

# VOCAL EVOLUTION STUDIOS

Georgia O'Toole

WELCOME TO THIS MONTH'S VOCAL  
EVOLUTION STUDIOS NEWSLETTER, WHERE WE  
SHARE TIPS, INSIGHTS, AND GUIDANCE TO  
SUPPORT YOUR VOCAL DEVELOPMENT.



# LET'S TALK ABOUT BASIC BREATH CONTROL

Breath control is the foundation of singing, acting as the "fuel" that transforms air into sustained, resonant sound while protecting vocal health. It enables singers to manage airflow for steady pitch, increase power, execute long phrases without fatigue, and avoid vocal strain. Proper technique engages the diaphragm and abdominal muscles.



# KEY REASONS FOR BREATH CONTROL IN SINGING:

## Vocal Health and Stamina

Efficient breath management prevents vocal cord strain, fatigue, and injury.

## Tone Quality and Power

It provides consistent air pressure, creating a clear, resonant tone rather than a weak or airy sound.

## Sustaining Notes and Phrases

It prevents running out of air in the middle of a phrase and allows for long, sustained notes.

## Pitch Accuracy:

Proper, steady support helps maintain accurate pitch, preventing the voice from wobbling or sagging.

# BREATH CONTROL MYTHS

## **Myth 1: "Sing from your diaphragm".**

Fact: The diaphragm is an involuntary muscle that separates the chest cavity from the abdomen. You cannot directly control it while singing. While it contracts when you inhale, it is actually a muscle of inhalation, not exhalation.

## **Myth 2: Push your stomach out/hold your breath.**

Fact: Pushing the stomach out (pushing the abs down or out) or holding your breath causes excessive tension and pressured sound. The stomach should move naturally.

## **Myth 3: Take a deep "belly breath" like diving.**

Fact: You cannot actually fill your belly with air; the air goes into the lungs. Over-inflating your lungs leads to tension, cracking, and a **breathy tone**.

## **Myth 4: You need a lot of air to sing high notes.**

Fact: More air often means more pressure and uncontrolled, strained, or cracked high notes. Consistency and managing the airflow, rather than volume, is key.

## **Myth 6: "Support" means holding your stomach in tight.**

Fact: Pulling in or pushing out too hard are both incorrect. True support is about slowing the body's natural contraction on the exhale, not forcing a fixed position.

# WHAT BREATH CONTROL ACTUALLY MEANS AS A SINGER

**Breath control for a singer is the ability to manage the airflow and air pressure beneath the vocal cords, ensuring a steady, efficient, and controlled release of air during exhalation. It is not about simply holding a lot of air, but rather using only the necessary amount of air for a phrase while keeping the throat relaxed and the muscles of the torso engaged to support the sound.**

## Management, not just power

**"Singing on the Gesture of Inhalation":** Often referred to as *appoggio*, this means maintaining the expanded, low ribcage, and diaphragm-lowered position of inhalation for as long as possible while you are singing, rather than allowing your torso to collapse immediately.

## Breath control consists of 3 main stages

- **Inhalation:** Taking a deep, diaphragmatic breath (expanding the belly, ribs, and lower back).
- **Suspension:** A brief moment of stability after inhaling before the singing starts, allowing for proper pressure management.
- **Controlled Exhalation:** Releasing the air slowly through the vocal cords

## What Breath Control Solves

- **Vocal Strain:** By using air pressure instead of throat muscles, you protect your cords from damage.
- **Tone Consistency:** A steady stream of air produces a stable, resonant tone rather than a shaky or weak one.
- **Long Phrases:** By pacing the air rather than wasting it, you can hold notes longer and sing longer musical phrases.
- **High Notes:** It allows you to "lean" into the air to manage the higher pressure needed for high notes without shouting

# LET'S TALK ABOUT THE DIAPHRAGM

As a singer, the diaphragm is the dome-shaped muscle beneath your lungs that creates power, stability, and pitch control when engaged properly. It drops during inhalation to allow full lung capacity and controls exhalation. Instead of pushing from the throat, you manage airflow by engaging abdominal muscles for a supported, resonant sound.

