

Transcriptions: Andrew

Dani

Andrew

okay please be relaxed no need to worry this is not a test or anything like that so basically as i told your mom before this is about i'm doing a bit of research the research is about trying to get students opinion and perspective or just to check out how what the students feeling the sensation that the student is having while doing several singing exercises so we're going to do several singing exercises i'm going to walk you through all the exercises so you need to worry and then later on after each exercises i'm going to ask questions

i'm more focusing more on on getting your your your perspective or your ideas on what you feel in the body when you do certain exercise exercise and then it's a lot of interviewing i guess so i'm asking questions and then you answer and you check and then you do another exercises and you compare between all these exercises compared to other exercises

the exercises itself involves a lot of the technical explanations i could do some technical explanation but i guess if there's anything that you you want to ask or question about this exercises and research you just let me know and then I can explain.

okay so we're going to begin
so first of all i'm going to ask you how old are you

eleven

eleven okay good and then how's your voice feeling today?

good

okay

it's good

it's good

so it's usual

as usual

I just had singing lesson with Anny (his teacher)

oh yeah because it is coming back from the singing lesson

yeah

so everything is good all right, good, now so we're going to do some exercises. So these exercises actually we want to talk a going to do it's called semi-occluded vocal track exercises just checking have you ever heard this term s-o-v-t?

no

okay good so these exercises that are under the umbrella term of SOVT consists of several exercises that involve narrowing the outside part of the vocal track. So we have vocal track from our vocal cord until this area. So it is like a space above the vocal fold, and these exercises, any exercises, that involve narrowing of the other end, like for example lip trill, have you heard lip trill before?

yes

good and then tongue trill?

yes

and then also straw phonation?

no

never heard before? good

for the straw phonation, there's the one with water and the one without water. We're gonna try them all after this.

and then, also, blowfish.

never heard? have you heard blowfish?

We did it in Serunai (his previous choir, in which where I teach)

yes. i think we've done that before with Serunai a long time ago. good that you remember.

All right so we're gonna do them all one by one, but before you do that, I'd like to do a quick check. Let's do a little bit of just like normal vocalizing with vowels

let's do with "e e" (demonstrating)

(copying vocalising)

good one more time

You know what, look into your nose.

ooooooooooooooooooooo oooooooooooooooooooooo oooooooooooooooooooooo

okay good now you feel okay all right no hurt or anything?

you're good? okay good excellent

now let's do the liptrill you still remember how to do liptrill?

you know?

so basically just put your lip together have it relax and then you sort of like blowing through your nose that's okay oh now sigh with me let's do sigh you breathe in and then sigh

good

connect your lips

don't do anything with your lips

just relax right and then we when we do literally it's just like a little bit of blow but it's you just put it together and then yeah don't try you don't have to try to to to to trill the the lips because it will trill because of the air so what you need to do you just put it together and make sure they are relaxed the muscle is relaxed and then you just let the air out yeah so the the lips just need to be put together let's try with it with help of two fingers

do this one yeah yeah and then you just blow yeah almost

put the lip a bit a bit more closer yeah yeah yeah just like that but now put it in between and

then you just blow it a little bit closer there you go look at it let's do that one yeah use this one
it's all right yeah make sure your tongue is not moving yeah just your lips only excellent
good it's okay good let's do it with two hands or make it easy for you and then do this key

good okay that's all right there you go so what you can do you put your one finger toward the
corner of your lips here and then the other corner yeah where's your lip corner okay and you
don't have to do it too too hard because i don't want to rash your skin yeah

okay (Andrew trying liptrill with the help of both of his pointer fingers)

that's right it's right

it's kind of hard
let me try to do it with one hand.

That's okay let's try that

okay

try that's all right that's all right
okay don't worry let's use the tongue trill instead
how about tongue trill

trrrrr (Andrew tries tongue trill)

that's also work let's do that oh there you go

(Andrew doing tongue trill exercise)

good now try to breathe in with your nose think of like smelling roses okay before each go

((Andrew continue doing tongue trill))

you're doing well

((Andrew continue doing tongue trill))

Good. Again. Good. Yes. then release. Excellent. Now, let's do.

I'm going to give you a straw
we are going to sing through the straw like this (demonstrating)

((Andrew copying))

Yes. You can put it in your mouth, make you more rilex, maybe you can, you can, you can hold it a
little bit with your teeth but don't chew it. Make sure the air can still go through.
Don't hurt with it too hard, just to make sure it's stable, that's all

(Demonstrating)

. Also check your tongue. Make sure that it's just stay relaxed, , , not, , , not being pulled back or
anything like that. Yeah. .

Good. , let's go with this key.

(Demonstrating)

((Andrew copying))

Yeah. Yeah. Yeah. Yeah. . Yeah. Yeah. Yeah. Yeah. Good job. So is that okay? Okay. All right. Then I just want to make sure that no one will understand. Yeah. So, , I'll just go with this one. Okay. So this comes with those 2-2 blah blah. Yeah. No, I think I will keep it longer. No. Yeah. I'm going to go with this one. All right. Okay. Yeah. Yeah. Yeah, you got this. Right. Yeah. Tables. Tables, the living thing. So. Right? Yeah. Yes, you can hold it, it's fine. That wouldn't matter. Just blow.

Wonderful. Now, before we continue, we can let go of this straw. Now talk to me. We tried lip trill, then we tried tongue trill, then we tried this one. What is the sensation that you have while doing these exercises?

Calm.

Let's start with the lip trill. Maybe a bit difficult, is it?

Yes, it's very difficult.

It's very difficult. Good. How about the tongue trill? What do you feel?

Tongue trill is kind of easy.

Tongue trill is kind of easy. Do you feel any tickle sensation?

No, because I'm usually doing it.

It's just like normal. You don't feel much anything.

At the first time, it's very ticklish.

At the first time, it used to be quite ticklish at this time. Good. How about this one? Do you feel anything different comparing to tongue trill or comparing to lip trill?

No, except it's just kind of hard to hold it.

Oh, you kind of hold it. Okay, good. Let's try to hold it. Maybe you can just bite a little bit like this. But don't bite. Just hold it with your teeth. And then just put your lips here. Just relax like that. And then you can hold it with your hand as well, actually. It's fine. You can hold it like this. And then let's do it one more time. Let's continue. This one. And then I'm going to widen the interval. I'm going to do this one.

(Demonstrating the exercise)

((Andrew copying the exercise))

good now any any what do you feel in your instrent in your nose in your mouth in your choices any particular feeling that you that occurs in those no but in mouth it's just mbling it's just mbling and a bit of tickling a bit of tickling which area did you feel tickling the whole mouth okay because it's vibrating and then it tickles okay good to know excellent now oh we're gonna try with water yes we're gonna try with water yeah you can use water you can get this one is it

that one oh yeah i'm gonna help you it's really not so nice and strong it's okay yeah all right and then you can you can drink it first maybe a little bit of match so it doesn't you know splash on you yeah okay good so i'm going to so we're going to do the same exercise But this time we're gonna use the water. Yeah, so we're gonna hold it like that and then i'm gonna

Maybe you need some more Yeah Okay Yeah inside it doesn't need to be too deep Yeah, like that. Yeah, and then what I want you to do make sure that you're not too Tended Yeah, you still stay straight like this. You can check in the mirror. Yeah, like that. Yeah. Yeah, you just bring the bottle slightly higher Just to get okay, so we're going to do the exercise again. Let's do from this one

On you go

I'm going to hang up the bed, sir. Please. Just wait a minute, sir. I'll be back in 30 minutes. Okay, let's try again. Is it normal for the thing to vibrate? Yeah, everything is normal. Everything that you found, you just talk to me and just report to me. What do you feel? What do you find something new or something weird or something fun or anything? Just talk to me, don't worry. There's no wrong answer. No wrong answer. So just make sure you tell me how you feel. And what is the sensation. We just need to know about that only. So no right or wrong answer. Don't worry. Let's do it one more time. And then I'll feel it, check how you feel. And then later you can tell me. I'll do it again.

okay talk to me how do you feel what do you think what do you feel in the nose in your throat in everything it's just like my voice is just like trembling but it's not trembling okay your voice is trembling but it's not trembling i think it's because of destroying the water oh okay oh what do you feel again tell me again so what is trembling shaking you're shaking no i'm not shaking my voice is shaking oh your voice is right oh okay all right okay it's probably shaking good do you feel any pressure or do you feel any ticklish any tingle it's just like my voice is just shaking shaking that's all okay oh okay good now let's do we can put this down okay good yes now we're going to do the other exercise it's called the blur fish remember we did it in the serenade yeah yeah so basically you just blow with your like that yeah yeah and then and then let the air coming out a little bit between your lips yeah so it's a it's not a hming it's a pure blow a little bit lower from here

yeah well it has to be a lot of air not a lot if you have to to make the cheek puffy yeah and then i'll let go a little bit of whole air from here

Don't let it become a puffy note, don't let it become a U

Yes, sitting well

Yes Okay Keep it puffy Try again Oh my It's okay It's okay, don't feel shy You'll find it, you'll find it, you'll find it Try again At first I didn't urge to laugh So it keeps popping Okay Okay, take a deep breath I said it very slowly Okay So breathe in Okay So it's not an U It's just like a blow and Let the sound be whatever it comes out Yeah

Good

Good, how about this one? Any sensations? Any tingles? Any pressure? Any hurt? Or anything? No, not really Just a tingle in the top part The top part? Yeah Okay, which top part? Like nose and this mouth? Between the nose and the mouth And the mouth? Top mouth Top mouth, okay, interesting Let's continue

Good Excellent

No, I can't do it with the top scale. You can't do it with the on that scale, okay good. So any additional. Yeah, I can't do it, but I can't do it with the. Yeah. So it's hard. It's hard when we do that. No, the top scale is hard, but the bottom scale is very easy. The bottom scale is very easy, but when it comes to the top scale, it becomes harder. Good. , any, any, , any pressure or hurt or anything, not any pressure, not any, okay. It's fine. Good. Now, , what do you think we do lip trill, tongue trill, blowfish, throat phonation with water, throat phonation without water of all these five exercises that we just did that now, which one do you think if you get, you know, , which one is your favorite? Thb trill? Cause it's easy. My favorite is that one. I told you the one. It's easy. The, , blowing with the water. This is what, the one with the water. Okay. Let's put that nber one. And then if we could put in order, so we, , nber two, nber two, , straw, straw without water. Good. Nber three. , what's nber three? Oh, we have, , the one that we, , haven't put it is, , lip trill, tongue trill, and a blowfish. What's nber three? Tongue trill. Tongue trill. Tongue trill. , the third one. And then we. Lip trill last. Lip, , lip trill. Oh, okay. So blowfish. Yeah. Okay. So blowfish nber four. Yeah. So we got most favorite is, , straw phonation with water and then straw phonation. I never mind tongue trill, tongue trill switch with straw. Oh, so tongue trill nber one. No tongue trill nber two. Tongue trill nber two. So, , , lip trill, tongue, , straw phonation with water. Okay. Okay. And then tongue trill. -h . And then tongue trill. And then straw without water. And then blowfish. And then lip trill is the last. Yeah. Yeah. Because lip trill is, , the most harder. Yeah. I guess. Yeah. Good. And then, , how about the, the, the, the straw phonation with water? , what do you think? , why do you like it? , I mean, , what is the nber one? Why is it nber one? Yeah. To you. , and there's no, , there's no right or wrong answer. So, so. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Because it's, , because it's easy. It's easier. Okay. , okay. Good. , between all of this, , or is it fun or is it anything? It's also fun. It's also fun. Okay. Good. , and then, , easy, fun. Good. And then, , of all this, , five, , which exercise that you most likely, , you know, going to do if your teacher asks you to do this five, you can choose. Tongue trill. Tongue trill. Tongue trill. Oh, that's pretty easy. Yeah. Tongue trill. , yeah, good. If you're gonna do it on your own, , , okay. Tongue trill. I got, , , why because it's the easiest or anything? It's the easiest. Oh, okay. Good. , if, , how about, , , the, the feeling, , before and after the exercises, do you feel any, well, you know what, let's, let's do, let's do, continue with, with, with, , , voicing. , like, like power exercise. power exercise we did vowel exercise before the exercise of this exercise and now we do another one after let's do the same

good let me change a bit let's do this one

Eeeeeeeeeeeeeeee

Let's do this one.

okay now compare we sing before the exercise and after the exercise those five exercise do you feel any differences just a bit higher reach oh you just it's easier to sing on the higher higher note yeah oh okay any any other any other thoughts any differences only that only that okay cool cool good i think i think if we could rate one to ten this is the bonus question to all these exercises what would you rate like you one by one one to ten tongue trill ten ten good and then what else the the stroke condition with water i'm i'm doing this based off the easier one okay so nine point five nine point five okay good and then what is it the we do a strong condition without water nine nine yeah nine nine okay good and then how about tongue trill oh really i already asked that one yeah 10 yeah okay liptrill it's seven because it's hard okay good and then how about blowfish i'll give it an 8.5 8.5 okay good if i ask everything i think i do right okay good if i ask everything i think i do right yeah good all right I think we're good thank you so much Andrew thank you for today.

Kamini.m4a

Okay, good. So, that's fine.

So, perception means what you think, your opinion, your thoughts, what do you feel, what do you think of certain exercises. Some of the exercises I think we've done it, probably.

And then, you know, I'm just collecting students' opinions about it, basically. So, you're going to do the exercises, it's going to be recorded. And then after each exercise, you're going to tell me what you feel in your body, in your instrument, and then what do you think about that exercise. Or maybe we can write down, like, which one is your most favourite, and which are the second, the third, the fifth, and everything - all the way. And then. And then, what do you think about these exercises? Whether it's going to be something that's good for you to do it in. Is there any differences between before and after you do the exercises? And if, like, your teacher wants you to do these exercises, would you go ahead and do it anyway?

Or would you just say no, it's probably not, or maybe I'll only do this particular one because it's this and that. And then you can tell me all about it, what you think. Okay? So, so before we start with the, the, the, the exercises, or the things that you're going to be doing, I'm going to ask you how are you feeling today? How do you feel about your voice today? Is it okay? Or are you sick? Or... I don't know. I feel like I'm okay. Okay. Okay. Okay. That's good. Excellent. Good. Great. So can we just, again, start with, uh, several, um, you haven't done any warm-ups or anything, right? So this is like, um, um, you, you just, uh, come back from school, like, what time, maybe, like, not too long ago? Yeah. And then, um, let's do a little bit of singing, uh, before we, we do this, this research. Um, we're going to do, like, some separate melodies like we normally do. Um, let's do, like, um, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee, ee,

Let's put an R before it.

Good, now we're going to do the first exercise. The first exercise is uh, let's do uh, so with this exercise I'm going to check uh your perception uh, it's the semi-occluded vocal tract exercises. Have you ever heard the terms no? Okay, so semi-occluded vocal tract exercises uh, so it's semi-occluded vocal tract, vocal tract is this area between um, our vocal cord uh, all the way here yeah, so um, including this uh mouth space, no space, so this area, this is all vocal tract, um, what vocal tract does is uh, it involves with uh, articulation, it involves with uh, resonance, right um, acoustic a feature of vocal tract, the voice to. amplify the sound by coming out from uh the vocal tract and from the vocal fold

vibration now occluded means occluded means like narrowed or it's closed so semi-occluded so almost close whether it's not close so it's more like enamed so i'm not going to project as i said that involving semi-occlusion or semi uh almost closing one part of the or the end part at the end of the vocal tract especially in this area so we do like sample um some that are under the umbrella term also may include other exercises are lip trail thumb trails and then the stroke formation as well because we're sort of like narrowing the vocal track And adding it with a straw, right? But it's more narrowed and then um, also the fish also falls into that. Okay, so we're going to start one by one, uh, today we're going to do all these five, uh, we're going to do the lip trail, tongue trail, low face stroke, finishing with water and stroke, finishing without water, right? And then I'm going to check uh what you think actually about it. Um, of all these five, have you ever done it before? Yeah, yeah, of course, all of this life because, because you're my students, and and I, I teach this fight to all my students. But okay, so um, let's do uh, let's do a lip trail,

so let's do a lip trail, let's do a lip trail let's Do a lip trail.

It's okay. Again, try again. Good. Okay, now. How long have you been doing lip trills? I mean, the first time you did it, when was the first time you did lip trills? Since when? With whom? Huh? With me? I think it's like quite some time. Maybe two years? Three years? I don't know. Yeah, but around that area of time probably, yeah. And are you doing this exercise as well with others? Like, you're also in the choir, right? So did you do this kind of exercise with, in the choir or in other places as well? Rarely. Rarely, yeah? Mostly only when you're having it with me, yeah? Yeah. Okay. The other places maybe more like doing with vocal. Vocal. Vocalization. Yeah. Okay, good. Alright, but now, tell me about this.

What do you think about this exercise? Any thoughts about this exercise? Is it difficult? Is it normal? Do you feel any sensation? Particular sensation like maybe ticklish or maybe anything? It's kind of hard to switch to hand voice. Oh, with this exercise. With this exercise, I see you find it feel like switching to hand voice is harder with the lip trail. Got it. Okay, anything else? No. No? Okay. Any pressure, any pain, any tickles, any tension? No, it's fine. No, it's fine, yeah? Okay, good. Alright, so we got with lip trail. Now let's do tongue trail. How about tongue trail? Let's do this melody. Okay, go.

Ok, now smile.

Okay, all right so what do you think about this tongue chill? Harder, it's harder, even from the lip, chill yeah, and then hard, and then what else? What sensation do you feel? Is there any particular sensation you feel in your tongue, in your throat, anywhere? I kind of feel like it's going back here. Ah, okay, what's going back is your tongue is my voice, oh, your tongue, your tongue is getting further back, yeah, all right. Also, on the contrary, it's also back, not forward, yeah, yeah, okay. Uh, what if we try, uh, if we try to go higher, we go try to thrill it, keep it forward, like, try out, let's do it. Is uh, so when you feel that the tongue is slightly moved backward, is it from the beginning of the range, like the bottom range, or is it towards the high one, or towards the high one?

Uh, let's try if if we do from that one, I say you just keep your tongue, keep uh, stay away, stay forward, see if it works. Good, let's do one more time. It's fine, it's fine, you just need to keep it stay forward. That's good actually, So maybe this exercise could also put you in mind to keep your tongue stay forward probably as well because when it becomes pulled back then it becomes it's not going to chill. Okay, excellent. Another thought about this tongue trill. No, it's harder from the lip trill. Okay, good. That's taken, noted. Alright, let's do another exercise. Let's talk, let's go. We continue with actually, this is for you I hope you open it because we're going to use this later on.

You can dig it like, maybe like a little bit. It's not, the water does not splash on you too much. And then we're going to do this. Oh, actually, for the first one let's not do the water. First we do the straw without water. Yeah, you can just put it there. Right, and then do the straw. You can open the new one like this, my one. Mhm Good, yes. Good. So I'm going to do the straw finish yet, you know how to do it. We're going to blow it to this one while finishing, yeah. So we're going to do like this. Do it differently? Yeah, okay,

the erect posture. Hmm,

good. Make sure that you keep uh-uh not your lips sealed, the area that I think that this one, yeah, yeah. But you don't have to really have to do that; just like let's see this.

Yes, blow it, let's roll it.

Okay, now tell me about that one. What do you think about this exercise? It's kind of hard to

make it stable. Hard to make it stable? Stable like, what do you mean by stable? Like the sound? Yeah, the sound. Oh, the sound doesn't make the sound stable. Stable, you mean by a more even sound or it's more like air flow, consistent air flow? Yeah. More consistent air flow? Hard to make the air flow consistent? Yeah. Oh, okay, good. Alright, so that happened maybe because there's a back pressure because the air, the hole is tiny, right? Yeah. And then there's a normal and then there's a back pressure, which is good, that's the whole point of the exercise is to create that back pressure to your foothold, to have a, to what is it, to neutralize the pressure from the bottom of the foothold.

Alright, good, now let's try any other, any particular other sensation, ticklish or? Yeah, ticklish. Ticklish, okay. Well, if ticklish, so which one, which area is ticklish? Like here. Like what? On your head? Yeah. All around the head, so like you feel that sense of vibration around the head? Yeah. And then you feel tickles? Yeah. You don't feel that kind of feeling with other exercises? Just with this one, yeah? Yeah. Okay, good. Let's try another. Let's do, let's do a bit of water.

Let's put it somewhere this. I'm going to go down. I like to use that microphone.

