

BREATH MANAGEMENT FOR SINGERS

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THE SENSATIONS OF CORRECT DIAPHRAGMATIC-COSTAL BREATHING

INHALATION:

1. buoyant and energetic posture
2. comfortably lifted sternum and expanded rib cage
3. sideward expansion of the lower ribs on inhalation deep into the lungs
4. forward motion of the abdomen as the diaphragm descends and the lungs are filled to a comfortably full level
5. a slight forward motion in the region of the epigastrium as the lungs are filled completely
6. no upward motion or tension in the neck, upper chest, or shoulder area should occur

EXHALATION:

1. retained buoyant and energetic posture
2. maintenance of lifted sternum and expanded rib cage
3. maintenance of the sideward expansion of the rib cage achieved on inhalation
4. slight muscular tension and inward pull on the lower abdominal muscles as the air is expelled from the lungs through the trachea and mouth
5. a slight sensation of outward pressure under the body of the sternum as air is expelled from the lungs
6. a definite feeling of muscular effort from the intercostal muscles as the singer attempts to maintain the outward expansion of the rib cage for as long as possible
7. no motion or tension in the neck, upper chest, or shoulder area should occur