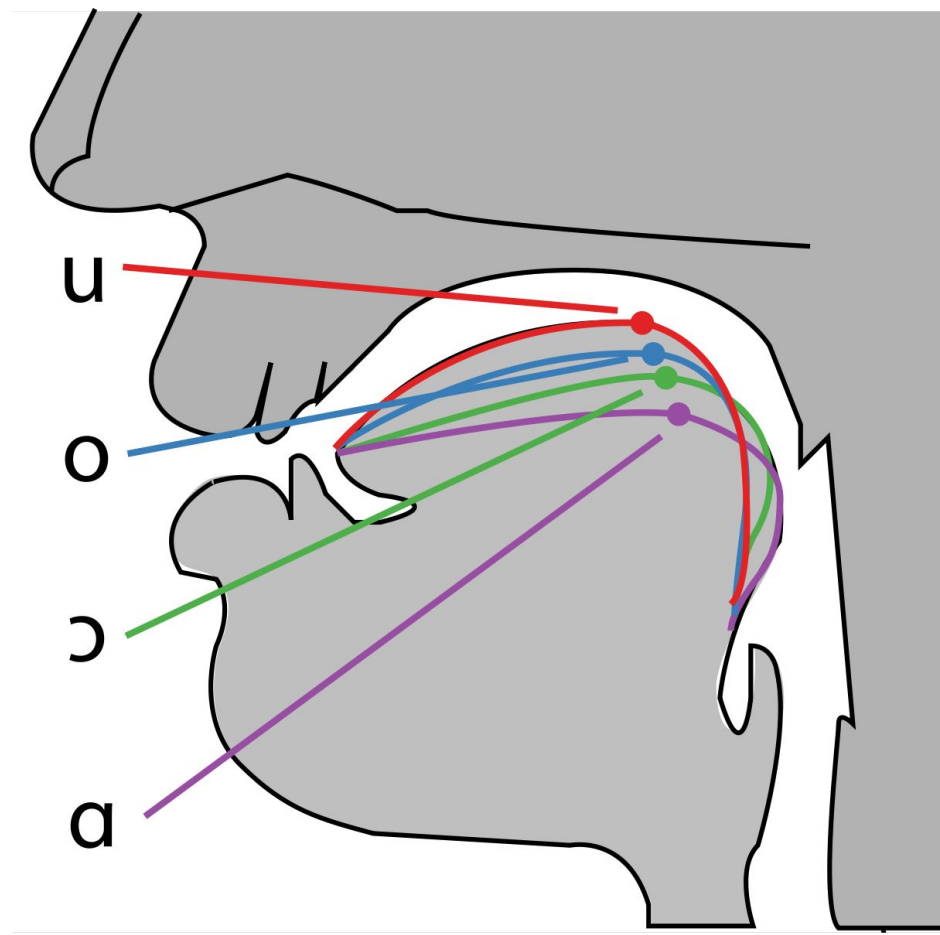
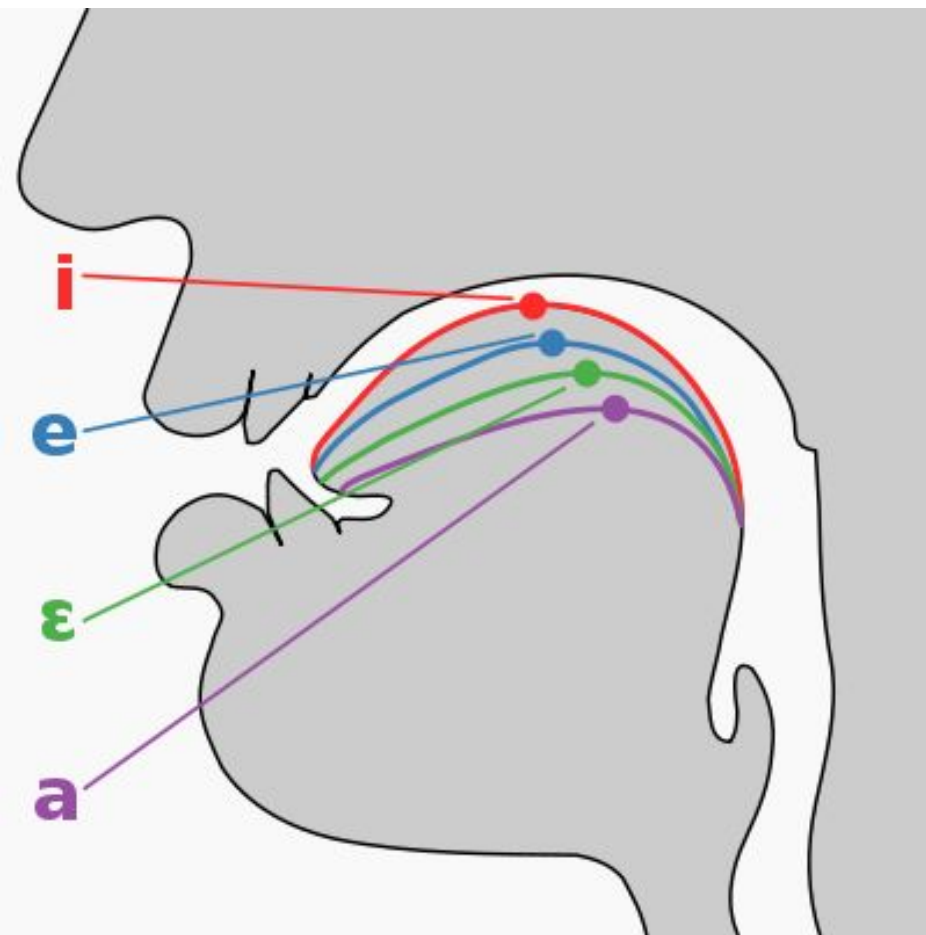
Dehydration

Vowel and consonant placement









M or N

Nasal

P or B

Bilabial

Th

Dental

D or T

Alveolar

G or R

Uvular

H

Glottal

Right now

Glottal stop

To wrap it all up