Slightly lower melody, yeah? Pretty good. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah.

Okay. Let's have it a little bit, not too deep, from the surface. Yeah, yeah. Oops, too much, huh? Haha. Let's take a little drink again, a little, a lot. Hahaha, yeah, yeah. One more time. Okay. Now, I want to dip like this. Yeah,

good. Let's try to blow it slightly gentle. Then that...

um,

okay, uh, let's do. I'm sorry about that. Hang on, uh, let's do this

again. Uh, not too deep, like sort of this way from the surface, yeah, okay, okay. From here.

Thank you for watching!

Okay, you can put that down, okay, you can put that down, yeah, you can throw this one away. Alright, so, how about this one? How about this exercise? What do you think about it? I feel like unrelaxed, more relaxed, unrelaxed, oh, okay, in the shoulders, oh, in the shoulders, oh, okay, maybe because holding it too heavy, or yeah, I think, oh, okay, just not relaxed in the shoulder, oh, okay. Any other feeling? No, no, alright, okay, good, alright, noted. Any difficulties? Just blowing or anything? No, no, okay. Any tickles or pressure other than the shoulder? No, no, oh, okay, alright, alright, noted. Let's do the next exercise, let's do the blowfish. Blowfish.

Try to blow it until it's really puffed.

Blowfish. Yeah, keep the puffiness. Blowfish.

Yeah, keep, keep the puffiness. Blowfish.

Oooooooo Yeah, so it doesn't become 'Ooooo', but it just blows with the sound. Oooooooo

Yeah, just blow.

Okay, try to make the whole even more tiny here, so basically you just close it, just make it just a little bit, yeah. Don't even think of 'OO', just think of how, yeah, yeah, try to just... it doesn't have to be like in the center, the whole can be like towards his area, yeah, just like, just a leakage, think

of how you do it. Think of this as a leakage, leakage, so it's not, it doesn't have to sound like 'OO' or anything like that, it's just like... you try to blow, but there's a leakage, yeah, it's more like a 'BOOM', 'BOOM', 'BOOM', go on, another one, yeah, that's it.

Okay, how about this one? Um, my head suddenly like rising up. Is it yeah, okay? But you have to like raising up. What do you think? Why do you think uh it raised up because of... the it's higher or is it is there any or you're feeling pressure back pressure or anything you don't know? Yeah, I think it's because I can't control it, oh or you cannot control the tilting. Yeah, it just wants to tilt up that's all when you... you're good, wow! Okay, okay, okay. It makes you want to go up all the way here, okay, okay. That's fine. Um, and then any other thoughts? Uh, I'll get you feel sensation another ticklish, another ticklish. Same part which area just more yeah, the head, the head. The head's more ticklish like it's so, like, formation and ticklish, okay, good, very good, uh, any other, any, any other sensation, any other thoughts, no, okay, all right. Let's do now, uh, let's go back to our vocalization, let's do

1,2,3.

Now turn on the

Go, let's do this one.

Okay, so compared before and after the exercises, all these five exercises, do you feel any differences in your voice or just the same or? I felt like it's easier to do with vocals. Easier to do with vocals? Yeah. But we are doing with vocals both before and after, the first when you do the vocals before the exercises and the second one do the vocals with vocals after the exercises, do you feel any differences? The first one is like harder. The first one is harder and then the second one after the exercises you feel more lighter to do it, easier to do it, yes. Oh, okay, good. And then, now, if we go back to that 5 exercises, so we have tongue twirl, lip trill and then blowfish and then straw without water and straw with water, of all these 5 exercises, if you're going to rate them in order based on your favorite, which one will be the first one and which one will be the last?

Straw without water. Straw without water will be the first. The first. And which one is going to be the very last that you most dislike? Tongue twirl. Tongue twirl. Okay. So any particular reason why is straw without water is number one? Because it's like lighter than others. Lighter, you just feel lighter than others. Okay, good. And then for this one, why is the tongue twirl at the bottom 5? Because it's really hard to control my tongue. Oh, okay, alright, alright, noted. And then, okay, so we have three others. We have lip, we have lip twirl, blowfish and straw finishing with water. How do you put them in this order? Second is lip twirl. Second is lip twirl. Third is straw with water. Straw with water. And then the fourth is blowfish.

Blowfish, yeah. Okay, so in order, we have most favourite will be straw without water. And then lip twirl. And then third one, straw with water. Yeah. And then fourth one, blowfish. And then last one, tongue twirler. Alright, noted. Okay, now, my next question. If your teacher asks you to do these 5 exercises, would you do it at home as yourself? If somebody asks you, if your teacher asks you to do it. Less likely or will you do it? At home myself. Ah, yeah. Well, yeah, because I. With any melody. Sure, because I sometimes sing randomly. Sing randomly. Yeah. And you can, you can use, if you can, if you're going to sing randomly. Yeah. Which most likely that you're going to do of these 5 exercises? Um, probably blowfish. Blowfish. Yeah. Because. Because it's without any equipment. Because it's without any equipment. Any equipment. Yeah. Okay, simple. Without any equipment. Yeah. So you just do. Blowfish. Yeah. You can do it anytime, right? And with any melody of the song that you are up to, but let me see now. Okay, good. Um, what other questions I should ask you? Um, just to make sure I got everything covered. Hang on. Okay, so you're going to do.

I think, no, yeah, actually I think I should have more, oh wait, let's see, oh, oh, oh, oh, that's why it doesn't pop up.

Okay, I think I got it all covered, we've got them all covered, so alright, thank you so much for today, Kamini, thank you for helping me with this visit, thank you so much for participating, and then hopefully you had fun. Thank you so much, thank you.

Gaby.webm

Nanti aku cutting-cutting, gampang. Okay, so, Gaby. Gaby, thank you for coming today and for helping me. As I mentioned to your mom, you are here because I'm going to ask you to help me. I'm currently doing a research on my master's degree. And the research is about getting students' perspective. Perspective means what you think, what's your opinion, what you're feeling. So, about certain or several exercises, singing exercises. So, today we're going to do several singing exercises. These exercises are called or under an umbrella term of semi-occluded vocal track exercise. So, what it means by semi-occluded? Have you ever heard of semi-occluded vocal track exercise? No, I've never heard before. So, these exercises are exercises that involve narrowing or occluding, semi-occluding.

So, partially occluding means like narrowing, like blocking, but not really blocking. So, it's called semi-occluding. One end of the vocal track. So, in a vocal track is the area from above the larynx. This is the vocal track. This is like a resonator. And then our filter or the diction happens, vowel formation happening, our resonance is also happening there. And these exercises are working with that area. And then, as I said, involve narrowing of one end of the vocal track. And this, what included in these exercises, semi-occluded vocal track exercise, it does a lot. But today, we're going to do five of them, which is a lip trill. Have you heard lip trill before? Good. And then, tongue trill. Right. I've heard that one also. And then, blowfish.

Have you ever heard that one? Okay. And then, strophonation. No? Never. So, it's strophonation. And strophonation, we have two types, the one with water and the one without water. So, we have lip trill, tongue trill, blowfish. Strophonation with water and strophonation without water. We're going to do all these five. And then, as we do that, I'm going to ask you questions. What I'm looking for is your perception about these exercises that we do. And then, you can share with me what you think. So, basically, it's more like interviewing, right? And there is no right and wrong answers. It's more on what you feel and, you know, just need to be truthful. That's all. Thank you. So, if you feel something or if you're not feeling anything or if you think, oh, this is this or this is that, it's up to you.

It's just the right and wrong answer. You're so free to answer how you feel about these exercises. And I am going to ask you to rate these exercises. For example, which one is your favorite, which one is your least favorite, you know, which one is number one, number five sort of thing, and why you think that. That kind of thing, yeah? Right. All right. So, before we do these five exercises, I'm going to start with, like, the simple, you know, singing, vocalizing, just to get an idea of how's your voice today. Are you feeling sick? Are you feeling okay? Natural? Okay, good. All right. Let's do, let's just like.

Just sing E. E. E. E. How do you go? E. E. E. E. E. E. Let's try it again. Yes, one more time.

EEEE EEEE Good. Now let's do a another word, let's do YAH YAH YAH YAH YAH YAH YAH YAH
YAH YAH YAH YAH YAH YAH YAH YAH YAH YAH YAH YAH It's ok. Relax. You feel well. YAH YAH
YAH YAH YAH YAH YAH YAH Ya

good all right now um so your voice is healthy and you don't have you're not sick or anything so it's very good all right now let's do this exercise we're going to start with a lip trail yeah let's start with this one

Or let's do just one first.

Yeah, try to just keep it steady and long.

Good. Did you do this often? No, not really. Not really. So you were in the choir, right? And then

you also take the voice lessons, right? Do your teacher in the choir or in the private singing lesson get you to use this exercise? No, not really. No, not really. Okay, good. That's all right. So let's learn how to do it. So normally we learn this by, first of all, we can do sigh first. Something like this. Mn, like that. Try it. Mn. Right, so we're trying to have a consistent airflow. Yeah, with the jolt. And then actually you do it like this. Mn. Just to make sure that airflow is flowing. Air is flowing. And flowing constant. Mn. Give it a try, as you execute it, and just keep continuing to let the air consistent. Almost. Almost. Yeah, so it's more like blowing through your nose instead of your mouth. Good. Let's try another key. How about this one? Good. Try this one. Yeah, maybe a little bit stronger, yeah? Alright. Alright, this one. There you go.

Good.

Yeah, I was having the air flows. One more time. Good. Good. Good.

And then, now, share with me, what do you feel? What do you think about this one? What is the drill? It's kind of hard. It's kind of hard. It's kind of difficult, is it? You're right. And then, is there any particular sensation that you feel anywhere in your body, anywhere in your face, in your nose, in everything? Any particular sensation? Is it like hurting? Discomfort? Itchy or anything? No? Thumb up in your nose? I noticed that you do this a little bit. Or just vibrating? Is it just vibrating? Or just feeling some sense of vibration there? Okay, good. Let's do this one again. Try just one note.

Yeah, so we need some stronger and steady air flow, yeah? Good. One more.

Good! Excellent! Yeah, that's the bass. Yeah, it's somebody playing the F volume. There you go.

Good. Let's do two notes. What is it there? Itchy. Itchy, yeah? It's very normal. It's very common. So it's okay, you're doing well. Let's do two notes.

Let's try that one. Good. And then the sixth one. Okay, then the eighth note. There you go.

Good! Good! Can you do this one?

Good! Now let's do three notes after the challenge. So, what happened?

Almost

There you go Okay good So our off-road is a bit itchy A bit itchy over there Alright Let's do Tongue trail How about tongue trail Have you Have you done this before I'm sure you probably have How about this thing Is it often Not very often right Okay let's do it Just one note Good Let's do two notes Add three notes Good Let's do five notes

Go on, let's pick your position, not to knock, just relax, and then try to respond with your nose like you're spending horses. Go on, let's pick your position, not to knock, just relax, and then try to respond with your

. Yes, . . Give it a low.

In one go, in one, in one, in one string.

Okay, just keep it steady, don't change the position. You have to have a good breath moment.

There we go. Let's do it again.

Okay, good. So tell me about the tongue trail. What do you think? Not easy, not hard. Not easy, not hard. Sort of like in the middle. But compared to lip trail, which one is harder between the two? Tongue trail is easier. Tongue trail is easier than lip trail. Lip trail is harder, yeah? So, okay, good, good, good, good. Any discomfort? No. Any particular sensation, itchy, vibration maybe or anything? Vibration, of course, in the tongue. Any tightness or anything? No, it's fine, yeah? So it's easy to move your tongue and everything. Alright, good. Any pressure? No? No. Okay, good. Let's do, the next one I want you to do, let's do blowfish. No, wait, before blowfish, let's do the straw foundation. So I'm going to give you a straw. Just want to make sure I'm recording. I'm going to give you a straw, yeah? And then what we're going to do with this, we're going to blow this. Blow the straw while singing, while phonating. So, I'm going to put it in your mouth and make sure that the lips are sealing this area up. And open, and do it under the song or something. Yeah. Yeah. Yeah. So we're going to do a blow, the bass one now. There we go.

You're doing well. Yeah. Yeah.

good how about this one it's hard okay uh why is it hard it is hard it is hard to just

um let's do this now um let's do this with water so i'll give you this is a new one um and then you can drink like quite significant amount of it i guess and then uh like half of it maybe but uh because we're going to we're going to blow it so it doesn't splash on you uh maybe like uh at least leave it like half if you can or not

yeah about this much probably okay and then we're going to blow it my bubble

now let's do this

Okay, good. Now, how about this one? What do you think? Easy. It has been easy. Do you like this one? And, good, good. Let's put this aside first, and I'm going to do the fifth one. You can put it over there. That's fine. Good. Easy. And then, is there any particular sensation for that one? No, not any tickles? No, no? Okay. And then, any pain, any discomfort? No? Okay. Okay, let's do the next one. It's blowfish. So, blowfish, do you know blowfish? Yeah, blowfish. Yeah, we've done it before, yeah? So, you're basically just blowing. Okay. So, you're basically just blowing. Let's do this. No, no, no, let's do this one.

Definitely.

Yeah, we're basically blowing.

Try to have the leaking not in the side but in the middle So we have even puffiness Yes,

in the middle

Yes! Love it! Yes! Main British!

Oh! Tempo taste!

How about this one? What do you feel? Funny? It feels like a note-ish. Anyone else? What do you feel? Is there any particular sensation? No. Is there any pressure, anything in the throat or anything? No. Okay, not feeling anything. Any tickles maybe? No. Any other discomfort? No. How about pressure in other parts of the body like the back or any part of the body? No. Okay, good. That's fine. Now, let's rate. We've done tongue trill, lip trill, blowfish, strophonation without water, strophonation with water. We have five. Okay. We did five exercises. Of all these five exercises, tongue trill, lip trill, blowfish, strophonation with water, strophonation without water, which one is your most favourite? We're going to put the number one on the list. Which one is

your most favourite?

With or without? With water. Strophonation with water. Strophonation with water, number one. Okay. What comes next? Blowfish. Blowfish. Okay. Let's do the least favourite first. The most that you don't like. Lip trill. Lip trill. Okay. So we have lip trill over here. We have strophonation with water. We have blowfish. And then we have two. We've lost number three and we've put number four. We have tongue trill and we have strophonation without water. Which one do you think is the bad one? On this two. Which one this? Law without water number three. Come again. Straw without water number three and then this one tongue trill. Yeah. So we've got, what is this one again? Strophonation with water and then we've got blowfish, second.

And then we've got strophonation and then we've got tongue trill and we've got the least one this time. of this lip trail. OK, why do you put this number one? Because it's what? Fun. Fun, because it's fun, yeah. It's very fun making bubbles, you know. And then how about this one? Why is it lip trail, the last one? Hard. Because it's hard, OK. All right, so we know these five exercises. Now, if your teacher asks you, Gabby, now your homework is to do one of these five exercises every day, do you think you would do it? Hopefully, yeah, hopefully. If you are indeed about to do it, which one of the five that you're most likely going to do on your own? Blowfish. The blowfish. The blowfish one. Why? Because? Easier. Easier. Easier. As I said, you don't have to prepare anything. You don't have to prepare straw, you don't have to have a blow face. Good! Any question so far? No. Okay, good. Now let's do again the thing that we did the first one, beginning with E. Let's do that one again after these exercises and see how you feel in comparison.

Yeah, let's see how it's done. Yeah.

Yeah, yeah, yeah, yeah, yeah, yeah, yeah.

[illegible]

Is it just because of readiness? Or is it like now you're just more relaxed and it's easier for you to sing or anything? More relaxed. Is it more easy or difficult compared to the previous, before exercise? Easier. Now it's far more easier. and it's just easier to reach the notes and everything and it's easier to make a face So do you think is it just because of the exercises or is it just because previously you're not ready, now you're ready or is it these exercises have to do with it? Do you think? Because of the exercises have to do with it to make it now more easy for you Alright, welcome! Thank you so much Gabby for today Thank you so much for helping me You can take this with you again Let's try everything You can drink the rest or whatever you want with it Alright, thank you so much Gabby.

Transcriptions: Domi

[Dani]

okay good just relax relax and you don't need to try to show me anything or you know you just need to be yourself, and then you are going to help me to share your experience as we gonna do some exercises.

so maybe i'll let you know a little bit about exercises that we are going to be doing there are several exercises that i'm going to talk about. Five exercises. and all of these five exercises are under an umbrella term of what is called by Semi-occluded Vocal Tract Exercises (SOVT). Have you ever heard about that?

[Domi]

((shake head))

[Dani]

okay that's fine so yeah it's called a sovt so under this sovt terminology there are basically like lots of exercises, all exercises that are involving narrowing of one end of the vocal tract so you know for contract for contract it's like the the area the passage from our vocal vocal cord all the way so including this mouth space and then no space right this is called vocal tract and then the exercise that we are talking about narrowing on the other hand so we have liptrill have you ever heard liptrill?

[Domi]

yes

[Dani]

so you know liptrill. and then we have also tongue trill you know tongue trill?

[Domi]

yes

[Dani]

and then we also have straw phonation have you ever heard straw phonation?

[Domi]

no

[Dani]

so straw phonation basically we are singing using a straw and there are two types of straw phonation. Straw phonation with water and straw phonation without water which we're going to do later on yeah

and then another one is blowfish have you ever heard blowfish exercise before?

[Domi]

no

[Dani]

okay so today we're going to do these five exercises, we're gonna give it a try and then i want you to share with me your experience of doing all of these each exercises and then i'm going to ask you to rate based on your favorite: which one is your favorite from your most favorite until your least favorite and then maybe i'm going to ask you to rate like "one to ten", if you're gonna rate this exercise each of exercises, what 'score' would you give to these exercises, you can be

based on your just personal preference. there's no right or wrong answer again so all we need is just your your truthful experience your truthful thoughts and what you really feel and yeah so there's no right or wrong there's no good or bad i'm sorry just like it's your answer okay? right so maybe i also want to compare before and after and see whether if there you think or you feel this exercise help you or not or if there any any changes or just like this is the same or anything after doing all these SOVT exercises based on what you feel.

okay so for now we're going to we're not going to start with these five exercises we're just going to start with like regular exercises first we're going to go with the vowels of very common vowels exercises like this ((demonstrate a vocalising))

[Domi]
((vocalise))

[Dani]
Good, and then we go
good

overall how how your voice feeling today? are you having is there any are you feeling sick or are you just feeling healthy and this is okay is there any problem with your voice today?

[Domi]
Im sick a little bit

[Dani]
okay all right but it's it sounds lovely though all right now let's do just one more vocalise

[Domi]
((sing))

[Dani]
okay good thank you now we're going to start with this part exercise that i mentioned about let's start with lip trill first yeah let's start with lip trill let's do in this melody ((demonstrating))

[Domi]
((Domi do liptrill))

[Dani]
Good, so as we have done this exercise, lip trill, what sensation are you feeling?

Is there any particular area in the body or in your nose, in throat, in your lower back or any place or anything that you can share with me? Is there any particular sensation or just like normal or any ticklish or anything what you're feeling?

[Domi]
A little bit ticklish.

[Dani]
Ticklish? Okay. In which area?

[Domi]
Near my ear.

[Dani]

Near?

[Domi]

Near my ear and like inside the throat.

[Dani]

Oh, near your ear and inside the throat. Okay, good. Thank you. Let's continue.

Okay. Okay. Let's continue with that. good as we go higher and is there anything new that you would like to share?

[Domi]

no

[Dani]

they're still the same yeah

so more like on tickling near the ear and near the throat yeah

any other any other tension or pressure or anything

[Domi]

no

[Dani]

in the body maybe

[Domi]

no i don't know, if i sing a one note it goes a bit higher than what i'm singing

[Dani]

oh is it that's that's how you feel okay all right cool let's continue let's try again Good. Now, how long have you been doing liptrills? Have you ever done it before?

[Domi]

Barely.

[Dani]

Barely? Oh, okay. Like, maybe over one year, maybe?

Yeah, one year, but during this year, maybe not, just occasionally. Like, how about during the lessons? You're singing in the choir, right? And also taking regular first lesson, is it?

[Domi]

No

[Dani]

No? Oh, no, just singing in the choir. Do you do liptrill often in the choir?

[Domi]

No.

