

# The Purpose Driven Warm-ups

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## The purpose of warm-ups

- Routine vs. imaginative
- Mental set vs. here we go again
- Time to bring focus vs. boredom

## The Intent of Warm-ups: Effective and Affective Types

- More than one purpose to each warm-up
- If possible, design or lead into literature for that rehearsal
- Proactive learning – the “why” of the rehearsal
- Set up expectations in the warm-ups
- Use it to help put the pieces of the puzzle together
- Remember, the voice is halfway between the head and the heart

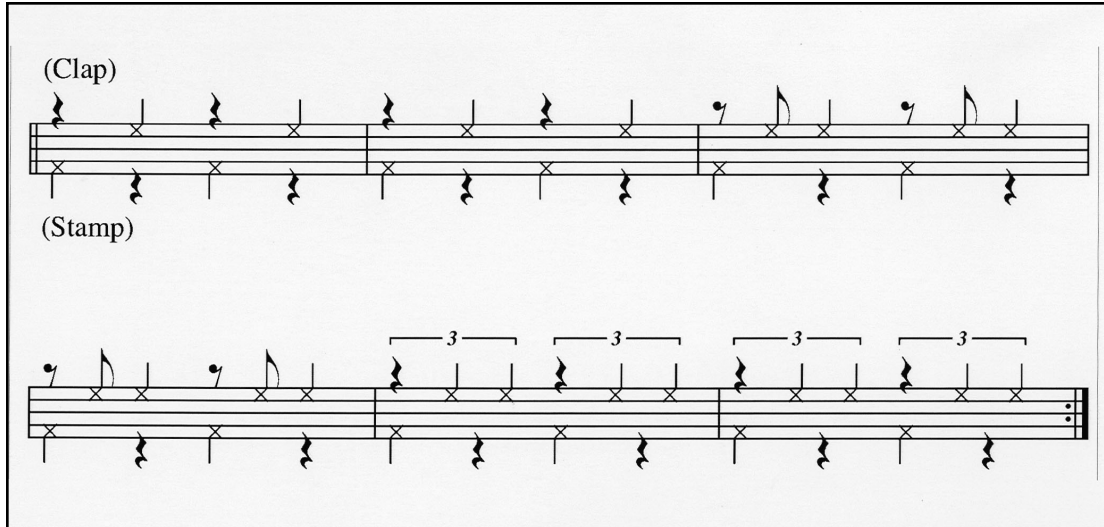
## Physical (Relaxation)

- Laughter
- Body awareness
- Posture – Alexander Technique
- “I’ve got a nose like a ping-pong ball” – William Tell Overture
- Back rubs/stretchers
- Ugandan handclaps
- “Simon Says” – mirror images

## Mental (Focus Activity)

- 123456787654321 – take away numbers
- Add gestures (claps, taps, snaps, stomps, whistles)
- 1-121-12321-1234321 etc. – take away number
- Dr. Seuss

## Bob Chilcott Exercise



## Breath Management

1. Seated hang over the chair (grab ankles and breath)
2. Pushups against the wall
3. Sitting against the wall (breath)
4. Pencil in hand – Soo (5-4-3-2-1)
5. Circular hand movements while singing
6. Lip trills (br)
7. V,Th,Z
8. Onset
9. Chest compression
10. Use “N” rather than “M” – forward consonants
11. Ee-eh-ah-oh-oo – with hands
12. G (use K placement)
13. Shadow vowels

## Vocalization

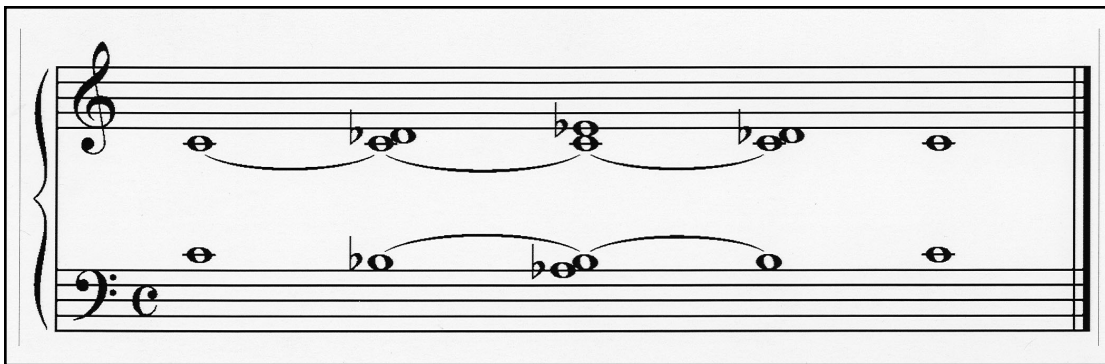
1. Zing Zing Zah (Frisbee and hand clap)
2. Descending first
3. Using no more than a fifth to begin – octave at most – high notes, flip over from waist
4. Drop on top notes

5. High notes – tilt head back slightly

### Tuning

1. SSA – When Jesus Wept – Billings
2. Men's – I Want My Baby Back – Ribs
3. SATB – Difficult
4. Hold chorale and then move  $\frac{1}{2}$  step in x # of beats (Shaw)

### Chilcott Tuning Example



### Shaw Exercises



Four staves of musical notation for Shaw Exercises. The first staff has the lyrics "noo-ah-oo-ah-oo noo-ah-oo-ah-oo simile" under the notes. The notes are: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. The second staff has the notes: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. The third staff has the notes: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. The fourth staff has the notes: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4.

noo-ah - oo - ah - oo      noo - ah - oo - ah - oo      *simile*

noo...      noo...  
16 counts      16 counts

noo...      noo...  
16 counts      16 counts

### Final Thoughts

- Use music from the rehearsal
- Different learning styles
- Voice and choral warm-ups – difference
- And remember, don't make warm-ups boring and put your singers on autopilot.