

The Dream of Gerontius (hard G!)

Exercises for breath control

Practice standing proudly.
Breathe in up into the head.
Happy gasp of surprise

Practice breathing in for 4, hold for 4, out for 4 (sssss),
4, 4, 8
2, 4, 8
2, 2, 16

Practice “Ha Ha” from the diaphragm (with pitch!) - see p.85

Exercises for words

Practice these words and rhythms (in 4/4, starting on beat 2, *ff*)



Exercises for fast changes in volume

Practice counting to ten on a pitched note (in English, French and German), and on a single number, *crescendo*, or *diminuendo* between two chosen levels of volume.

e.g. mp 1 2 $\overset{>}{pp}$ 3 4 5 $\overset{<}{f}$ 6 7 8 9 10

Singing down this scale:

8 $\overset{>}{7}$ 7 $\overset{>}{6}$ 6 $\overset{>}{5}$ 5 $\overset{>}{4}$ etc.

Practice these downward sevenths ...

e.g. 8 2 7 1 6 7 5 6 4 5 1

... and these upward sixths:

e.g. 1 6 2 7 3 8 4 2 1

Practising for a successful performance

Repeat ten times daily: “I will watch the conductor at all times”!
(i.e. learn to glance at the music: don’t study it)