[Dani]

No? Okay, good. All right. Now, let's try tongue trail, right? Let's try tongue trill. And as you do this exercise, share with me what you're feeling in the body and in your instrument, yeah? Let's start with this one ((demonstrating))

[Domi]

((Domi do tongue trill))

[Dani]

Now, tell me, is there any particular sensation or anything when we do a tongue trill?

[Domi]

Near my throat, there's like a motor sound or something.

[Dani]

What? A motor sound? Like a motor sound, it's like like that, yeah? And then is it like tingly?

[Domi]

My throat is vibrating.

[Dani]

Oh yeah, your throat is vibrating. Okay, good. Is there any discomfort or just like normal?

[Domi]

It's normal.

[Dani]

It's normal. Just probably just feel the sensation or vibrating sensation, is it? Okay, good.

No ticklishness in the nose or in other areas of the body?

[Domi]

No

[Dani]

No? Okay. any differences in terms of sensation compared to lip trill? How do you feel? Or they're just like sort of quite the same?

[Domi]

They're the same.

[Dani]

Quite the same? Oh, okay. Good. And then how about in terms of difficulties, in terms of difficulty level, both of these exercises? Is there any of them that are more difficult than the other? Or they're just sort of the same?

[Domi]

Lip trill is harder than tongue trill.

[Dani]

Lip twirl is harder than tongue twirl. Okay, got it. All right, let's do the next exercise, thank you. Let's do the next exercise. We do the straw phonation. I'm going to give you a straw. So, we're going to do this, first we're going to do without water, just, just the straw.

so you just like put it in your mouth you can you can you can hold it with your hand you can have the teeth hold it for you just like just don't don't bite it too hard that we just we want to keep the the hole so and then like that and then you just basically you're singing like you're blowing let's try

[Domi]

((Domi doing straw phonation))

[Dani]

okay and any thoughts no this is normal any ticklish any weird sensation

[Domi]

my voice is just muted

[Dani]

your voice it's just muted your voice is muted oh okay all right any vibrating sensation or buzzing sensation

no okay let's just continue

[Domi]

((Domi doing straw phonation))

[Dani]

make sure that you keep very sealed with your lips yeah on the air so the air only come out from here

[Domi]

((Domi doing straw phonation))

[Dani]

good and relax your tongue inside

On top of this phrase, any, any, , new sensation?

[Domi]

No.

[Dani]

Nothing? Okay. Let's use the water. Yeah, you just basically just put it, , submerge, the one end of the straw to the water. And just try to keep your head a bit higher so it doesn't have to be the, , too deep. So, we're going, sorry, I'm going to just keep, keep, keep, , keep, , yeah, yeah, okay, like this position. And it just doesn't have to be too deep. Yeah, this one. This idea is good. So, and then do the same thing. make sure, , your, your lips still this idea, yeah? , and then, , do the same thing, , but blowing it in, in the, you, you're going to make bubbles. It's going to be fun. Hopefully.

Yes, quite comfortable.

You got splashed. Cover it a bit. okay now any thoughts any any sensation

[Domi]

it's fun this is my favorite one

[Dani]

okay it's fun how about the sensation in your nose in the throat or any part of your body any difference between using water and not using the water or with other exercises

[Domi]

my mouth just hurts

[Dani]

your mouth is hurt is it yeah how hurts like a level if it's one two to one to ten six six oh okay which part of the market that hurts my lips or your lips okay is it what what do you think cause it hurting is it because of holding the straw or because or more because of holding the straw okay this is this position okay okay and then what else that you can share and then the thing that you can share with me about this experience it keeps splashing me it's gonna pressing you okay and then this is your your favorite yeah why do you think this is your favorite because it's fun or it's bubbles because bubbles you like bubbles all right okay good excellent excellent thank you now let's move along with the another exercise you can put that away and then the next one we're going to do is the blowfish so here's how you do blowfish blowfish is basically you you like a blowing you know blowing balloons so you make this your cheek really puffy but you let the air out and then you mix up so it's not hming it's yeah so it's blowing air has to come out through your mouth but a little bit yeah do you feel the air coming up oh yeah this don't let it become that become hming this has to be a pure blow so not hming or singing

SPEAKER_6

[00:22:06] hmm

SPEAKER_0

[00:22:10] yeah you just make a tiny hole yeah you're basically just like you you're like refraining from blowing but you just make you know a leakage a little bit

SPEAKER_6

[00:22:27] so again

SPEAKER_0

[00:22:49] Yes, give your baby child a cheeky puff, yes. okay how about this one what sensation you're feeling this part hurts this part hurts okay and then any part oh one two ten how what is the level of hurt four okay thank you and then what else what is your feeling that you notice i don't know oh you don't feel anything else how about in the nose is there any any any ticklish anything a little bit in the nose how about in the throat nothing nah okay how about in your chest no okay tmy how about lower back no just everything the same just tickles a bit in the nose okay and then let's say if you want to put them in order from your most favorite to your least favorite how are we going to order this file so we have liptrill tongue trill we have blowfish we have strophonic with water and strophonic without water which one is your most rated top nber one the straw with the water okay good and then which one the least the the bottom one the bottom five here lip trial okay so we got strophonic liquor water nber one nber five is lip trail let's fill the the middle what is nber two the the the strong straw without water and then what is we still have what blowfish and tongue tongue and then blowfish okay so strophonic water strophonic without water and then tongue trill and then blowfish and then lecture the last okay good if your teacher asks you to practice as ofity on your own at home which one that you most likely going to do at home the bubble one okay good excellent and then let me see what else that my question that I have for you all right let's not say something just like the melody good we've been doing the esophit exercise for about maybe like a total 15 minutes if we put it together so comparing before you do this exercise and after you do the exercise you're doing a little bit of melody singing just like you know singing with your vocal vowels do you think any differences before and after yeah what do you think how do you feel after after the exercises how do you feel when you sing i feel like my voice is louder and i can like sing easier i feel louder and then i'll do it and then i think easier okay good let me see if i get that that's a very good and then what you might get your favorite one or just something you do not okay all right i think oh oh yeah okay i think i got the answer what do you like which one that you exercise that that excites you the most i guess the bubble one all right good i got i got i got i got all covered questions so thank you so much dominic thank you for helping me thank you austin thank you

Transcriptions: Selena

Dani

Could you mention your name for the recording?

What is your name?

Selena:

Selena

Dani:

What is your age?

Selena: 12,

Dani: 12 years old, okay. Thank you, Selena. Selena is going to help me with my research. As I mentioned before, I'm currently conducting research in looking for a perspective of students towards several exercises. And these exercises that we're going to do or we're going to perform are exercises under the umbrella term of Semi-occluded Vocal Tract Exercises. So, have you ever heard of semi-occluded vocal tract exercises?

Selena:

No,

Dani:

Ok I'll explain it briefly. So, these are the exercises that involve narrowing one of the ends of the vocal tract.

So, this is our vocal tract. It lies from our vocal cord here and then all the way here, right? So, our mouth and our nose. These are the vocal tract. It's like the acoustic space or like a space in the guitar, for example. So, all musical instruments have acoustic space. Like in piano, there's like a room where the strings and everything lies on. And then there's an acoustic space in guitar, you have that whole thing. Yeah, right? This acoustic space is used for amplifying and also filtering the sound made by the sound source, which is our vocal cord. Right? And in vocal singing, when we talk about vocal techniques, among others, one of them is to work on this vocal tract, right? Trying to create resonance, trying to improve text diction. A lot of thing happens here in the vocal tract. And these exercises are exercises that are involving narrowing one end. We have this end and this end. One end of the vocal tract. There are lots of exercises included in some of the vocal tract exercises. Five of them that we're going to do today.

First of all is the liptrill. Have you ever heard about liptrill?

Selena: ((nod))

Dani:

Yes?, good. And then also tongue trill.

Selena: ((shake head))

Dani:

Never heard of it?

And then blowfish.

Selena: ((nod))

Dani:

Yeah? okay, we're going to do that.

That's going to be fun. And then also straw phonation. Have you ever heard?

Selena: ((shake head))

Dani: Ok so straw phonation. We're going to do two straw phonations: one without water and one with water.

So there's going to be five exercises that we're going to do today.

I'm going to teach you how to do it, of course. And then we're doing it. I mean, you're going to do it. And then I'm going to ask you several questions: interviewing your experience when doing these exercises.

So this research is basically qualitative research. So it's more like interviewing. And you're going to share with me your thoughts. And then what you think about these exercises.

And then if you want to rate it, like one to ten, you're going to give a score. And I think maybe we could rate, based on your most favorite exercises, from your favorite exercises until the least one. those kinds of things, ok? So there's no right or wrong answers; it's just more your truthful answers, based on what you feel and what you think about the exercises. Okay? Good. Before we start, I'm going to ask: How are you feeling today? Are you sick? Or are you feeling okay? healthy? Or just a little bit sick?

Selena:

Okay, I just woke up.

Dani

Okay, alright. Yeah, so just for the record, we are at 9:30 in the morning. So I'm just, you know, okay, good.

We're going to do a little bit of just like, not a warm-up, but just checking on how you're feeling maybe in the voice, yeah? Let's do just a little bit vocalization before we do these five exercises. We're going to sing simple melodies.

((Selena sings some vocalizations with guidance))

Dani:

Oh, I think your voice you're in a perfectly fit condition... uh, excellent!

Alright, let's do the the exercise that we mentioned about that I mentioned about.

Let's begin with liptrills. So, um, you've heard this before, right?

Selena: ((nod))

Dani:

So it's quite familiar... have you done this before? Of course, yeah... um, is it often?

Selena:
not really...

Dani:
I know you're uh, you're you're with the TRCC, the choir, and are you also taking uh, like regular uh private singing lessons? Okay... um, in your private lessons or in the TRCC... uh, do they also do this lip trail exercises?

Selena:
Rarely,

Dani
yeah, okay. But uh, but I think last time, long time ago, when we were in Sarunai and your are very young, I think uh, we did it uh, yeah!
This is quite a long time ago with me, yeah!
Okay, good, alright!
Let's do that again now... I hope you still remember how to do it... um, let's do this

I just kept going with that melody

((selena do lip trills with the last melody being used))

try again, just keep the air consistent
keep it steady,

keep the air flow just like somebody pulling the air from you, release the air, a little bit more, there you go, good. Now let's change the melody a little bit, let's do this one, try again, good, okay let's do this one instead. There you go, good, it's okay, let's do this one, eh, good, good, yes, there you go, good, good, now let's do this, there you go, one, there you go, one more time, excellent. Good. Excellent.

Now, tell me, what do you feel about this exercise? What do you think?

Selena
Pretty hard sometimes.

Dani
Sometimes pretty hard indeed, yes. And then what else did you notice? Did you feel any particular sensation?

Selena:
It's itchy.

Dani:
It's very itchy and ticklish here, yeah? Any other sensation that you're feeling?

Selena:
No.

Dani:
No? just a little bit? It's hard, isn't it? Let's just do a couple more just to get you used to it with this exercise, just a little bit. I'm going to move down from this key. Let's continue with the same melody. Good. And then continue. Good. One hint, you can

also try to feel the lower back.

No?, it's okay. Actually, I ask you, do you feel anything in your lower back? Is it tightening or just like pretty much the same?

Selena

Just the same.

Dani

ok so pretty much the same. Okay, that's fine. Now, we can give a little bit of nudge, a little bit of support in the lower back to help you to get smoother the liptrill. And then have the air consistent like a sigh. Let's sigh with me.

Selena

Hmm. Hmm ((Selena Sigh))

Dani

Yeah, sort of releasing instead of pushing. We're releasing the air freely. And to help to get the liptrill smooth. Yeah, make it in one connection; there you go, excellent, go on, so just make it one; I'm making it three, yeah, excellent, yes, in one connection, excellent, good, again, there you go, very much good. Up a little more, there you go, well done, good. Um, thank you for that. Um, any other uh additional thoughts about that exercise?

Selena ((shake head))

Dani:

No? okay, uh, if you're going to... oh no, let's do a rate later on after we do all the five and then we do rate everything, okay. Now, let's do the second exercise which is 'tongue trill'

Uh, let's try

((Selena was doing the tongue trill exercises))

'there you go'

good,

let's use the same melody,

good,

good,

there you go,

there you go.

Dani:

Okay, let me hear your thought. What's your thought on this one?

Selena:

It's harder.

Dani:

It's harder?

Okay. Let's make it easier.

Let's just do two notes and see what happens. Sliding down.

There you go.

Let's do this one.

There you go.

Dani

Good, yeah. So, other than that, it's harder than a liptrill, any other thoughts about this one?

Selena

I don't know how to do it; I just do it.

Dani

Yeah, you just know how to do it; you just do it and it just feels like so harder? yeah. Are you basically just the same thing; you just like you know letting the air out? Good, so um, lip trill and tongue trill, uh, which one is your most favorite between the two?

Selena:

Lip trill

Dani:

Ah so Lip trill is better, although that one is also hard.
so the tongue trill is harder for you?

((Selena nod))

Dani:

all right. So, uh, have you done this tongue trill before? I mean recently like in the last like two years, maybe?

Selena:

I just do it for fun;

Dani

you just do it for fun? okay, okay. But uh, rarely in the in the rehearsals?

Selena:

uhmm

Dani:

is it rarely in the rehearsals? Okay, in the choir? or in the solo, um, private lesson?

Selena: ((shake head))

Also around the end of the tongue trill, we just do it for fun. Uh, good, all right, good to know, all right. Um, is there any particular sensation when you do tongue trill?

Selena

It's uncomfortable in my mouth, but it's okay.

Dani

okay, is there any other discomfort other than mouth? maybe in the other area around the body?,

Selena:
no

Dani:
no?, okay, just in mouth?

Alright, let's do the next one. We're going to do a straw phonation, so I'm going to give you a straw, a straw, oh, oh! Do you want something to drink? Okay, uh, we're going to use this later on, uh, you need to drink it anyway, uh, later on, uh, we're going to use the straw, um, and then, um, we're going to sing through the straw. I'm going to get one for myself as well, um, so for the record, this is a six millimeter straw, the material is paper carton,

So we're going to sing into the straw, so we hold the straw like this, um, just put it inside your mouth and then you're going to seal with your mouth right,

make sure there's no air coming out between your your lips and the straw, and then you basically like uh a thing or a funny thing with having this droid blowing over while singing, so it's like for example, like this. Basically, it's like something like that. Okay, let's give it a try; let's do it in that melody.

((Selena do the exercise))

Oh, good. Oh, great.

Dani
Now, um, tell me, um, how do you feel with these exercises?

Selena
At first, it was pretty hard, but then I got used to it,

Dani:
so it's pretty easy,?

((Selena nod))

Dani:
it's really easy, okay, good.

Dani
Uh, any particular sensation that you're feeling while doing this exercise? Any tickles, any discomfort, and anything?

Selena:
No,

Dani:
no? just regular? yeah. So when you did the exercise, nothing uh, nothing alarming or anything?, okay, all right. Good, uh, let's do this, let's continue this uh for a few more minutes still with this uh, I'll change the melody,

((Selena do the exercise))

Dani:

Now we're going to use the water, so do you want a drink? No, okay, so let's just this one, you hold this, and then we're going to submerge the straw in the water. and then we just do the same thing. We lift the bottle, so you don't know yes they still happen, you know equal aligned a position, yeah, and then you just avoid the same thing and then just go in there.

In the water, one, two, three, and go!

((Selena do the water exercise))

Dani:

What do you think?

Selena:

Haha ... it's good, it's fun

Dani:

Yeah, okay, it's fun. Okay, let's do that. Fun is good. Okay, all you go, mess, you make bubbles.

You need to make bubbles. One, two, three, and go!

((Selena do the water exercise))

Dani:

Good, and then I'll begin to change the melody.

There we go. Good, Excellent!.

Okay, good. Now, tell me about this one. What do you think?

It's fun, good. First, it's fun, and then what else?

Any other thought?,

Selena:

more vibration,

Dani:

huh, more vibration?

Okay, good. And then what else? What else?

Selena

It's slightly harder, a bit.

Dani

Ah it's slightly harder a bit oke any particular sensation? in your nose, in your throat, in your mouth,? anything?

Selena:

No

Dani:

compared with the ones without water, any other differences or sensations?

Selena:

No

Dani:

No? just the same? Alright that's fine.

Okay compared to all these other four, which one is your favourite, so far?

Selena:

This one

Dani:

Ahaha this one? okay wonderful.

Dani

if your teacher, for example, give you homework to do, um... um, these exercises, you can choose or which one that you most likely going to choose?

Selena

tongue trill

Dani:

tongue trill? ah alright

Okay, we are going to put this aside, let's put it here first, and then we are going to do the fifth exercise:

Blowfish is basically like blowing. but in this position.

Now we are going to blow, but with sound

So basically we are blocking the air with our lip, right?? and only let tiny leak on our lip to get the air out. This cheek need to be puffy. because we are going to create the back pressure inside our mouth

((Selena doing the blow fish))

Dani:

allright, tell me, what do you think about this one?

Selena:

It's harder

Dani:

It's harder..okay it's harder. Any particular sensation?

Selena:

Not really

Dani:

Not really..may be ticklish? or perhaps tensions, or hurting, or anything?

No?

Selena:

no

Dani:

okay okay alright now we have 5 exercises, we have lip trill, tongue trill, straw phonation with and without water, blowfish. Of all these five, lets put them in order, from your most favorite to your least favorite. So which one is your most favourite?

Selena:

Tongue trill

Dani: are you sure, not straw phonation with water? you said it was fun. Hahahaha

Selena:

Because I can do tongue trill anytime

Dani:

you can do tongue trill anytime! yes! excellent! okay and then second?

Selena:

The straw one, with water

Dani: why?

Selena:

Because it was fun and easier

Dani:

Okay, so fun and easy is important to you, and practicality also important to you
What is the third one?

Selena:

Straw without water

Dani:

okay, then the fourth?

Selena:

the blowfish

Dani:

okay the blowfish. okay and the least favourite?

Selena:

Lip trill

Dani:

Lip trill! aha

Selena:

Because I still can't do it

Dani:

Ah because you still can't do it.. okay.

ah ok let's do another singing
let's do the first thing that we did

((Selena was doing vocalization in uuu and yayayah))

Dani:
okay, is there any difference between before we do the exercise and after we do the exercise?
what do you feel now?

Selena:
It's easier

Dani:
If your teacher gives you homework: "okay, Selena, um, you need to do, um, the exercises on your own time, uh, of just pick all of these five exercises".
Would you think this exercise is something appealing to be done on your own time by yourself if you're if it's at home work?

Selena:
Yes

Dani:
yeah, there's especially the uh the tongue trill your your favorite one

Selena:
Yes

Dani:
at least you can do a tongue still and uh, yeah, you can do it on your own time, okay.
Oh, good, wonderful, I think I think I think we're good, uh, for today, and thank you so much for helping me out with this research; I think I'll go to your the question answered;
is there anything Else, that you want to add anything about this exercise? Anything that you come across my mind,

Selena:
not really...

Dani:
not really. Okay, all right so just, uh, yeah. All right, good. Wonderful. Thank you so much, Selena. Thank you. Okay, you can just wait here, uh, we can call your mom to come here.

Kael.webm

Dani

[00:00:00] be relaxed, this is not too formal I'm even starting to set up, we don't need to do anything Just relax, this is just for me to be able to... So that later I can write it down again Because when we do this, I can't write it down, so we are recording this, So I'll transcribe Okay Kael? can you mention your name and your age? What is your name?

Kael, okay,
how old are you?

Kael

Ten

Dani

Ten, ten years old, okay Kael
So, do you sing frequently? Or how's your Oh, sometimes I know you go to singing lessons

Kael

Yes

Dani

So, at least once a week maybe, is it?

Kael

Yes I just once a week

Dani

And then, at home, do you like to sing by yourself? Or only when you're in class?

Kael

[00:01:12] Sometimes

Dani

[00:01:13] Sometimes? Okay, good And then, how's your voice now? Do you feel sick or okay? Or are you good with your voice? How's your voice today? What do you think?

Kael

I don't know

Dani

I don't know, yeah Just okay, okay? Or just normal?

Kael

[00:01:39] I think it's okay

Dani

[00:01:40] Okay, good Okay, so today, as I explained earlier I'm doing research This research is getting the perspective Students' perspective of several vocal exercises Which is called the semi-occluded vocal track exercises Have you ever heard of semi-occluded vocal track exercises? Have you ever heard of it? Not yet?, okay, good So, semi-occluded vocal track exercises Vocal track is A channel or area above our vocal cords This is our vocal cords where we sound, right? Then, what is it called? This is the channel above it It's called a vocal track Semi-occluded is Partially closed Or what is it called? Narrow So, from here, there is something that is closed

Well, then, that's it What goes into the semi-occluded vocal track exercises There are many Then we will try a few The first is called lip trill Have you ever done lip trill? Have you ever done lip trill before? Have you ever? Have you ever done lip trill before?