## *The Diaphragm's Role in Singing*

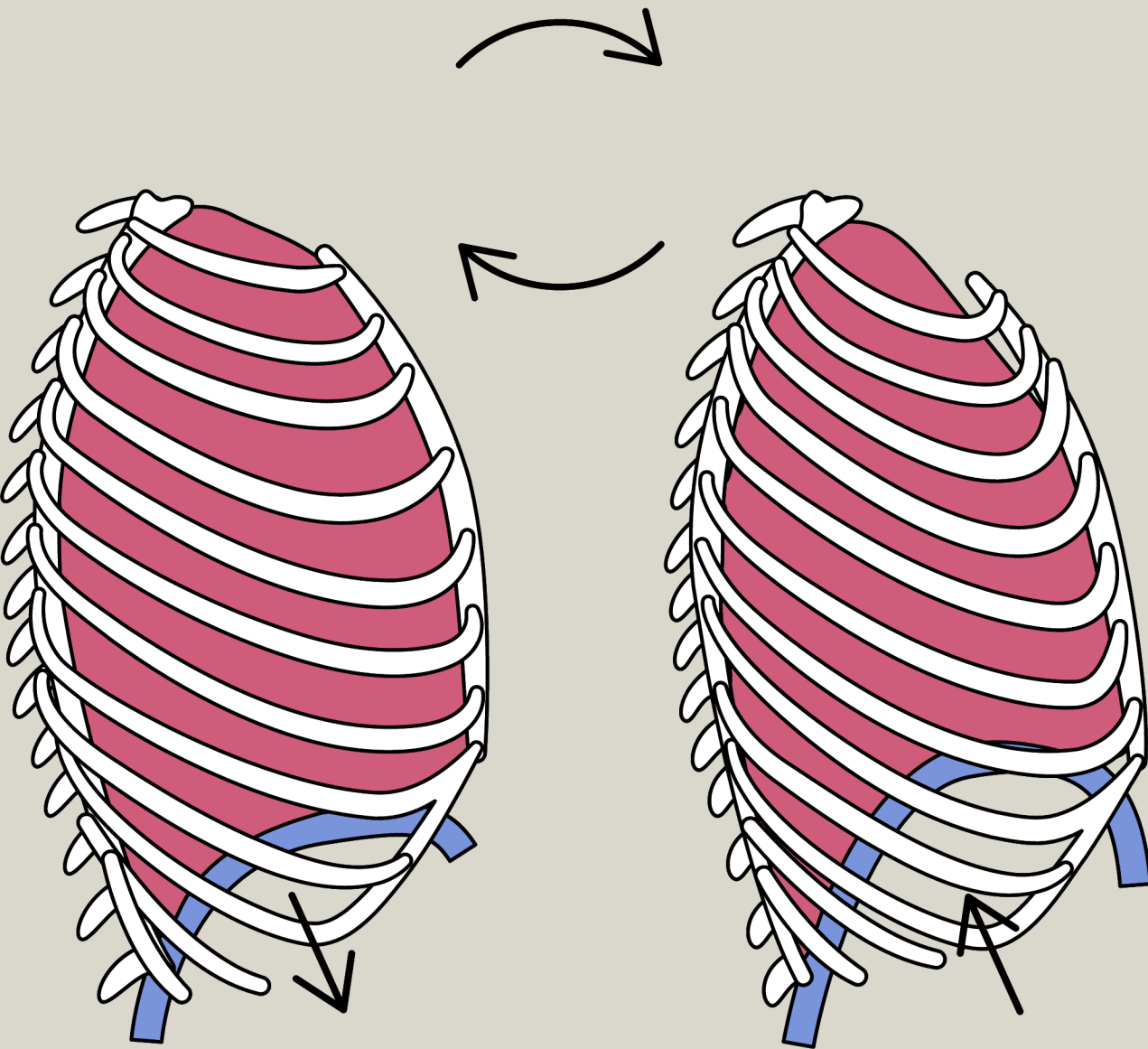
- **Inhalation (Setup):** When you take a deep breath, the diaphragm contracts and moves downward, causing the abdomen and lower ribs to expand. This enables a "low" breath rather than raising the shoulders.
- **Exhalation (Power):** When singing, the diaphragm relaxes and rises, while your abdominal muscles (transverse abdominis, obliques) work to control the air leaving the lungs.
- **"Support":** Vocal support does not come from pushing the diaphragm itself (as it is involuntary), but by managing the breath pressure using your abdominal muscles and rib cage to prevent air from rushing out too fast



# HOW TO ENGAGE THE DIAPHRAGM (EXERCISES)

- **Lie Down:** Lying on your back is the easiest way to feel diaphragmatic breathing; watch your belly rise, not your chest.
- **Hissing (Appoggio):** Inhale into the belly, then hiss out on a "tsss" sound. Keep your ribs slightly lifted and feel the lower abdominal muscles engage gently.
- **Panting:** Pant lightly to feel the rapid, involuntary movement of the diaphragm.
- **"Stop" Sound:** Practice saying "up" or "ho" repeatedly to feel the diaphragm/abdomen pulsating and controlling the airflow.

# BENEFITS OF DIAPHRAGMATIC SINGING



- **Prevents Throat Strain:** By using lower muscles for power, you stop squeezing your throat for high or loud notes.
- **Increased Power & Control:** It allows for better volume control (dynamics) and steadier, longer phrases.
- **Improved Tone:** A supported breath results in a richer, more relaxed vocal tone.

THANK YOU  
FOR READING!

Email: [vocalevolutionstudios@gmail.com](mailto:vocalevolutionstudios@gmail.com)

Instagram: [@vocal\\_evolution\\_studios](https://www.instagram.com/vocal_evolution_studios)