Kael

[00:02:55] Yes

Dani

[00:02:56] Have you ever? Then, how often? Often or not?

Kael

[00:03:00] Rarely.

Dani

[00:03:01] Rarely Rarely, okay Then, besides lip trill There is also tongue trill If tongue trill Have you ever? Never Never, huh? If tongue trill, never Then, but do you know what tongue trill is? Don't know Don't know, okay Then, besides little tongue trill There is also the name of straw phonation Have you ever heard of straw phonation? Straw phonation Never Straw phonation Yes, it's also not a lot Those who like this Those who sing straw phonation straw phonation straw phonation We will sing later with a straw Well, then, straw phonation Can use water And can also not use water So there are two kinds We gonna do both of them And then Then, the fifth We have the name of blowfish Later, you will see the blowfish Never Never too Good We will try And this is good Because many of the exercises you have never done So we can really get like Sort of like a very genuine reaction Like what's the name You know if on TikTok First time opening like that This is the first reaction like what Because you have never done it So it's gonna be very exciting Alright, okay So just relax 's no right or wrong answer Again You just need to be truthful Anyway Whatever is plain that you feel You just tell it We just want you to tell There is no right or wrong Yes But the point is what you think you feel Just like that We do What's the name Exercise Then that's it What do you feel Then you tell Okay Okay Before we do these five exercises We will What's the name Start with Simple singing first Yes So we have There is a comparison Before and after Actually we can compare Before and after How does it feel Before the exercise And then after the exercise Try we What's the name As simple as liiii liiii liiii liiii liiii liiii E, E, E Good! Skyscrapers, go re re.

Kael

[00:05:21] Ah ah ahhh

Dani

[00:05:23] If you want. 's go with U. Exercise yeah, we're gonna start with the first one lip trail. Okay, let's do lip trail uh in this melody There we go Okay, now talk to me, literally what do you feel, any particular sensation that you can share with us? Weird. Huh? Weird. Weird? Why weird? What do you mean weird? Just weird. Like, that's a weird sensation, right? And then, maybe you can be more specific about the weirdness, for example, is it because there are vibrations, or because there is tingling, or because of what? Tickling. Tickling? Okay, good. Tickling. We got a sensation, tickling. So, tickling or tickles? Where is the tickling?

Kael

[00:08:17] Here. What?

Dani

[00:08:19] Where? Here, right? Here. Here. What's the name? The tickling is here. The tickle is here. Yeah, right, sorry. Okay, so where is the tickling? . Where? Wait a minute? Oh, outside? Yes, okay. So let's stop watching, okay? What's the tickling's location? It's right here. Also, where else you feel it there? You don't feel tickles anywhere else? No. No? Just right

here? Can you tell us where your tickling is, where? Here. Oh okay. Where else?

Kael

[00:08:53] Here? Where?

Dani

[00:08:55] Here? Here too? Okay, it goes over there. And then, another sensation, like a tension, like there's pressure, or other vibrations, or something like that. Okay, good. Alright, that's enough. Let's move on to the next one. The next one, let's do tongue trill. Can you do tongue trill? Good, okay. Let's do tongue trill. Tongue trill.

Kael

[00:10:11] 'm not sure if I can do this.

Dani

[00:10:25] Now, how about this one? How do you feel, Tansu?

Kael

[00:10:32] This is harder.

Dani

[00:10:34] This one is harder, right? Okay, it's harder. Why do you feel it's harder? Is it because of the shaking of the tongue? Is it because it's harder?

Kael

[00:10:46] Why? I don

Dani

[00:10:47] 't know. It's because of the shaking of the tongue, right? Sometimes it doesn't make any sound, right? Then, what else do you feel? Is there anything else that you notice?

Kael

[00:10:58] Something that you feel?

Dani

[00:11:00] The shaking of the tongue. Where is the shaking of the tongue? It's in the tongue, right? Besides the tongue, where else?

Kael

[00:11:08] In the gums.

Dani

[00:11:10] In the gums. Okay, in the gums. Okay. Where is the gums? In the upper part. In the upper part, right? Okay, good. Any other tingling? Anything else? Nothing, right? Okay. If you were to compare both of them, which one do you prefer?

Kael

[00:11:36] The tongue.

Dani

[00:11:38] You prefer the tongue, right? Because the tongue is harder, right? We will compare it with other exercises later. Okay, good. Then, let's do blowfish. Blowfish is basically you just blow. Like you make a blow like this. But until the coffee. Let's try to close the air first before

we blow it out. Well, now it's like that. But after that, blow it out. While the air comes out. While it sounds. Try it. Yeah, like that. Well, then we basically practice like that. We sing, but in a way like that.

Kael

[00:12:24] Like, for example.

Dani

[00:12:28] Let me try.

Kael

[00:12:34] Good.

Dani

[00:13:21] What do you think about this exercise? What do you think about this exercise?

Kael

[00:13:38] I don't know

Dani

[00:13:40] You don't know? But how does it feel? Are there any feelings that can be told? Tired Tired where? Here Because it's like this Tired there Besides being tired, what else? Is there pressure in your mouth? Is there something you feel in your throat or anything?

Kael

[00:14:08] It's a bit hard to breathe

Dani

[00:14:12] It's hard to breathe, right? Because there are bacteria Pressure because we close our mouth So is there any effort or anything? Is it heavier? Maybe if compared to this one With tungsten and lithium for the sound

Kael

[00:14:28] Use energy

Dani

[00:14:30] Use energy? If it's endorphin, it uses more energy, right? Like that, it uses more energy More effort Okay, then is there any pain? Or tingling Or any pain? No Is there any strange feeling in your throat or anything? No Okay, then Okay, if there's no one else playing Then If compared to the three Little Tanel Blowfish Which one do you like more? Blowfish Blowfish likes Blowfish more Why Blowfish? Easier Easier than the previous two, right? Okay Good, okay Now let's do What is it called? straw phonation I'm going to give you a straw The first straw You can open it The straw is still wrapped It's still new Okay We just sing but mute The straw is still here So for example

Kael

[00:15:52] Mm

Dani

[00:15:54] Not, huh That's for you Hahahah Try again Hm Mm I'm not going to play it like this, but I'm going to play it like this Let's play it

Kael

[00:16:18] Here we go Good.

Dani

[00:17:21] Okay, how about this one?

Kael

[00:17:28] Easy

Dani

[00:17:30] Easy? Okay, easy And then there's that How about sensation? Is there any particular sensation?

Kael

[00:17:37] A little bit of vibration

Dani

[00:17:39] A little bit of vibration? Okay, where is the vibration? How do you feel?

Kael

[00:17:44] I feel like it's spinning in my mouth

Dani

[00:17:47] Spinning where? The sound, the vibration What's spinning?

Kael

[00:17:51] I don't know

Dani

[00:17:52] I don't know Try again 's nothing weird or interesting or anything? Just normal? Okay. Then, is there any grumbling? There's nothing. There's no grumbling, then there's that. Okay. Then, what else is there? This is easier, actually. If you can compare it to Blowfish, Town Troll, and Littletail, which one do you like better? This one. Oh, exactly, like this one. Why? Because it's cute to use a syringe, right? No, it

Kael

[00:18:36] 's just easy. It

Dani

[00:18:38] 's just easy, right? Okay, good. Okay, next. We will do the same thing, but we will do it with water. We have this. Open this first. Reduce a little. The water. So that it doesn't splatter. Do you want to hold it? Oh, here, throw it away. Hold it here. Hold it. Then. Then we do the same exercise, but we use water. So, we put it in earlier. Yes, like that. You don't have to put it in. Put it in. Yes, but the tip is a little deeper. Then, like that. You lift it until it sits. So, it's firm. Then, like that. And then, the same thing.

Kael

[00:19:36] Like that. Like that. Like that. Like that.

Dani

[00:19:41] Like that.

Kael

[00:19:42] Like that.

Dani

[00:20:42] Okay, how about this one?

Kael

[00:20:49] 's a bit funny

Dani

[00:20:53] Why is it funny? Because you're making a bubble, right?

Kael

[00:20:56] The sound is like it's in the water

Dani

[00:20:59] The sound is like it's in the water, okay And then, what else? Imagination Imagination And then, for example, you choose Among all of them, we have lip trill, tongue trill, blowfish, straw phonation without water straw phonation without water Which one do you like the most? Number 5 Which one? This one This one? This is number 1, okay And then, if we have to list them all Among all of them, which one is the lowest? Which one is the lowest?

Kael

[00:21:35] Which one? Which one?

Dani

[00:21:37] Tongue trill Tongue trill, okay good Now, we have 1, 2, 3 Which one is number 2? We have blowfish, straw phonation without water

Kael

[00:21:48] straw phonation without water

Dani

[00:21:50] straw phonation without water And then, there are still 2 more There's lip trill, there's lip trill, and there's blowfish Which one is this?

Kael

[00:22:01] The third one is Blowfish

Dani

[00:22:06] The third one is blowfish The fourth one is tongue trill So, the first row, the most favorite is straw phonation with water Number 2 is straw phonation without water And then, number 3, what was it? Number 3 is blowfish And then, number 4 is lip trill And then, the lowest is tongue trill Okay Why do you like this one the most?

Kael

[00:22:37] You don

Dani

[00:22:37] 't know? The most funny, the most fun, the most what? Like playing or whatever Whatever the answer is Like playing Like playing with water Like playing with water, oh like that Just like that, just like that Because playing with water And then, there's something funny And then, any particular sensation There's a tickle or there's pressure There's anything Nothing, just normal Just like playing Good And then, the last one is tongue trill Tongue trill because Why is it the lowest? Because it's hard, it's the hardest Yes, because it's the hardest Okay Then, what else? If, for example, you are given PR by the teacher Kael has to practice these SOPT exercises at home every day Or at least in a week there are 3 times or 4 days That you practice Just a

moment You, roughly Would you do it? Where are you from? 're still not going to do it Why? Okay Then, if for example But you have to do it at least once One of these five For example, one of these five For example, you have to do it yourself And finally Where do you think you're most likely going to do it? That Like most likely, that's it I'll choose this one Okay Then What? What else? That's it I think it's safe That's all Thank you so much, Kael Thank you for participating I think this will be the end of the recording

Transcriptions: Kidung

[Dani]

So, don't need to worry, we'll start recording And then, what is it called? So, as I said earlier, you are helping me to do the research You're going to be my research participant What we're going to do is, this is the research about Perspective of students about some vocal exercises These vocal exercises are all in the umbrella term Semi Occluded Vocal Track Exercises Or S.O.V.T. Have you heard about it? S.O.V.T. Semi Occluded Vocal Track Exercises?

[Kidung]

((Shake head))

[Dani]

Okay, good So, these exercises are actually Exercises that involve narrowing or semi occlusion Semi occlusion is like being closed a little bit But semi, because it's not fully occluded From the vocal track Vocal track is from the vocal box Up here, this area Exercises that involve a little narrowing And a little closing of the vocal track area There are many of these S.O.V.T., but today, we're going to try using just five. One of the five is Lip Trill. Have you heard of Lip Trill?

[Kidung]

((nod))

[Dani]

Then there's also Tongue Trill Have you heard of it?

[Kidung]

((nod))

[Dani]

Then there's Blowfish Have you heard of Blowfish?

[Kidung]

((shake head))

[Dani]

Then there's Straw phonation Have you heard of it?

[Kidung]

((shake head))

[Dani]

Straw phonation is basically singing through a straw. and this can be done with water and without water. I will explain about it later.

We're going to try these 5. And what I would needs from you is when we do this exercise, for example when do Lip Trill, I would like to have you share with me what does Lip Trill feel like? Is there tension? Is there pain? Is there itching? This one is funny, the exercise I like this one, I don't like that one Because it's hard This one is heavier This one is better This one is more interesting This one is a bit boring This one is all kinds of things, etc. Okay? So there's no right or wrong answers But what we need is your truthful answers What does it feel like? Okay So aThere's no right or wrong answers What we need is just answers and story from you And how you feel about

it About the exercise Okay? Good Before we start Let's just sing a little bit To check How are you feeling today? Are you okay? Are you sick or what?

[Kidung]

I'm sick

[Dani]

Oh, you're sick

[Kidung]

I have a bit of runny nose

[Dani]

Oh, you have a little bit cold Okay, it's okay Let's go But you can still sing, right?

[Kidung]

yes

[Dani]

Let's try it

[Kidung]

((Kidung vocalize with eee and uuuu))

[Dani]

Sing a bit. If you don't have one, it will make it hard Okay, now we will try to compare before and after the exercise This is you singing before the exercise Now we use the exercise We start with the lip trill Have you ever done lip trill before? How often do you do lip trill?

[Kidung]

Actually I rarely do it, but I know lip trill.

[Dani]

Ok so you know it, but just rarely done it, good let's try. ((demonstrating lip trill))

[Kidung]

((kidung doing lip trill))

[Dani]

During this exercise, try to feel What do you feel while doing lip trill Then you can tell us Ready?

[Kidung]

((Kidung continue doing lip trill))

[Dani]

Okay, what do you want to feel when you hear this letter?

[Kidung]

Geli (Indonesian word for the sensation of tickle)

[Dani]

Geli, where?

[Kidung]

Here (pointing between nose and lip)

[Dani]

Okay, what else? Any other antipathic sensation?

[Kidung]

((shake head))

[Dani]

Nothing?

okays so was it Hard or easy?

[Kidung]

Easy

[Dani]

Easy, okay, was there any tension, uncomfortable, uncomfortable or what? Just normal?

[Kidung]

Just normal

[Dani]

Just normal, okay, normal Okay,

Okay now let's do tongue trill, okay? Tongue trill ((demonstrating tongue trill))

[Kidung]

((Kidung doing Tongue trill))

[Dani]

Okay, good. Now, how about this one? what do you think about tongue trill?

[Kidung]

just normal

[Dani]

Just normal?, ok was it hard to do it?

[Kidung]

Just normal

[Dani]

Just normal too. ok, is there any particular sensation, for example is there any tingling or anything that is unusual to you?

[Kidung]

((shake head))

Strange,

[Dani]

Okay Tongue trill If compared to tongue trill and lip trill Which one do you like more?

[Kidung]

Lip trill

[Dani]

Why?

[Kidung]

Easier

[Dani]

Easier, okay

Now, let's do blowfish. Have you ever done blowfish exercise?

[Kidung]

Yes,

[Dani]

so we basically like blowing in this position ((demonstrate))

Do you often do blowfish exercise?

[Kidung]

((nod))

[Dani]

Compared to tongue trill?

[Kidung]

rarely

[Dani]

Among the three, lip trill, tongue trill and blowfish, which one do you do more often?

[Kidung]

Blowfish more often

[Dani]

ok so you know how to do blowfish right, let's do this with this melody

((demonstrating))

[Kidung]

((Kidung doing blowfish))

[Dani]

Okay. Is there anything you can share with me? how you feel with this blowfish?

[Kidung]

Nothing.

[Dani]

Is there any particular sensation? it could be anything such as tickles, pressure, extra effort, tight, etc

[Kidung]

hmm.. nothing.

[Dani]

is there any tickles?

[Kidung]

no

[Dani]

How about vibrating sensation?

[Kidung]

yes

[Dani]

where?

[Kidung]

I forgot

[Dani]

okay let's try it again

[Kidung]

((doing a few sets of blowfish))

[Dani]

Okay, do you feel anything?

[Kidung]

((shake head))

[Dani]

No?

[Kidung]

just normal

[Dani]

Oh, it's just normal. Okay, do you feel any pressure in your throat or anything?

No?

[Kidung]

No.

[Dani]

Okay, compared to the three of you, which one do you like more?

[Kidung]

Blowfish.

[Dani]

You like blowfish more? Oh, okay. Good, good. Noted. Why?

[Kidung]

It's easier.

[Dani]

It's easier? It's the easiest of all three. note. Now, we are going to take a straw.

[Kidung]

Actually there's one time when I was asked to bring a straw to the choir rehearsal, but we ended up not using it.

[Dani]

ah ok.

So we are going to put the straw in our mouth, just like we would normally use the straw for drink.. then we are going to sing through it. like this ((demonstrating))
off you go

[Kidung]

((doing straw phonation))

[Dani]

keep blowing.

Okay, now, how about this straw sphonation? Do you feel any sensation? anything? What do you think about it? you can say anything you feel or think about it

[Kidung]

It's hard.

[Dani]

It's harder? Okay, it's harder. How is it harder? Is it harder to blow or what?

[Kidung]

Yes, it is heavy to blow.

[Dani]

okay. heavier to blow. are there any tickles?

[Kidung]

((shake head))

[Dani]

In terms of the sound it produces, is it harder to make a sound or what?

[Kidung]

It's harder to make a sound.

[Dani]

It's harder to make a sound... Okay, now let's try to compare with our next exercise. Now we use water.

Like this. Hold it. Then put some water in. When it's done, it's the same thing, but now with water. ((demonstrating))

keep your neck aligned, and don't let your head tilt downward. Okay, give it a try.

[Kidung]

((Kidung doing the straw phonation with water))

[Dani]

Okay, what do you think about this one?

[Kidung]

It's just normal

[Dani]

It's just normal? Do you have any special sensation?

[Kidung]

No, it's just normal

[Dani]

If we compare it, we have straw phonation with water, without water, blowfish, tongue trill, and lip trill. From all these five exercises, which one do you like the most?

[Kidung]

Blowfish

[Dani]

You like blowfish the most, okay.

which one do you dislike the most? Out of all 5, which one do we put in the order?

[Kidung]

The one without this (water)

[Dani]

Oh, the strawphonation without water, that's the lowest. okay. then, which one do you think is number 2?

[Kidung]

The one with water

[Dani]

Ah Straw phonation with water. Okay next Number 3 and number 4, which one? What did we have? we still have lip trill and tongue trill which one do you want for number 3 and 4?

[Kidung]

Liptrill number 3 and tongue trill number 4

[Dani]

Okay if I can recap, your favourite in order, first is Blowfish, then straw phonation with water, then lip trill, and then tongue trill, and last one is straw phonation without water.

Oke let me ask you, for the one you put on the bottom, the straw phonation without water. Why did you put number 5?

[Kidung]

Because It's harder

[Dani]

It's harder, okay. Why did you put number 1, blowfish?

[Kidung]

Because it has been used commonly in my church choir.

[Dani]

Ah because it's more familiar to you. okay. And then, it's easier, right?

[Kidung]

It's easier

[Dani]

It's easier Okay,

If, for example, you get homework Okay, "This week, you have to do these SOVT exercise at home Every morning"

Do you think you will do it or not? You can choose Which one do you want to do. Would you do it?

[Kidung]

well probably, because there's this audition coming up for a concert participation, so I will definitely going to do exercise by myself.

[Dani]

And then You will use this Will you use it or not? Or you choose another one?

[Kidung]

Sometimes I use it, sometimes I don't

[Dani]

Sometimes you use it, sometimes you don't For example, if you want to use it Which one among the 5 most you want to use?

[Kidung]

Blowfish

[Dani]

Blowfish Why? Maybe because it's the easiest or what?

[Kidung]

Because it's the easiest

[Dani]

The easiest Okay good Now we can put those tools away.

Let's try Let's sing again.

We want to compare before and after the exercise

Let's try now ((demonstrating a vocalization))

[Kidung]

((singing a vocalisation))

[Dani]

Good Let's do it again Ya ya ya ya ya

[Kidung]

Ya ya ya ya ya

[Dani]

Okay, now if you compare before and after, what do you think, Kidung?

[Kidung]

I feel that there's something different

[Dani]

What's the difference?

[Kidung]

Before, my voice was a bit 'cempreng' (Indonesian word for wide-bright voice)

[Dani]

But what do you feel? Was it heavier? Was it easier? Was it harder?

[Kidung]

before, It felt heavier

[Dani]

And after?

[Kidung]

It felt lighter.

[Dani]

It felt lighter, and you could sing more easily. Okay, good.

In terms of voice, what do you think, Kidung? Do you feel any difference?

Or maybe besides being lighter, what about after? Did you like the sound more or not?

[Kidung]

I liked it more.

[Dani]

You liked the sound more compared to before?

Okay, that's it for now. Thank you so much, Kidung.

I will close the recording. Thank you for participating in this research.

Carissa.webm

Okay, Karissa.

Yeah, Karissa, let's start. We're going to put this away first for a minute. So, Karissa, for today, you're going to help me. I'm going to ask your opinion to help me with my research. So, I'm currently doing a research about students' perspectives, students' point of view, of several exercises, several singing exercises. So, the singing exercises that I'm looking for students' perspectives are exercises under the umbrella term of semi-accrued contract exercises. So, have you ever heard of semi-accrued contract exercises, or SOPT? No, you've never heard of it before, right? Okay, and then, actually, there are several so, semi-accrued contract exercises, what is this area we're doing our vocal cord over here and this one, so the space above the vocal cord is called the vocal tract. And then, occluded means like, sort of a closed.

So, semi-accrued is like, at least, closed forces exercises that are involved or closed from the vocal tract. So, under this umbrella term of SOPT are some There are different exercises. Some of them, among others, are lip trill. Do you know lip trill? And then tongue trill. And then also blowfish. And then straw formation, without water and also straw formation with water. All of these are part of that one. Actually, there are still other SOBDE exercises, but today I'm going to get your perspective on those exercises. Particularly on those five exercises. So what we're going to do, we're going to do a little bit of singing so we can check what you feel about it. About your singing. And then we're going to do the exercises. One of them I want you to practice.

You know, fill it or, well, based on your experience with those exercises. You can also tell me because I think some of them possibly have been doing it for quite some time. So it doesn't have to be based on what you're experiencing right now. But in general, what you think about doing these exercises for several, you know, for quite a long time. Right? So before we start the exercises, I want you to just sing. We're going to sing first. We're going to do it with us.

Let's practice. E-G-G-G-Eeee.

Ok, now let's do the exercise. Let's begin with the chill. I'm going to do each of the exercises and I want you to tell me what you feel about doing that exercise. Let's start with the chill first.

Okay, now tell me about live chill, how long have you been doing live chill, quite a long time? Yeah. More than one year, I think. Yeah. Since you started studying with me, I guess. Yeah. You do this quite often. What do you think about live chill? What do you feel when you do live chill? Is it difficult? Is it easy? Is it hard? There's no right or wrong answer, so you just, you can tell me anything just based on your experience and what you think about the exercise. It doesn't affect you, me, or anybody. Your answer is just like, you know, just interesting, anything that you feel like you thought about live chill. What do you think about live chill? Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. You know, you just play with the fun, and you just, you know, think about it as it is. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Okay. Um, Emily, what do you think about drying? Um, it's rough with dryer, and it's really fun. It's good to be in the sun. That makes a lot of Terra. Great. No. No? Okay, good. Breath. Let's try the neck exercise. Let the tongue trail.

It's a bit slower.

I guess I cannot decide.

Okay, so what do I think about tongue-chill? It's a bit shaky and it's also ticklish. Ticklish, okay, shaky and ticklish. Which one is ticklish? The roof of your mouth. Oh, the roof of the mouth, okay. And what else? It's kind of difficult. Difficult, harder. Compared to tongue-chill, tongue-chill

is harder. Okay, anything else? That's it. That's it, anything you find? So compared to, if you can choose between tongue-chill and lip-chill, which one would be your favorite between the two? Which one is better or which one is worse? I prefer lip-chill. Lip-chill, okay. Compared to just the two of them. Yeah. But the tongue-chill is harder, right? Yeah. Okay. Good. Um, okay, let's try the next one. Let's do the blowfish. Okay. Let's do blowfish. Do you know how to do blowfish? Yeah, that one, yeah? Yeah, let's do.

Oh,

okay, but now tell me what love is. What do you think about love is? Exercise. There's a lot of air in your mouth. Okay, and then what? If there's a lot of air in your mouth, is it weird, is it nice, is it harder, or is it what? 50-50. It's kind of helpful and also kind of not. Kind of not, okay. Explain. Okay. What do you think? Elaborate, elaborate. It's like, okay, just tell me, so this is a lot of air, okay, and then are you feeling comfortable with that, or okay, or not really comfortable? Okay. Okay, all right. And then any particular sensation? Okay. Any particular sensation such as like ticklish or vibration or pressure or? I feel a little bit of vibration. Vibration, okay. Which area of vibration?

Like in the front teeth. Front teeth, okay. And then is there any, you know, something like pressure or maybe like, is it harder to blow? Or harder to, is it harder to do compared to the others or easier to do? Compared to tongue trill and lip trill? Maybe if I could rank it, lip trill is like the first one. That is harder or easier. Easier, okay. And then blowfuse is the second one. Second one. And tongue trill. Tongue trill. Tongue trill is the third one. Okay, so our blowfuse is kind of in the middle, yeah? And is that still okay? Yeah. Okay, it's kind of in the middle. Tongue trill. Tongue trill. Okay, good. What else? What else? Is there any other things that you can share with me about blowfuse that you feel anything funny, weird, highly excited, anything? Or, ah, okay. Yeah. Okay, yeah. Alright. Okay, good. Let's do another exercise. We're going to do the straw position. Thank you. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Okay. Welcome. Okay.

Okay. Okay. Okay. Okay. Okay? Okay. Okay. Okay? Okay. Okay. Okay. Okay.

Ooh, ooh, ooh, ooh, ooh, ooh, ooh, ooh

Yeah, I'm trying to feel, uh, uh, uh, make sure you're feeling, you're assuming, your mind, your mind, everything, and then let you tell me what you feel.

Good, back on your own.

Okay, how about this one? Any thoughts? Oh, it's hard to... it's hard to keep blowing at the same time, mm-hmm. Okay, I just feel like it's hard to keep focus, okay, and then it's harder to say, 'I started to blow.' It's hard to do both or something. If I focus on the world, it'll be like my voice, and if I try to sing, it won't lose. Oh, okay, okay. So what can we do? What we want to do to do in the exercise is a little more... don't worry about it so the sound is mine. I feel like it's smaller; it doesn't have to be big, but it's part of the exercise. It sounded like it's small, but yeah, the right one to do is to keep it glowing.

Anything that you can tell me, I don't think so. Okay, um, good. Okay, any, any tickles, no, um, yes. I actually feel a little tickle, okay. All right, I mean, okay, tickles and then any uh vibration sensation like it's uh, well, maybe a vibrating sensation, any form of sensation other than tickles, yeah, um, um, yeah. Type which is my voice, um, my voice, um, to me it's like a little bit past what is that? A little bit best, so um, um, very thin. It doesn't feel like alien Chinese. How do you do that? It sounds like smaller Okay, that's pretty normal, alright, that's okay. It's part of the exercise; it makes sense like that. Now we're going to do another one, but this time with water. So, we're

[illegible]

[illegible]

Elena.m4a

Okay, so Elena. Elena, how old are you? Twelve. Twelve. Twelve years old. Okay. So Elena, today I'm going to ask you a favor to help me with my research. You're going to be my research participant. So I'm doing a research. I'm looking for students' opinions and students' perspectives on several singing exercises, okay? So the singing exercises that I'm researching are all under the umbrella term of semi-accorded vocal track exercises. Have you ever heard of semi-accorded vocal track exercises? No, not yet? Why are you laughing? I'm listening. And then semi-accorded vocal track exercises are exercises that involve singing. So, I think occlusion or semi-occlusion. Occlusion means like partially closed, like off the vocal tract. So, for our vocal tract, it's this area above the ear ring. This is our ear ring. And this is our vocal tract above it. So, there's like mouth space, nose space. Yeah, that's where the articulation is happening and then where the resonance and amplification is also happening. And then exercises that involve it. So, there are several types of exercises. What's funny?

What's funny? No. No. No? What's funny? I don't know. You're laughing at yourself. I don't know. Okay. So exercises that are under this SOP Term, terminology is some of them includes Lip Trail. Have you heard Lip Trail before? Yes. How long have you been doing Lip Trail? I think for quite some time, yeah. I think for the first time, how long have you been? The first time probably since you studied with me, I guess. Yeah. I don't know. I don't know. How long have you been studying with me? How old are you? How old are you? How old are you? How many classes have I attended? Have you been in any classes? Six. In the sixth grade, hey? When you were studying PDFM, did you study on any of the sixth grade?

Maybe it was already in the fifth or the, uh, third grade is it? Or fourth grade? Fourth? Fourth grade, I can imagine. Yes. You also studied in the fourth grade. Yes. And we also went doing lip trail a long time ago, haven't we? Yeah. So while you were doing lip trail, and also in young period, when you as well may have thumb trail, Okay. Do you hear me? You don't hear me? Then there's Blowfish, Blowfish! Do you still remember Blowfish? I don't know, I forgot I forgot I forgot about Blowfish! Then we have Strokonation What is Strokonation? Strokonation is Strokonation is a type of straw; straw Strokonation is water or without water Strokonation is water or without water. We have that kind of thing. And now we're going to look at the exercises, and you're going to tell me or you talk about the sensation or anything, your perspective about the exercises. But let's do simple singing; single vocalization, so we know before and after. What's wrong? What's wrong? What's wrong? Why are you alone? Just built like this. What? Just built like this. Oh, it's okay, don't think about it. It's just for documentation. Just for documentation. So that you guys can translate. Why are you doing this? Let's try. Let's try to sing

'Y'. Ok, ¿sabes más qué? Y Luego Y

Yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, yo, ya ya ya ya ya ya ya ya ya ya Okay, now let's do the lecture.

Sama dulu di exercise, bener-bener perhatiin If there's any sensation that you feel, so you can tell me about it I feel normal You feel normal, oke Oke, jump

Oke, sekarang berbagi dengan aku, apa yang terjadi di dalam tubuhmu, dalam mulutmu, apa yang kamu rasakan terjadi? Ada sensasi tertentu? Tidak Tidak? Ada yang menarik? Ya Menarik di mana? Di sini Ya, di sini Ada sensasi tertentu? Tidak Ada betaran atau apa gitu? Tidak Di mana? Di mulut, Di mulut, ya Dan apa lagi? Apa yang terjadi? Kalau kamu bisa beritahu aku Kenapa sih? Apa lagi yang bisa saya ceritakan? Bahwa sekarang ada bingungan, tidak ada bingungan, jadi problems, giliran dan hal yang menuntut Normal Normal Oke, buktinya Bisa jadi sedikit masih Selain itu, kenapa kamu tidak bisa jatuh;mu Tidak mungkin Sudah Ada sih Enggak Oh tolong Terima

kasih Kenapa cinggihkan terus? Hahaha Oke, terus kita coba yang berikutnya Let's do puncture ya
Let's use the same melody

Atau, I'll make it easier Gitu ya

I don't know if you can hear it.

Terima kasih telah menonton;

喊妹

Are you okay? Want to stop? Yes. Okay. What about this one? How about Angleo? Particularly hard. Harder? Yes. If you cannot roll your eyes, it's very hard. Oh, if you cannot roll your eyes, it's very hard. Yes. And then, what else did you feel about this one? So it's harder, and then any particular tingling or anything like that? No, I guess it's fine. And nautical-ish, how about any pressure? No. No, just difficult? Yes. Okay, just difficult. Yes. Okay. So if you compare Tangchao and Lip Trill, which one is your favorite? Lip Trill. Lip Trill, okay. 100%. Okay, all right. All right. Now do the other one. Let's do Blowfish. Blowfish. Do you know how to do Blowfish? Yes. Yeah. Show me how to do blowfish. Mmm. Yeah? Let's give it a try. Why are you laughing? What is the sound coming from? Okay, one. Mmm. Try it. Mmm. Yeah. Wait. Wait. Wait. Wait. Wait. Wait. Wait. Why? No, I don't know. No, you don't know how to blowfish. Do it. Mmm. Mmm. Mmm. Mmm. Mmm. Mmm. Mmm. Mmm. Mmm. Mmm, mmm. What are you laughing at? Mmm. Mmmm. Yum, yum. Open my mouth please. Mmm. Mmm.

Sorry, that's the end of the key.

Is that taller?

Come on. Can I see? Yup.

Ayo, Ayo, Ayo, Ayo,

Hai menyentuh kalau nyanyi hai doang Hi Ho hai hai Sampai jumpa.

Is it?

Are you okay? Kenapa? Kenapa?

Oke. Blowfish apa? What do you think about blowfish? Funny? Yes, very, very funny. Oh ya, very funny. The part that's funny for Blowfish. The sheep. When you see people do it. Oh, when you see people do it. Okay. It is funny. Because it looks silly. It is very silly. Very silly. It is so funny. And what else? So, what else? Is there any particular sensation that you feel when you blowfish? You blow air. You blow air, right? Yes. And then, what do you feel when you blow air in this Blowfish position? Normal. Just normal. Is it like harder, difficult, or is it easy, or what? Is it normal? No, it depends on the person. Oh, okay. Okay. So, any particular sensation that you feel when you do Blowfish, unless then it's funny? Is it like, is it any tickles? No. Can I have a seat? No. Ya, ya, ya. Any tickles? Any pressures? Nothing? No. Okay.

I'm going to give you a straw. So, we're going to do the next exercise, which is the straw foundation. Okay? Okay... .. Kehöh, ha?

Have you done this before? Yes. Have you? You haven't done this before, he called? So, we're going to sing the song O! Terima kasih telah menonton

It's just very silly if you look at people doing that. Oh yeah? To be honest, it doesn't smell that good, but okay, so it looks silly. Alright, okay, let's do it anyway, although it's funny.

Okay? Yep. Okay, I need the bat to go off. Just when you're ready. What are the notes?

Es ist bleibend

Again.

Take it out.

Terima kasih telah menonton

ㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋㅋ 그리고 또 또 그리고
너무或或

I'm going to stay in the way.

Okay, so what do you think about this one? It's okay, I guess. It's okay? Yes, it's okay. And then what else? It's funny also? Yes. It's funny. It's very, very silly. Is it? And then what else? I don't know. He doesn't know. I don't know. I don't know. Any, any particular sensation? Any buzzing? Any? Which buzzing? Which area then feel buzzing?

Mouth and the mouth and then and then the straw oh just look just based on your what you feel like yeah uh what you feel and then uh and then a particular uh sensation no okay let's do the one with water let's do the one with water so I'm going to give you oh do you have one of them yeah so we're going to do the one with water you're going to do like that oh my god

okay um

huh rest with the the the straw a little bit not not the lip not the summer yeah yeah yeah yeah

maybe until See you next time.

Kanskje er det en kvalitetsmål? Ja, kanskje er det en kvalitetsmål? Ja.

Du ses!

Okay. How about this one? It's nice. It's nice? Yes. Compared to, okay, so is there any particular sensation with this one? Sometimes the bottle vibrates. Okay. Is it more harder than the one without water? Just normal? Yes, similar. Similar. And then how about the, any other thoughts about this exercise, this particular exercise? No. Is it more preferable compared to the one without water? Hmm? Is it more preferable to you or less preferable? Compared to the one, better with water or better without water for you? They're both like almost the same. Okay. So like. Alright. So if like we want to rank all these five exercises, we've done all of the five exercises, which one is your most favorite and which one is your least favorite? Huh? Let me tell you your most favorite.

Why? Because. It's so, so wee-wee. What do you mean so wee-wee? What do you mean? Why? It's like, it's so. Simple? Yes. Easy? Yes. No, not really. Not really. Not really easy? Yeah. It's just like what? Childhood friends. Oh, childhood or family to you? No, I don't like it. It's like. Why? Why? I learned the most. Why? The one I stuck. No, the one. The. I. How do I explain? Eh, you can't speak Indonesian. It's okay. I can't. What else? Indonesian language. Okay. What? Like. Two years I study lip trill. So. Hmm. Best friends. Oh, you already best friend with lip trill. So, it's more

familiar to you compared to the others. Yeah. Okay. Lip trill is more familiar. So it's, it's based on familiarity.

It's become your most friend because you're more, you know, used to it. Yeah. You're more used to it. Okay. Lip trill. And then, what is the, the bottom? Thumb trill. Thumb trill. Without thumb. Without thumb. Because? I can't. Huh? I can't roll my R's that long. Oh, okay. So. I can't roll my R's in general. Oh, in general. Oh, okay. Like. I mean, I can but like. Hmm. You get me. Okay. So, so it is hard. Yes. It is hard. So, so thumb trill number five. Yes. So, how about number two, three, and four? Uh, try to quote. So, we, the ones that are not in order. So, we have like a stroke condition. Okay. What is the first one again? Uh, lip trill. Lip trill. And this is thumb trill.

So, lip trill. What is the second? We have stroke condition with, without water and we have blowfish. Which one is the second? Okay, question number two. Compare the three, blowfish and straw connection with water and straw connection without water. Which one do you like most between the three? Straw. Straw, with or without water? Without. Without water, the first one. And then what is the second one and the third between the three? Straw with water. Second, and then meaning this is blowfish, number four. So if you put one in order based on the feminism, number one is a little, second is straw without water, third is straw with water, fourth is blowfish, and last one is tongue twirl, because that's hard. Alright, good.

Now, if you have the chance to do these exercises on your own, um, um, Elena, do esophageal exercises as homework. Would you do it? No. No, okay. Depends on the exercise. Yeah, you can choose any of these exercises. Do it on your own, at your own time, at home. Would you do it? Only lip trill. Only lip trill. The others, no. The others, no. Oh, okay, just only lip trill. You've probably got to do lip trill. Not really. Right, she's probably not going to do it. It's not really motivating for you to do it. Yes. Yes. Uh, if your teacher asks you, Elena, just do an exercise. You need to exercise every day at home. Uh, uh, singing exercise at home, so you can develop your voice. Uh, what kind of exercise would you mostly like to do? I would say lip trill.

Because I'm too lazy to do it and I don't sing at home Oh okay okay okay okay Do you like singing though? Do you like singing actually in general? But you just probably don't like to consider it as a practice, as an exercise? No, I don't really like singing

when like other people is there. Oh, you don't like when other people is there. Yeah, usually my manager stays in my room so. When you exercise at home, what do you normally do then? You just directly with the song and try to memorize? Oh, okay. You just directly with the song but no walk-up and everything? Oh, okay, okay. Straight to the point. Okay, so. Why would you do a... Okay, all right, all right. So, what is your thought about singing exercises? Do you think it's just a waste of time or is it just like not really useful or You're just lazy to do it or Yes It's more than just lazy to do it Oh okay But it's actually nice, it kind of helps sometimes Helps sometimes Okay Oh okay All right let's do a little bit of singing now Let's do a little bit of singing now I just did the regular vocalization Yeah yeah yeah yeah yeah yeah yeah yeah Eeeeeee Just repeat

Eeeeeee Eeeeeee Eeeeeee I don't know if you can hear it ee ee ee ee ee ee ee ee ee ee ee ee ee ee
ee ee ee ee ee ee ee ee ee Yah yah yah yah yah yah yah yah Yah yah yah yah yah yah yah yah yah yah
yah yah yah. Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah.

[illegible]

ya ya ya ya ya ya ya ya ya ok, compare before and after the exercise do you feel any difference in

the way you sing? I don't know. You don't know? Yes. You can't compare? No, I forgot how, what I sang before before the exercise. How about this one? When you sing like that just now, do you feel any when you felt it's easier, it's easy, it's not easy, it's lighter, it's heavier, it's normal the same like before we do the exercises? It's normal It's normal. I feel like my vocal range can go higher. Oh, this one? Yes. Compared to yes. Compared to before we do the exercises? Yes. Ok, so this one is still like higher. Yes. Tell us how was it any, in terms of easiness or hardness, is there any difference or is it the same? Is it more easier or is it more hard to sing? A bit more easier. A bit more easier, a bit more easier, you can say a bit more easier after the exercises and then other thoughts? No? Ok, alright. Ok, I think that's all for the basics. Thank you so much! I think I'm going to.

Emily.m4a

Okay,

Emily, okay, Emily. So, so today, today I'm going to ask you to become my help me with my research, okay? So what happened today, I'm currently doing research on trying to get students' perception about several singing exercises, which I think you might familiar with some of them. We've done quite a few. And then we're going to do the exercises, and then you're going to share with me what you think of each exercise. Yeah? Yeah, of each exercise. I'm having a record, because later I have to try to make the transcription and everything for my records. And then, did you share with me your experience with the exercises? It could be anything. There's no right or wrong answer. The most important thing is that it's based on what you feel. Okay?

Under the umbrella term of semi-accluded vocabulary exercises. S. O. V. T. is written there, Semi-Obtained Vocal Track Exercises. Then, the vocal track is the area above the hip. So, the place where we talk, the place where we articulate, and S. O. V. T. exercises are the exercises that involve the wing, partially, of this vocal track. There's a lot of them, but among them there are lip trill, tongue trill, blowfish, and then there's strophonation with a bottle and strophonation with a bottle. We're going to do 5 of them. There are still other exercises that are included in SOBTs, but for today, we're going to do all these 5, and then you're going to share with me your experience. You're going to tell me, oh, you're going to tell me about lip trill, and then you're going to tell me how lip trill feels like. If I feel like this, then what's the name, like it or not, hard or easy, whatever it is, it could be anything. Okay?

We already sang a little bit, so this can also be used to imagine, to feel what is called before and after. Let's sing a little bit.

Where do you feel it? There. Is it comfortable or not? It's normal. Do you feel any pressure or not? I do. Do you feel any tension or anything else?

okay let's do the other exercise okay let's go with uh

Is your tongue heavy?

you

A little bit. Compared to the others, compared to Thumbtack and Litreal, which one is harder? In the middle. In the middle. In the middle. In the middle. In the middle. In the middle. In the middle. In the middle. Just a moment, where is the pain? In the teeth Oh, in the teeth, there is a certain pain that is the same as the previous one What else? Done Okay, now we move on to the next one Oh, it's already set here Stroke Do you remember the suction? This time you have to Be careful not to suck it out here. What time is it? What time is it again? Let's mark the time first and then the other time, okay? We often look at the screen. Yes, it was autoing, okay? It's already in the data box, okay? Actually, you can't see it, okay?

Just put it on, it's okay, this is less, but put it there or how? If you want to use it, you can just use it, you open it and put it there. Yes, I'm here, don't look at the camera.

Which one do you like more? Do you feel any vibration or any particular sensation?

5 exercises, number 1, number 2, number 3, number 4, number 5, number 6, number 7, number 8, number 9, number 10, number 11, number 12, number 13, number 14, 2nd beatwater, then what? 3rd blowfish, then this is the strong foundation beatwater so the 5th order is deep drill, strong foundation beatwater, blowfish, strong foundation beatwater, and the last one is front

drill. If for example you are given a task from your teacher to do exercise at home, this is the exercise that you want to do,

you would do... probably you would do, okay

Blowfish. Blowfish. If it's not one song? Lit Trial. Lit Trial. If you can sing one song, you prefer Blowfish. Is there any reason why? Because, yes. What? Because, yes. You just like it? Yes. I'm not tired. You're not tired of Blowfish? If it's long. If it's long.

Okay, that's it. Thank you. And now we continue with the singing.

Transcription: Sophia

Okay Hi, Sophia Hello, how are you?
((to the recording:)) Hello, this is Sophia!
((to Sophia)) How old are you, Sophia?

Ten

Ten? Ten years old, okay, good
So, what are we going to do today...
So, as I mentioned to your mom..

We're going to vocalize?

Ah, we're going to vocalise, yes But actually, what is happening is that I'm asking you a favor:
You're going to do me a favor To be my research participant

What?

A research participant

So, do I get paid?

No, you don't get paid, unfortunately No money involved So, it's okay, yeah?

((nodding))

Okay, so I'm currently doing research Trying to get students' perspectives on several vocal exercises. So, these vocal exercises are quite common to be applied during the vocalizing session.

During the warm-up session, I meant, not vocalizing.

But, yeah, so I just like to know your perspective. So, we're going to do those exercises. And then you're going to share with me How you feel it in your body. And if there's a particular sensation that you're feeling, or not feeling anything, that's also a response. Any response. So, there's no right or wrong answers but just a truthful answer

so just my perspective?

yes, your perspective and what you feel in the body as well. So, your perspective and also what you're feeling as well, physically, what you're feeling. So, the exercises that we are doing is under the term of semi-occluded vocal tract exercises. Have you ever heard of semi-occluded vocal tract exercises?

No

No, never heard of it before.

No

So, vocal tract, do you know what vocal tract is?

No,

no?

I forgot.

You forgot, okay, so this is our vocal box or larynx. Yeah, where the sound happens, right? And then the space above it, the space above it, it's called the vocal tract, it's like a tract, it's like a pathway, the voice, that's why it's called vocal tract. Now, semi-occluded means like partially closed, partially closed, so it's not like fully closed, partially means like half, almost closed.

So what is included in this type of exercises are quite a lot, but some that we will do today are liptrill, do you know that one?

((nodding))

and then Tongue trill, have you heard that before?

((nodding))

And then, we're also going to do what's called blowfish.

Never heard that

Never heard before? Okay, I'm gonna do it later on. And then we are also going to do what's called straw phonation, straw phonation, singing with a straw a straw.

these straw exercises has two types, the one with water and the one without water.

so what, right, right?

Yeah, don't worry. The one with water, the one without water. I'm going to walk through each exercise one by one. So I'm going to do it and then you're going to share with me your perspective on what you're feeling and everything. So before we're going to do that five exercises, let's do just a little bit, just a general check.

How's your voice feeling today? Are you having any cold or just like normal day or anything?

Normal day.

Normal day, okay. Fine, alright.

Okay, so we're going to do a little bit of vocalizing, just a little bit, before we do this particular exercise. Because I want to get a sensation of before and after this exercise. So this is before. And then later you compare it with after if you notice anything or you feel anything, right? So, let's do just a little bit of vocalizing, make some singing making before the exercise.

So, let's do iiiiiiiiii.

((began with vocalisation))

And then. And then. Let's do it like this. Just so that I can sing.

Okay, thank you, good! Alright now, let's begin with the first exercise we're going to do the liptrill first, so are you familiar with liptrill?

No,

no? really?, so um liptrill is something like this ((doing liptrill))

I did that before but I don't know the name.

Okay, you did that before, we don't know the name. Okay, good! So that uh that was called uh liptrill and then um um you've done it before.. So was it often?

I don't know. It's quite a long time ago maybe not too often,
not too often,?

sometimes

sometimes? okay
so um yeah so let's try to do liptrill.
Let's just use this melody...
((liptrill exercise))

Now, while you do this exercise, I want you to begin to notice what you're feeling, if you're feeling any

tingling!

oh tingling!
okay, let's continue. Which part?,

this area, (pointing area around nose and upper lip)

you can just point out, okay, this part. okay

((liptrill continues))

Wonderful, you're doing well. Now, try to breathe in through your nose before each go. So it's like smelling the roses. And then now just smelling the roses, yeah? Next one. Good.

((liptrill continues))

Okay, wonderful! So, now, kindly share with me
so you said tingling in that area,

yes tickles

okay and then what else? any any other things?

um you know like there's person.. oh actually oh it's a buzzing yeah it's buzzing in this area, ((she pointing around head and ear))

so basically I'm feeling buzz ((she pointing top back of her head))
as if like someone is working ((making hand gesture of drilling))

oh like drilling something?

Yeah

and then any other any other sensation? so a buzzing sensation and then...

My glasses moves up and down!!

Ahaha your glasses moves up and down, that's very interesting, yes,
((we laughed))

Shaking!

yeah, okay. what else?

I dont know, that's all

That's all? okay that's fine.

So, any pressure and tension and any tiredness or anything?,

No

okay.

Just tingling which makes me kindda want to do this
((she shakes her nose with her pointing finger))

Just tingling

So in terms of difficulties, do you think this is easy, moderate, difficult?

I dont know, maybe easy

easy? for you this is easy. Okay, all right, wonderful. Let's do the next exercise. The next exercise is tongue trill...

What is that?

tough girl is like this ((demonstrating tongue trill))
so its pretty similar with liptrill but we do it with the tongues.
Ok let's do the same melody, okay, go so...

((Sophia doing tongue trill))

Okay, now talk to me. How about the tongue trail? What do you feel? Any particular sensation that you can share?

Um, I don't know.

Just regular?

Regular. Yeah. As if you're saying R over and over again.

Okay. Alright. Okay, so is it easy, difficult, easy, moderate, difficult?

Easy to moderate

Okay Easy to moderate. Okay. Cool.

You know, the R can hold long sometimes.

Oh, sometimes the R can hold long. Okay. Okay. Okay. And then, what else? If you can choose between tongue trail and lip trail to be a favorite, which one would you choose?

I don't know. To be honest, I don't know. I can't choose.

You can't choose?

They're both the same level.

Oh, they're both the same level.

Just different particles of noise. But if you're telling me to choose, then I will choose tongue trill because the lip trill makes me tingle.

Okay. Wonderful. Very good answer. Great. Wonderful. Thank you. Excellent. All right. Let's move along to the next exercise. So the next exercise is blowfish.

Blowfish?

Blowfish. Blowfish. Before we go to the blowfish, the tongue trill, let me ask you that this - on the tongue trail, have you done it before in the choir or in the private?

Yeah. Yeah. In choir.

Is it more often? Is it quite often or is it seldom?

Well, sometimes.

Sometimes. Compared to lip trail, is it more often lip trail or is it more often tongue trill?

Lip trill. Lip trail more often.

Okay. Good. All right. Now, let's move on to the blowfish. Have you done that before?

I've never heard of that before.

You've never heard of it before. Okay. Good.

oh, I think I've done it once.!

Yeah. That one.

We've done it before. We've done it for a while but we weren't told what it was called.

So, basically, you're just going to, you know, blowing. Blowing like this. Blowing like blowing balloons. Yeah. So, just basically just keep your lips really relaxed. Yeah. And then just make a leak. Yeah. Just make a leak. Make it really, really light. So, you're not. This is tight.

((Sophia trying to do the blowfish))

Yes. This one. And then you make sound while you do that.

((Sophia doing blowfish))

That one. Exactly. Yeah. And then you make sound like that. Again.

Woo. Woo ((Sophia doing blowfish))

Yeah. Just focus on the releasing. Not like. Not like try to push.

Woo ((Sophia doing blowfish))

Yeah. Just, just, just leak. Just very, uh, uh, leak it a little bit. Very relaxed. Just leaked Just leaked. Yeah. Yeah.. You just let it leaked. You basically just like blowing. Let it leaked. But you, you, you hold it. You block it with your mouth. You make a leaked like. Woo.

So, only a leak.

Yeah. Like that. Yeah. So, just keep doing the leak. Uh. Sort of like we like. Yeah. And then with it in the melody.

Woo ((Sophia doing blowfish))

Uh. Kind of bored with the melody. Let's do a different one. Just a slightly, slightly different. Woo.

((Sophia doing blowfish))

Yes. Can further make it like a woo. So, you basically just... Mm. Mm. And then it licks. Just sounds. Yeah. Just let it sound. Mm. Mm. Mm. Yeah. This has to be puffy. You have to keep it puffy. So, this has to be really, really relaxed. If you make it like this and it will go flat. It's like you just make it lick only. Make it lick. Make it lick. Make it leak.

That's why it's called blowfish?

Yeah. Because of this puffiness. So, without this puffiness, it's not become blowfish.

((Sophia doing blowfish))

Yes, that one. Just leak.

((Sophia doing blowfish))

So, what happened with this exercise is that we're creating a back pressure. Also, it's like a back. Yeah. Yeah. There's pressure back to the back. So, we're going to put the throat to the focal box to balance the pressure from below, being balanced with pressure from above. Usually, the focus is usually going in about the front, but this one is going about the back.

just to balance?

Just to balance the amount of pressure. Yeah. The balance. Because when we sing, when we speak, there's a subglottic pressure. Pressure from below the focal box. Yeah. And this exercise is a balance that pressure. Yeah. Just to make the vocal folds vibrating in the most optimum way. Yeah.

((Sophia doing blowfish))

Again.

((Sophia doing the blowfish))

Okay.

This one.

Give me a puffy cheek
((Sophia doing blowfish))

Yes.

You can think of more like releasing rather than blowing, releasing air. But the blowing just be going free. Yeah, so it's a very, very relaxed way. And not as you come, you're puffing. Yeah, puffing, yeah. Try again. Yes. Good. Wonderful.

Yeah, yeah, yeah, yeah, yeah, yeah. Is that any good?

Okay, good. Now share with me the sensation that you've been getting.

The chest feels like it has to be strong to do this

It's like needing extra effort?

yes, more effort.

And then the blowing thing is kind of hard to maybe hit the perfect note as in the piano.

Oh, okay, okay. It's hard for you to make the pitch,

yeah. to make it excellent and perfect,... not too high, not too low.

Oh, okay, okay.

That's why I kind of...

Sometimes I feel like you're a bit sharp or flat.

Yeah. It's harder for you to hit the pitch that you want.

Yeah, so I can rate it as a bit difficult.

A bit difficult, okay, a bit difficult. Good, good. Any other sensations like tickles or vibration or pressure?

I feel like the air that came out of my mouth just like AC.

Yeah. Like AC? ((hahaha)))

It feels like I'm blowing air to people. So they're not too hot.

Oh, okay. You do good things for others means like bring some coldness to others. Like blowing air con to other people.

Human air con.

Human air con. Okay. Alright, now. Good, thank you. So let's move along to the next exercise. This exercise is involving straw. This is called straw phonation. I'll give you a straw. Straw still sealed. And then we're going to do exercise with this straw. Put it in your mouth like this. And then we'll do... ((give some tunes)) And then we'll sing to it, like we sing to the straw. ((demonstrate))

((Sophia follows))

Good

Yeah. You're good. You're good.

((sophia doing the straw phonation))

Good! Okay, how about this one?

The first time, the hitting notes is more hard, a bit more difficult. But if you get more to it, you'll get more used to it. And then your hitting notes will be perfect, and it's getting better. It's getting better. And I don't know, are there...

Any tingles? Any weird sensations? Any hard to do, like extra work?

Drinking air. Huh?

Drinking air.

You know, my kids do this - there's a cup of water and then they just drop it, and then there's making bubbles.

Actually, that's what I'm going to do after this. How funny that you mentioned that! But before we do that, this one: how was it? Any other particular sensation? Tingle? No?

No.

Okay. No tiredness or feeling like heavy or like extra work on doing it?

No.

No, not really? It was really the hardest one was the, you know, the blowfish.

The blowfish - that's the harder one for you.

Ok Good. Now, let's talk about the one with water. You said you bring water bottle, right? Yeah. So, that's what we're going to do. So, basically, we're going to do the same thing like we just did. But, you submerge the straw into the water. Careful not to make splash or you can drink like some of it. Maybe some quite a lot. Some quite a lot of it, I guess. You can drink some.

Yeah, you do it a little bit so you don't get splashed, because we're going to make some splash. So, you're going to do the same thing, but yeah, you go into the water. Yeah, but you might want to hold it a bit higher, a little bit, so that you don't nod/bend your neck. And then you're going to drink a little bit more than that. Sorry, this one.
ok now blow. Yeah, that one. Yeah, that's what we're going to do from here.

((doing the straw phonation with water))

Okay. How about this one?

I think I washed my hands.

So, okay. Any particular sensation?

Yes, it's a little bit hard. A little bit harder to hit the notes. But this gives me the sensation of when you're swimming in the pool and then you're like going inside the pool and then humming inside the pool.

Okay, alright. So it's fun?

Yeah, it gives me childhood memories.

Okay, good.

I swim, and then we swim inside of the pool.
Oh, that's nice.

For fun.

Okay, it's fun. Good. Wonderful. And then any other sensation? Is it more tiring or is it like tickling in the notes afterwards or anything?

No, it doesn't have any tickling but it's just going up and down.

Oh, it's just the bubbles.

Which makes me wash my hands for free.

Okay, good. Now, if you are doing, you know, if your teacher gives you like homework, okay, do this SOVT exercises every day for a week. Is it something that you would mostly gonna do on your own time?

Probably no.

Probably no?

No. I have too much activities.

Oh, you have too much activity. Okay. But, right. Okay. That's all right. That's fine. Now, if you can rate, I mean, all these, we did five exercises. We did liptrill, tongue trill, blowfish, straw phonation with water, straw phonation without water. If you want to put them in order based on your favouritism, which is your most favorite, number one, and then your least favorite, number five.

My favorite is usually the most easy. That's why I pick tongue trill.

Tongue trill?

Tongue trail, number one. And then, um.

And then, uh. The. Liptrill is probably going to be third, so.

Third. Okay.

I guess this (staw phonation with water) is going to be, uh, fourth, and.

Fourth.

The (Straw phonation) Without (water). is going to be second. Second. And the blowfish is going to be the last. Because my least favorite is from, is usually the one that I, that's too hard. That makes me dislike it a lot.

Okay. Yeah. So, blowfish is going to be number five. So, number one is the tongue trill.

yeah

Number two is straw phonation without water, number three is liptrill, And then, number four is straw phonation with water. Right?

Yeah.

And then, number five is blowfish

Yeah.

Okay. Okay. Good. Wonderful. Um, oh.

Have you, have you ever done this, uh, straw phonation exercise before?

No.

No.

No.

So, this is the very first time.

The first time.

Alright. Okay. Alright. Good. Well, thank you, uh, Sofia. You can put it down. We're going to do a little singing, and just put it somewhere first, yeah, just put it there. That's alright. That's alright, yeah. Let's do another vocalization. And then, we want to do, you know, before and after check, how your perception about it. Let's do it with the same. .

... um leave a note I'm trying to remember the A is it'll be a bit lighter

Good! So how do you feel? Do you have any difference before and after the exercise?

A bit more warmed up. Usually if you just take one type of warm-up, the warm-up is just going to be the same warm-up. Before and after, oh yeah, this is probably the same, I can't find any difference. But if you do a different type of warm-up, you'll see the difference between the first and after warm-up a bit more.

So, do you think, for the second one, do you think, is there any particular effect from the warm-up we do, to this part of exercises?

You'll get more heated up.

Just more heated up.

Just get more ready.

Just get more ready.

Yeah,

so for the second one, what do you feel? Is it more easier? Is it just warmer?

more easier

just more easier

ok any other things to add?

No

It was wonderful, thank you!

Thank you for the free straw!

Yeah, thank you!

Kezia.m4a

Hi Kezia! Hello! Thank you for helping me with this research. I will explain it a little bit about the background of this what we're doing today. So, I'm currently doing one of the assignments or one of the tasks I need to do to complete my master's degree. I'm currently on the module three, there are six modules so this is one of the modules. I'm doing a research titled 'A Study on the Perspective of Singing Students Age 10 to 12 to Semi-occluded Vocal Track Exercises or SOVT.' So, have you ever heard about this term before? Semi-occluded vocal track exercises? No? I don't think so. Yeah, it's a fancy word for several exercises that are actually quite common. A group of exercises, some of them include humming, include a lip trill, tongue trills, and then blowfish, and some others.

There's a lot of exercise, singing exercise that falls into the category of SOVT. But today we're going to I'm going to, we're going to do some of them which is five exercises and then I'm going to ask your opinion or your perspective towards each of these exercises. It could be anything, it could be physical sensation like, is there any tickles, any pain, if it's hard to do or is it like interesting or is it actually comfortable or uncomfortable or anything? There's no right or wrong answer, it's just like your pure, your genuine, yeah, your genuine response. It's your genuine opinion, yeah? Very good. So before we start to doing the Also, the exercises that we're going to do, which I mentioned, there's going to be five.

Later on, I'm going to ask you to rate them as well. We have lip trill, tongue trill, blowfish, and then straw foundation without water, and then straw foundation with water. And we're going to do all of these five exercises, and then you're going to tell me what you think about them. And before we do all of these exercises, we're going to do a little bit of singing, and then before and afterwards. Just so you get an idea of before and after the exercises, if you notice any difference in your voice. Or if you don't notice any difference in your voice, that's also fine. That could be anything. Right. So this is before the exercises. This is after the video. Up you go.

Good, wonderful, excellent! Now we're going to start with the first exercise which is lip trill. So have you ever heard about this exercise before? Yes, yes, obviously yeah, and have you ever done it in the past? Yes, yes, it's the audition as well, okay. So is it often or just like, oh are you doing it like regularly like doing the voice lessons or previous choir exercises, this kind of thing not really, not really, not really, okay. Wonderful, okay, good! So it's not only that often, uh, just like it's not like regular but um, you know, and you've done it before in the past, yeah, yes, okay. Perfect, let's do the lip trill! I'm going to use this melody,

I'm sorry, no, that's fine, that's fine. Just do it as much as you can or if you can make it make it a little bit simpler. Let's do just one note at a time, you can do this one all right. Let's try this one almost yeah! What do you need to do? You just think of size, try to sign with me yeah, reading out to your nose yeah and then you're sort of like blowing Uh, going out through your nose but you put your lips together, don't try to trail the lips, you just like blow them with your nose. Try almost good and then I'll put your finger uh in the edge of your lips here and you don't want to have the lip yep.

Uh, yeah, closer like that uh, it's too far, you put it over here, put them a bit closer together to your lips here, so there you go, make sure your lips are top and bottom are meet together uh, no, that's fine, that's fine, yeah, just like blowing on it. I'll break your nose, yeah, almost, almost don't worry uh, let me join the different key. Let's try this one right in the head voice there you go, that's awesome. Let's try this one good, that's fine, let's try trying this one, okay, that's all right, it's a bit difficult isn't it, yeah, I'm not really used to because I don't use it that much, oh, okay, yeah, yeah, yeah, because you're not, you're about, you're not using it uh too much, yeah, oh, yeah, so very, very, um, so what's yours, okay, uh, okay, let's try this one, okay.

What's your impression for this, it's just like something that you're just not used to it, yeah? Yeah. Not used to it. So that's why it's a bit difficult, is it? Yeah, it's been a while, maybe like four weeks or five weeks. Oh, okay. Like last time I used it. Ah, okay, okay, okay, okay. Good, good, good, good, good. Good, that's fine. Let's move on to the next one. Let's do the tongue trail. Tongue trail is this one. That one. Have you been familiar with that exercise? Have you heard about it? I've heard about it. And then have you done it in the past? I feel like I remember that in serenade we used to do it. Oh yeah, we used to do that. It's quite a long time ago, yeah? Yeah. A long time ago, but you haven't done it in a while probably, yeah? Uh-huh. Okay, you haven't done it in a while, okay. Good, good, good. Now let's try to do it again. And see what you think and what you feel. Let's do this one.

Up you go.

Next one. Okay, wonderful. Now, let me ask you, after doing this, while doing this exercise, do you feel, is there any, like, unnoticeable physical sensation that you feel? Like, maybe, like, tickles, uh, tingling, or just, like, a vibration, or nothing? Just vibration. Just vibration, okay. Vibration. And then, uh, what is your, like, general opinion or general perception toward this exercise? Personally, I feel like, like, if we use it for, like, daily talking, like, in Indonesia, we use, like, like, a word that we say, like, you use it a lot of times, because R, pronounced in Indonesia, is rr, like that. So, I feel like it would be easy for people to do, to use it. Oh. Oh, okay, okay. It should be easy, uh, for application in, in Indonesia, because we use it in our words, yeah?

Yes. Yes, good, good, good. And then, uh, and then what else? Um, uh, well, compared with the other one, I think this one's probably more easier, is it? Yes. I'm, I'm guessing yes. Okay, perfect. And then, um, what else can you say about this? Uh, is there anything that you want to add about this exercise? Honestly, nothing else. Nothing else, okay. Fine, that's also fine, no worries. Good. All right, let's do the back. The third exercise, which is blowfish. Blowfish is something like this. You basically, like, like, blowing, like, blowing a balloon. Yeah? Like, blowing a balloon, but, um, and then you make sound of it. So, basically, it's not humming. Humming is going to sound like this. But it's actually blowing, like you say, boo. But you keep your mouth. Um, uh, your, um, your cheek puffy. Yeah? Mm. Try saying boo. Boo. Yeah, that one. Mm. Mm. Yeah, that one. Mm. Yeah, good. So, basically, we, we, like, we, we, but with a lick, with a lick it. Yeah. Let's do that, yeah?

Good, and keep our cheek really puffy. Mm. Mm. Good. Mm. Mm.

Ooh, ooh, ooh, ooh, ooh, ooh, ooh, ooh.

Okay, so what do you think about this one? Have you ever done it before in the past by the way, no, I never heard about this exercise as well, yeah, yeah, obviously good. Um, so what do you think about this one honestly? I just think that you need to take like lots of breath, a lot of breath, yeah, you need a lot of breath. Anyone else, do you feel like any sensation? No, okay, no tickles, no pain or anything, okay, um, uh, no sensation, good. And then how do you feel like? Um, is it is it easy, medium, hard to do? It's medium, medium because like I feel like for people who barely sing they have to like really hold their breath, especially for people like me, like who swims a lot, it will be a much more easier for people to do.

Ah, okay, okay, okay, uh, people really who has a good breath will be easier to do this kind of exercise, yeah, okay, wonderful. Maybe 10 strokes for swimming, a 10 stroke of swimming, wow, okay, that's a lot of swimming. All right, uh, good. And the other thing I just want to add about this uh, um, maybe like is it interesting, fun, weird? Um, I don't know, it could be anything anything you want to add. It's a bit interesting for people who are New to singing, but I feel like it will be very common for people who are very advanced at singing. Oh, okay! Interesting, okay, good, good, interesting because something new, yeah, yes, good, good, right. Okay, now let's

move along with the next exercise. I'm going to give you a straw, there you go! I'm gonna need you to open it; it's a new one, so make sure it's like hygiene and everything. I'm using uh that one very good, and then um, we're gonna put it in our mouth and then we're gonna string sing through the straw. I'm gonna take it like this-like we blow, yeah! And we blow and we blow and we sing to it. Give it a try: Good, good,

Oh, oh, oh, oh, oh!

Go on, okay, do you want to have a talk about this exercise before strophination? No. No, and you've never done it before in the past, yeah? Never. Okay, so what is your first impression, what do you think about this one? Like the last one, like you need to take a lot of breath. Oh, it's similar like the last one, it's just that you need a lot of breath, yeah? Yes. And then what else? Do you feel any sensation? No. No? No tickles? No? Anything? Okay, no tickles then, yeah. And then, difficult level, maybe? For me, it would be like just medium. Just medium, okay. Just medium. Medium level. That's it. Okay. And then, what else? Is there anything that you want to add about this exercise? Honestly, nothing else. Nothing?

Nothing else? Okay, that's fine, that's fine. And then, we can move along to the next one. Now, the next one, we're going to do the same thing, but we're going to use it with water. What? I'm going to help you to open this, isn't it? No, I can't open it. Yeah, you can't open it. Okay. What? I'm going to show you how to do it. So, you might want to drink it, like half of it, so it doesn't splash on you too much. Yeah, maybe drink quite a lot of it, like half, sort of, yeah, yeah. So, we're going to blow it through that one. So, warning, it might splash on you. It depends on how you put this. Yeah, but, yeah, try to manage so it doesn't give too much splash on you. Yeah, but we need to have this strong submerge in the water.

And I'm going to use this. This one is really interesting. Yeah. Like, maybe you'll just, like, wouldn't use it. Yeah. Sometimes I, like, when I'm alone, when I swim, like, alone in my swimming lesson, just, like, because of free time, I usually also do that, but just, like, bubbling. Just bubbling, that's it. Just bubbling. Yeah. Just bubbling for fun, yeah? Yeah. Yeah, so, basically, you just, like, put it there inside. And then.

Yeah, something like that, yeah? Let's give it a try. One, two, three. Good. Good. You want, you might want to lift the bottle a little bit. And then, when you lift the bottle up a little bit higher so you don't have to, you don't have to, um, look at that. And then you go. This is good. I think that's good. I think we're good. Yeah. I think we're good. Yeah.

Let's take them a little bit.

Yeah, a bit longer.

Keep it going. Good. Good. Good. Good. Very good. Very good. Alright, it's off.

Okay, we're good now, we can put it aside. So this one, Strophanesan with Metta, have you ever heard about this exercise and done it before? Never, this is the first time. This is the first time, yeah? So what do you think about this exercise? Honestly, pretty interesting. Really interesting, yeah? Good. Pretty interesting. Why is it interesting? Is it like weird, fun, soothing or anything like that? It's just interesting because it uses water and straw and it's like, in my swimming, it's just like water and gold like that. Oh okay, so it just reminds you of your swimming lessons, that's something that you love to do, is it? Eh, sometimes I don't want to do it. I don't want to do my swimming lessons. Because it's tiring.

Sometimes I try to avoid it, like this week I tried to avoid my swimming lessons. Oh no. Like right on my birthday. Okay, well, that's a good reason. Okay, is there any physical sensation while

you're doing that exercise? Any tickles, any vibration, anything that you could notice? Just the water. Just the water. Just the water. My hands. Just the water is one thing. Okay, water is flushing your hand. Okay. Okay. Anything else? Nothing else. All right. Now we're going to rate these five exercises, although the lecture one you didn't do much, but we're still going to put it in the ratings. So we have lip trill, tongue trill, ball fist, trough finish, and trough finish with water. If you want to rate all of them, these five, based on order of your most favorite to the one that, least favorite that you hate most.

Which one is number one, which one is number five? Number one probably like tongue trill. Tongue trill is number one. Okay. Number two, probably the one just with the straw. The one with the straw. Okay. Good. Let's go with your least favorite, the bottom one. Lip trill. Lip trill. Yes, obviously. Yeah. Good. Okay. So we have number three and number four. So it's between blow fist and trough finish. Which one three, which one four? Blow fist probably the fourth. Okay. So the straw finish and without water would be the middle there, number three, yeah? Yes. Okay, good. So we have tongue trill, the first one, and then trough finish and second one, straw finish and without water, third, and then blow fist, number four, and then the fifth, lip trill. Great.

Now, so you don't like lip trill because what? It's because it's difficult or anything? It's difficult. Difficult. Any other reason? Sleep. It's been a while using it. Yeah. Difficult. I'm not used to it. To it, it has been a while, yeah? Yeah. Like, a while. So what? It's been a while, since your previous attempts, and perfect, you do the exercise. Okay. And then your favorite is the tongue trill because? Well, it has a lot of points. it's the easiest. Wonderful! Good now, the next question, so uh, if your teacher asks you, let's say I can ask you, okay, yeah, I need you to do this homework which is, you need to do one of these five um esophageal exercises, if you're being asked by your teacher to do that, would you actually go ahead and do it without supervision at home?

I would like tell my mom or not my dad first so they know that I am doing it because sometimes they check, they have to check, they have to check, okay, because like especially if I was like give an assignment uh give an assignment for school, like of course I have to do it but sometimes I do it like uh right before the due date or not like oh, okay hours before at midnight, sometimes right. But let's say if your mom and dad doesn't know, yeah, so you are free actually up to you whether you're going to do it or not, I still try to like manage my time because to do it like, oh, like one week, I will be busy, like Monday swimming lesson, Tuesday writing lesson, Wednesday piano and swimming, and Thursday also writing lesson, Friday uh singing lesson with Andrea, Saturday swimming lesson.

And, singing with and then on Sunday I have church, and I have to do like practice Christmas right, right very busy, very busy, very busy. Uh, but yeah, even with that schedule would you, would you do it on your own time? This exercise probably, yeah, good yes. And if you could choose between uh any of these five exercises, okay just do at least just uh one of them like just five minutes or ten minutes um, which one would you choose? I don't know, literally I don't know, they don't yeah, okay it's less because it's uh because it's the easiest, yeah yes the easiest. Okay, wonderful! Let's do another singing again, I want you to feel if there's Like, after we uh do the several exercises if you if you notice any differences in the the way your instrument uh produce the sound or you think like no it's just the same like before, the same thing um let me know the same exact uh singing

E E E E E E E E

Good, do you feel any difference like in the way your instrument producing sound after this series of exercises? I feel like it sounds more stronger. You feel like the sound more stronger, okay. The sound more stronger, good. More stronger, more stronger, and then anything that you feel? Nothing, it's just. Good, okay, in terms of effort of making the sound, is it the same or just the same, okay, perfect. Perfect, wonderful, we're done. Yay! Thank you so much, India. I'm going to

do my mouth first. Yes, thank you so much. And then we're going to walk to Timah. Timah. Timah.

Jayden.m4a

Okay, so this is Jayden. Jayden, how old are you? Ten. Ten years old. Wonderful. You can move back just a little bit so we can get you in the camera. Yay. Alright, wonderful. So today Jayden is going to help me to do the research. My research is about Semi-Augmented Vocal Track Exercises. It's basically singing exercises and we're going to ask Jayden to demonstrate, I will guide the demonstration and then ask Jayden's opinion about it. So before we start, I'm going to ask, I'm going to have a quick check on you. How are you feeling today? Are you fine or are you ill or anything like that? I'm fine. You're fine? Perfectly fine. I heard that you just had your regular lessons, correct? Yes. Wonderful. So you're already sort of like warmed up. Wonderful. So before we start the exercise, I'm going to, let's sing a little bit. We just do this like a normal vocalization. Like let's do it with R, let's do it with E. Here we go. Go on.

Ooh, ooh, ooh, ooh, ooh.

Okay, wonderful, thank you. Now, um, the exercises that we're going to do is called, or it's part of a big term called semi-occluded focal track exercise, or SOVT, have you ever heard no? Okay, good, that's fine, so it's a fancy word, but um, there's a lot of exercises that included in this SOVT exercise. Um, some of them that I'm going to research is our lip trails, tongue trail, blow fish, strophanation with water and strophanation without water, there so we're going to do five exercises and we're gonna uh, we're gonna ask your opinion about it right? So we're going to start with the first one, lip trail. Jaylen, have you ever heard exercise called lip trail? I've never forgotten, ah, yeah, you ever heard about it before, but they sort of like forget, not really sure okay, good that's fine and then um, the lip trail is something like this, I'm going to demonstrate to you so we we're going to do it with, uh, chill like for example.

So, this is what it's called by the job so have you ever known about this exercise before like that I think you think okay that's fine um and then um how do you think so you think do you do you ever done it before maybe in a career rehearsal or in another in a in a private session or something like that yes oh yes but uh is it uh often or like long time ago like one time or two times one time or two times okay good all right let's try to do it now yeah and see what happens let's start with with this just one note try good now I'm going to make the tune a bit longer,

Again, make your, put your lips a bit closer together, until it's wobbling by itself. There you go. Good. Good. You alright? Good. Two more. Good. Good. Now we're going to do, with a slightly different melody.

Here we go. Good.

Good. Okay, wonderful. Good. So, what do you think of this exercise? Uh. Let's start with, do you feel any physical sensation? Or anything that you have spot? Maybe like a tickles, or maybe like it's hard to do, like, um, maybe like a tickle, tingling, or maybe like pain, hopefully not. Or anything, any physical sensation that you felt when you do this exercise? No. No? No? Let's do it again, just to make sure, just to make sure. Let's do it one more time, and feel it if you feel any particular sensation, yeah? Yeah.

Good.

Br
r
r
r I'm
gonna write the question on ticklish. Which part of the area? Can you show it to me? I think you
already showed it to me actually. This area. Yeah, is it? Alright. So, and then is there any other

part other than this area that is ticklish? No. No, just this area. Okay, good. And then in general, how do you feel about this exercise? Like is it like hard, easy, so-so? It's interesting, it's weird, it's fun, it's no, it's gonna be anything. If you can describe it in one word or, no, not one word, in any words. Simple words. What do you think about this exercise? Like a bit hard to do. A bit hard to do. That's fine. A bit hard to do, okay. And anything else? Interesting. Interesting, okay. Interesting. Interesting. Anything else? No. No? Okay, this is all? Okay, good. So we got, um, so we got one go. Done. Lip trail. Let's go to the next one. Let's go tongue trail. Let's do tongue trail. The tongue trail is like this. When you lip trail, the one that is moving is your lips, right? But for tongue trail, the one that's going to move is your tongue. So again, there you go. Now can we do it the tone?

Good, now, um, we're going to still continue doing this. I want to really pay attention if you feel anything that you can later on you can tell me after this right if you feel anything in your instrument in your body in your anything in anywhere yeah, in your body in the instrument,

okay, that is fine, that is fine. Now, uh, first question: Have you ever done, have you ever done this exercise before? I think once, once so yes, uh, I think once. Good and then um, what do you what is your first impression? I mean what do you think about this when you're doing this? What do you feel? What do you think about it? Is it like difficult, hard? Uh, easy? It's like weird; it's interesting; it's the biggest way anything; it's fun; it's like um, any anything that comes to you interesting, interesting. Okay, any other thoughts? A bit weird; a bit weird; anything else? No, no and then Uh, how about sensation? Physical sensation could be like vibration, ticklish, like pain. That could be like... I don't know, it could be anything!

It could be anything you feel. Vibration where around the mouth, around the mouth, okay and then what else um, anything else that you can feel, no, okay is there any pain, any um tiredness or anything like that, no, okay um how about the whole difficulties? It's like easy, easy, is it uh like a little bit hard, it's like medium, it's like medium, okay good level of difficulties, medium, okay good. All right um, I think we're good with that one. Uh, puncture so we did lip trill and puncture now let's continue. with the next exercise the next exercise is called blow fish and it looks like this so you basically you're just blowing like blowing like we're like you try to blow uh balloon yeah but you make sound try now that one's humming you have to let the air go a little bit this one try yes that is the one now we're going to do the exercise with um with the melody yeah let's try it

you

Oh

okay that's all right that's all right that's all right don't worry right now tell me about it what do you what do you feel what do you think what's your impression weird weird okay any particular or any particular reason why it's weird it is weird yeah It is weird, and then, um, any tickles, any, um, pain, any difficulties, any, anything, no, no, no, no, tickles, no, um, uh, vibrating sensation, or anything, no, okay. And then, uh, how about difficulty level? Is it hard, medium, um, easy with you? Medium, okay. And then, uh, no particular sensation, yeah, physical sensation, good, um, anything else that you want to tell me about? Have you never done this one before? No, no, okay. You've never heard it before, I guess, because you said never all right, good, all right, um, all right. Some blue fish, good, um, since you've never done it before let's do one more time just a couple more times and then uh just to make sure um or If if you if you want to, there's any physical sensation that you could feel, yeah, let's do it in this slide. Um,

okay, all right, that's alright, okay. Um, when you when you suddenly want to cough, um, do you feel any what do you feel? There is there any tickles, is there like so you just suddenly want to cough, yeah? Or when it's when in the high notes, yeah, when in the high note in the high note makes you want to cough.

Okay, um, wait, okay. I think we're good with that one. Um, when you about to cough, it is like, is there any like tickles or just pain, or this is you suddenly not just want to cough? Nothing, you just feel like you just want to cough when it's in High notes, okay, good right um, let's do the next exercise, the next is called the uh, the next exercise is called straw formation so we're going to need a straw, this is still new I'm going to open the straw for you, the straw is new and then um what we're going to do with this straw I'm going to demonstrate it first I'm going to open also so we're going to sing through the straw we're going to put it in a mouth like that and then we're going to sing a melody like something like that yeah you can hold the straw with your teeth so it doesn't just, so it's steady so it's stable yeah then you can, you can we don't don't chew it don't buy it make. Sure, you have it. It doesn't have a bite; it knocks the whole air and the sound passes through. Then we're going to go.

Here we go. Try good,

good,

good so we're doing like little tumblefish and this one's of your nation without water. Later on, I'm going to ask you to compare between all these five which one that you like most and which one number two and second version of everything uh let's continue

okay all right how about this exercise have you ever done this before no no okay so um okay good and then so this is your first experience what do you think about this one uh interesting, interesting any other thought no no okay okay okay any particular sensation that you feel no no okay no particular um any tickles any vibration sensation any difficulties any a bit vibration ok um where do you feel the vibration around the mouth around the mouth the mouth or lips is it mouth inside or lips here which one lips lips ok and then um anything else that you like to tell me about it about about this exercise no no okay all right it's just interesting good ok that's fine let's move along to let's do this with water you can I'm going to give you a bottle of water which you can drink first a little bit yeah do you need help to open it you can come in by yourself

ok yeah You can open it, you drink a little bit. Now what I want you to do is to submerge this one. You just put the the straw in the water right and then we'll do the exercise. You leave it there, do you lift up the bottle right? And then uh you do that here,

yeah, I think you need those two being a bit more than that splash onto your face. Yeah, I think that should be enough. Alright, very good. Takedown that was very good. Okay, next drill is a handstand from... try and then you lift it up. Yes, so yeah, you put a bit higher so you don't have to bend your head like that. Careful, careful, yeah, it doesn't have to be too deep because it's gonna make scratches.

Here we go. And blow.

There's a spell there, you alright? We just, let's move it. Or bring it a little bit more.

Okay, you alright? Okay.

Okay, how about this one? What do you think about this one? It's a bit weird, interesting, and then? Anything else? Is it like, hard to do, or is it like, annoying because it's touching, or is it fun, or is it, I don't know, any other words that you can add? A bit hard to do. A bit hard to do. Could you guess, or what do you think, why is it hard? I don't know. I don't know. You don't know, okay. Okay, that's fine. Is there anything else? Any particular sensation that you feel? No. No, any tickles, anything else? No, no. Fibration? No. Okay, alright. Alright, that is fine. Now, my next question. Of all of these five exercises, which one is your favorite? So we have five, right?

We have lip trill, tongue trill, blowfish, trough foundation, straw foundation with water. Let's put them. which one is your favorite and which one actually is favorite among the five? Is this one or this one is the first one, and then uh which one is the least favorite, last one, the last one? The last one, one with water, yeah this one, yeah okay. And then uh which one is like sort of in between, like which one number two three and four? So we have we got we got until already we got strophes, so we still have literally blowfish and strophonation without water. Which one goes to second, third, and fourth? After after literally, is your after tongue trail you're your best where's the next one?

Literally okay and then um after after literally we find that you like most, so we got tongue to lip trail after the which one is it a strophonation or blowfish? Blowfish, blowfish, better okay. And then after that, then the strophonation without water, okay wonderful. Why is tongue trail uh is your most favorite because it's the easiest because that is the easiest, yeah okay, because that is the easiest, okay. What is the why the strophonation with water is the one that you don't like most because it's annoying, some water, oh okay, because it's annoying, because annoying because water keeps splashing, yeah,

okay. Another vision, no, no, all right, okay. Let me see if I got them correctly,

uh, if, uh, would you would you do any of this exercise on your own if like your teacher asked you to, um, okay, Jaden, your homework is doing one of these five exercises at home and then tell me about your next review video tomorrow come back so, would you actually going to do it at home, uh, I think, you think, okay, uh, which one, if you can choose between the five, you don't. Have to do all five but um, literal okay, you're going to do lip trail good job, all right let's try, okay, um, um, okay, uh, uh, solid trail, uh, why literally because uh, tongue twirl is too easy, oh, because tongue twirl is too easy, okay, and you want to, you're gonna get to do your sub challenges so go to the next one, yeah, the challenge good, um, now, uh, you can put that in there, we're gonna do a little bit more exercise after this five exercises let's check on your voice,

ee, ee, ee,

good, all right, so before and after, do you feel any differences, a bit, slightly, so after this exercise what do you feel, there's a, a bit more, what, easier, hard, um, a bit more, easier? To do to sing, yeah, more easier to sing, yes, yeah, and notice that you're, uh, you're singing higher than before. We do this exercise, it's like, it's not very good, I think. Um, that should be all, I'm gonna do all the stuff again, so okay! Let me represent Jayden, uh, can I get your full name? Jayden Delphian,

wonderful! Okay, I think that's all for today. Thank you so much for helping me out, thank you, take care, yeah, thank you very much, bye, you.

Helsa.m4a

Okay, Elsa, thank you for coming here today. Thank you for helping out with my research. As is required, I'm going to explain to you what is this research about. So, it's part of my master's program, and then I'm studying about what is called 'Semi-occluded Focal Track Exercises.' This is a set of exercises. That involving the narrowing of the vocal track okay that's a fancy word but basically this is the fancy words of for some of the exercises that we probably familiar with like lip trill, tongue trill, even humming actually part of the SOVT as well but today I'm going to we're going to try five exercise SOVT exercises which is lip trill, tongue trill, blowfish

strovation without water and strovation with water and then among these five exercises i'm going to ask your opinion your honest opinion about it after you tried it and then what is your sensation of what you have what you're feeling in your body and what you think about it and then um later on i'm going to ask you to rate based on your favoritism which one is your most favorite and which one is your least favorite and what's number two three and four and then um there's no right or wrong answers you can basically answer anything yeah just anything that you feel right you can just answer it orally of you or you want to write it down it's also fine it's up to you but already probably faster yeah but yeah i think already i'm just going to quickly uh write it down for you okay so that's it so before uh before this exercise Before this set of exercises we're gonna do a little bit of singing and after what we also do another singing as well just to get to an idea of the sensation before and after the exercise

I can't do those! You can have a drink, hold on.

Alright, we're gonna start with a lip trill. Let's do this one.

You've never done it before? You can try this one.

Yeah, bring it a little bit to the

point. Have you ever done this in the past? Yeah. And then how often? A little bit you said. It's not done very often, is it? Yeah. So you've done it not very often. So what do you think about this exercise? I don't like doing the drill, so. I don't like, okay. Why do you like it? It's just, it's like, I don't know which one to focus on, my vocal or. Okay, I don't know where to focus which to focus yeah uh the singing or the lip trail so um do you find it easy hard or medium to do it for me personally it's hard because I can't do lip trails it's hard for for me okay I don't do that okay and then uh how much physical sensation do you feel any sensation in your lips in your mouth in the nose any sensation like is it ticklish tingle pain a vibration like annoying sense or anything like that lighter my lips are lighter what what lighter lighter you feel your lips are lighter okay uh lips I like that and what else um nothing else nothing else is there any tickles or any stings or anything like that no no no okay perfect wonderful good all right move on to the next exercise

You never heard it before? No, I've never done it. Yeah, I also never done it before. Okay. Good. And then, what do you think? What is your first impression about this exercise? Is this the first time you're doing it? Same thing as before. I don't know which one to focus on. Okay. I don't know which one to focus, yeah? The tongue twirling? Or the voice? i have to maintain both of it so it's quite hard how to maintain is also a bit hard yeah yeah it's also hard and then what else nothing else do you find any um any tickles or anything like that in your nose or upper lips or any mistakes not really any other physical sensation like vibration or maybe like tickles in the throat or this kind of things

more relaxed more open more open more like the air can flow

Good. What else do you think you can find, you can feel being with Tom Trail? Anything else that

you want to add? No, no? Okay, good. Let's move along to the next part. Let's do it right. Very fast. Let's go to Blowfish. So this is Blowfish. So basically like you're blowing, like you want to blow a balloon. Yeah, we're singing so it's not like humming when you're but you let you actually let the air out so you like make a leakage in your lips.

Yeah. I can only do that much. Try, try, try, try.

Brilliant, yes, like that. Good. Excellent.

So it's hard. And then what else? I can't blow that long. You can't blow it that long. I can't blow that long. What else? I guess it practices your breathing though. I guess it's practicing your breathing. Good. It's practicing.

Good. Have you had a bad heart? Have you ever heard this exercise before? No. Have you ever done it before in the past as well? No. Okay, this is your first time. Okay, good. So is there any physical sensation that you feel during this blowing blowfish exercise? After? Anything during and after is also fine. During is also fine. So during the exercise, any physical sensation? Because not really. Not really. And then after? No? Just the same? What are you doing? Is there any like of stings, tickles, or vibration or anything like that? No, nothing.

That's alright, that's alright. Okay, good. Got anything else that you feel like you want to add about this exercise? No, I just don't like it. You just don't like it? Just say you don't like it. Like it okay all right because it's hard this is it yeah because yeah okay all right all right good that's fine very good let's do it we'll go to the next one we're gonna do I'm gonna give you a straw oh my god okay um we gotta do the straw exercise for the straw formation we're gonna do this combination as well so you're gonna open it.

So basically what we're doing with this, we're just going to steam until it's through it.

So we're going to put it in our mouth and we should be like loving it. Yeah, and then I'll go after it. Yeah.

So I think if you feel like you need to relax your arm just

You don't like that? Okay. I don't like that. Let me write that down. Why you don't like it? It's just hard to sing in. Just hard to sing in. And I can't blow. I'm not good at that. Blowing? I cannot blow. I can't blow into it. I just end up biting it more. Is it? Oh, no. Okay. You shouldn't bite it, okay? And then, um, uh, the sound is quite all right, actually. It sounded like you're blowing in, look. And then any particular sensation that you can feel, I, I feel hard to write; it's like you lost off air, is it like like uh like losing hair,

a gas thing for air. Can I throw this right over there? Yeah. Thank you. I'd like to give you a new straw. Oh, no. Don't bite it though, this one. Oh, okay. And then, we're going to do what's called by this straw machine again, but this time with water. Yeah, you can you can use your one or you can use this one. Actually, we only need a little bit so you need to move it to your bottle like half of it or you can drink it if you want to, so it doesn't splash on you, yeah. This one, that one, that one is really good. So it doesn't splash on you. Good. So this is what we're going to do: put it somewhere beneath the water and do the exercise. You can hold it with the tip of your bottle, so it makes it stay. It's easier for you to manage. Then go.

Bring your mouth a bit closer to you, higher so you don't have to move like this.

Yeah, so you can lift your mouth a bit higher.

So, have you ever done any of this strovanation exercise? The one without and the one with water? No. Both of them. You also never heard about it before, yeah? Can I keep this? Yes, you can keep it for you. Yes. So, what do you think about this exercise? I think it was easier than the previous one. So, this one is easier than, yeah. The one with water is easier, okay. The one with water is easier. Good. The previous one, yeah, oh then the previous all four or just particularly the previous uh the store one without water, okay, okay, all right, perfect, and then any other uh any other particular sensation that you feel fine, you feel fine, good, it's still very comforting and everything, yeah, yeah, good.

Um, anything else that you can add like you know in the one with the water? Do you like it? Is it fun, interesting, or anything like that? It's interesting, I think. It's interesting. I'm not sure why I like it better with the bottom though. Oh, you like it better with the bottom? Yeah, it's easier to do. Okay. I can focus on my vocal more. Oh, okay. I can focus more. More to the vocal. Okay, perfect. Good. Now. Rating time? Rating time. Rating time. Rating time. So, we have lip trill, tongue trill, blowfish, trombonation, trombonation with water. Which one goes the first one? And which one goes the last one? Let's do first and last first. Last first? The first one or the last one? Lip trill, tongue trill, blowfish, chauvinism, chauvinism with water.

A, B, C, D, E. Which is number one, which has number five? The last one is probably this one. This one, the D? Yeah. Last one is D. Which one is the first one? The first one, I like the lip trill, but if I do this, I guess. Okay, you like lip trill, that's fine also. And then number two, E. E, good. And then? Um, number three is the top draw and then number four is okay and then number two is low face, okay good now why do you, why do you, why do you put uh that little as your favorite I think it's it actually has an effect on me, you feel like it's an effect on you, yeah and it's not as hard as the the last one, okay, okay, good, okay it feels like it's so hard but I think it's still doable.

Okay. Good on your voice, yeah? Yeah. And then your least favorite is the straw foundation water, yeah? Why? It's super hard? I don't think it did anything to me. It's not effective and it's hard. Okay. I don't think it did anything to me. no effect. Yeah, uh, no effect. Okay, and it's hard. Well, it's hard, yeah, like, uh, why bother to do that? Uh, some hard things, yeah, it's not really give anything to you. Okay, right. Let's do um, oh, next question: If like, would you, would you do any of these exercises at home on your own, maybe if it was easy, like the loop trail or the south trail, maybe, but the one with the water bottles, maybe not. Oh, okay, okay, okay, so yeah, for example, so if your teacher asks you to do it one of these five exercises which one you get, you're mostly going to do at home the lip trail because it's not my problem, you don't need anything to do it other than yourself, you don't need anything to prepare. All right, good, wonderful! Let's do one more time, one more singing afterwards just to get a little comparison before and after.

Thank you.

So what do you think? Do you think any of these exercises that we did for about 20 minutes or less do anything to your bowel, comparing before and after. Do you feel any difference? Let's say, maybe do you feel any difference? Is it more easier? Or is it the same? I guess like, you know, like I asked, the one that kind of says you're breathing, kind of, it just makes me feel different. You don't feel any difference? Okay, okay. That's fine. That's also fine. I don't feel any different, yeah? Okay. Any different? Even a little bit, maybe? I feel like the lip trill did something, but after we did the lip trill, there's like other exercises that we did. Oh, okay. Yeah. Oh, alright. The lip trill might do something, okay? Might do something.

Sound effect. Alright. Okay. Uh, good uh if like the lecture it might have some effect to you what do you feel after after this I mean after compared before and after or before we do the exercise do you feel um uh yeah comparing before and after do you feel if you you might feel a little bit of difference what was it? My lips feel lighter because of the lift drill. Okay, you just feel your lips lighter, okay? And my breathing is heavier for some reason. Now your breathing feels heavier?

Yeah. Okay. Maybe it's because I haven't eaten. Oops. Okay. Alright, that's fine. Well, thank you so much. We're done. Thank you so much. Yay!

Joel.m4a

so this video will not be uh will not be like uh played or being uploaded to anywhere this is just for my documentation for the purpose of the research and then for me to come back to it whenever i need it too and then there's a way of doing this you can directly answer the question in the in this seeds or i can just like talk it through to you and then you can answer anytime time to take notes so both are fine whichever that you're most comfortable with you want to write it down your answers or i can write it down for you um rather write it down you're right to write it down okay that's also fine so i'm going to give this to you and then Maybe something to you for you to write, how about maybe this too heavy or is it or not like this, yeah good

so I start with writing my name yes full name date of birth yes and your age and the date of participation today is the date of well I can do that later actually, uh, today's date is what today is 20, no wait, today is where's my calendar? Saturday, the Saturday the 14th December 2024. Uh, what did you say the today's date is 14th of December times roughly around 4 pm

all right? The time uh we can write down at 4 pm all right. I was born on

14th of April two thousand and if I look a second 14th okay I'm about 10 years yes, and the location is Resonance

all right. Good and you can put that thing down first okay. And then we're gonna start, you can stand up and then we're gonna start, you can stand up okay. So we're gonna do um before we do all these sets of exercises we're gonna do a little bit of just like general singing, general vocal warm-ups yeah let's do this one um um um um um um um um

good wonderful right now we're gonna start with the first uh the reason I asked you to do this uh first uh singing before the exercises is just to check later on we're going to do the same exercise we're going to do the same singing the same melody uh but after the set of exercises and then You want to compare if uh if you can feel any differences between before and after the exercises right so we're going to start with the first exercise, we're going to do literally I'm here to write you don't need to write later on later I'll tell you when to write, you can put that thing down for us still standing up right so we're going to start with the trail we're going to start with that chair as you know yeah yeah yeah you

okay, thank you. Now we can go back to the paper. Now you can answer all the questions. So I think we've done it before, yes? Okay, we've done it in the past. How often do you think? Not very often. Not very often. How do you think, how much do you think of, let's say, per month? Roughly? Once a month? Twice a month? Not really. It's not really. Not really often. Okay. It's been a while since you've been doing it. Yeah. Okay, that is very fine. Good. And then do you find, what do you think about that exercise?

Good, it was really fun, okay, cool. And then um, any other thoughts maybe like uh or any other physical sensation like on the second part, the next part you see the physical sensation is like is there any tickles is there any sting is there any um um anything pain, tickles, uh, itchiness or something like that um, you can answer on the next one or you can say there's nothing just like usual.

Okay, could you read it for me? I feel that it's like if my lips are like the wings that flap really fast. Oh, okay. See, it goes really fast. It goes really fast. And it touches really fast that I couldn't feel what is inside, but it's just really fast. It's just really fast, okay. Is there anything particular like, is there any pain? Is there any sickness? Is there any itchiness? Is there any ticklish? There are no negative feelings about it. There's no negative feeling about it. Okay, all right. So everything is like normal, just like that. Okay, that's fine. Any other thought that you want to share about the

exercise, particularly exercise? Other than it's fun, was it difficult or was it easy? It was really easy. It was really easy. Anyone can do it. And anyone, anything anyone can do it, according to you. Okay, that's good. Very good observation. All right, let's move along to the next exercise. The next exercise is the tongue trill. We're going to use the same melody for all these fun exercises. Let's do the next one, tongue trill.

Thank you for watching!

All right now, let's go back to the to the paper and write down for the next one, but some children have you done this exercise before? You can write it down there I I don't know you don't know maybe you never if you don't say you don't know have you ever I thought maybe I ever but I don't know oh okay should I answer no just in case yeah if you're not really sure I think it would probably say no maybe yeah but even if I did it's really not that happening or maybe only once yeah okay good let's do the next one, next question so what do you think this is a sort of like your first time I think the exercise, what do you think about this exercise um

Thank you for watching.

Only a little enjoyable, a little enjoyable, yeah, so I can enjoy a little bit, a little bit, so compared to the one before, which one did you enjoy better? The lip trail, okay, that's very fine. Is there any particular sensation about this one? I feel, yeah.

Just think.

I feel like there's something inside my mouth just above my esophagus, it vibrates. Okay, that's a very good observation.

Vibrating. Any other particular sensation? No. No? Any tickles, itchiness? No, no other things? Okay, any other thing you want to share? No, that's fine. What's on your mind, what are you thinking? Can I change on the number one and number two? Yeah, if you want to change your answer, that's also fine. I feel like I've never done that, but only like if I think, I pretended to snore. Oh, is it? Okay.

When you pretended to snore okay all right like that but is it is it is it on the is it during um so it's not on the voice uh rehearsal it's not like a singing rehearsal on the choir no okay just when you when you're on your own and then pretending uh when you're snoring or something yes okay all right let's do on the next one uh which is the blowfish do you uh do you know what is it when i when i said blowfish no no so blowfish is like this basically like you're blowing yeah so we got this puffy tics yeah so we try to make this puffy tics and then we let some leakage in between the lips and then we make sound of it yeah so you need you need to have the air leakage in between your lips you're right bless you okay bless you right you want to take a sip first do you need tissue i have tissue here

all right there you go all right yeah so i'm gonna try again this little fist it's gonna be like this

are you okay all right do you want to take a drink first all right

Yeah, let's do it again, let's try it in the blowfish. Let's do it like this. There we go. And we do it with the two of us too.

Yeah, we let the leakage in between our lips.

Good. Beware that it should not be become oo or boo. It should be just a leakage. Yes. Yeah, so you have to keep the cheek puffy. Good. That's why it's called blowfish. Good, like blowfish.

Okay, very good Joel right now come back to the paper again so let's feel for uh the depression for this one have you ever done this exercise before I think I've ever done it when I was in a warm-up session in Masaruling in Saruling yeah but I wasn't really paying attention to what I was doing but so I'm not sure either yes or no oh okay well if you think you've done it you maybe can say yes and then we can explain it maybe it's only one time or something once

okay so what do you think my one after doing this exercise is now what do you think about this

so I so at first I thought I had to close my lips when doing this exercise like this oh yeah then that will become it becoming humming if you do that yeah but the blow this is not you actually blow so the air comes out a bit okay so uh how about uh how about that um so what do you think about this one is it like interesting or is it difficult or is it a fun or is it just weird or is it just like what do you think about it

do you feel any itchiness or stings or um vibration or any things?

Thank you for watching.

You want me to help you with answering those questions, for you, you want to calm yourself? So do you feel any physical sensations like tickles, like stings, like pain, like vibrations?

I feel like a plain feeling, what is that thing? Feeling so don't feel anything about them, okay. Don't feel anything about it, yeah. So you don't feel any anything just, it's just like that, okay. Strong I mean straw formation without water or straw formation with water. Does that mean I have to use my water bottle? Yes, or we can, oh, we can use this one, this is a new one, so up to you. So we're gonna do it's just blow into that, yeah. And the second one is going to be submerged in the water, okay. Let's do the first one without water first, so you put that in the bottle, you put down the water bottle, yes, and then uh this is still a new, you can open it by yourself, and then uh let me get it made of paper, yes, it is made of paper, okay.

Because plastic isn't this hard, yeah. And then uh you can you can throw the the covered paper down, okay. Well, at least this trial with the maple's paper snuff is not really lasting so long otherwise it will just fall apart like what usually happens to paper when it touches water, yeah, that's true. Alright, so we're gonna do this like this, so we're gonna put it in our mouth, you can you can hold it with your between your teeth if you need to, that's also fine like this and then just have just close your Mouth like just normal because hopefully you don't have to do like that I hope you're wrong yeah yeah and then we're gonna do the thing we put it

between your two lips this way you just fill it up at the end and just keep it still so flavorless so we can put that one in between your mouth and there you go.

You can play it for you, like this, yeah.

Well, maybe if you can put it in your mouth like this, it's less tiring for your lips.

I gotta make sure that my lips are dry so nothing so not and make sure my tongue rests at the bottom so this straw doesn't get hit on by any liquid or other things from the body until the final section, okay it's okay actually with a little bit of saliva it is also fine. You can just use this like when you just yeah just put like a year like on a normal drink and you can hold it if you need to, yeah let's do it again, yeah you can hold it with your hand don't worry about it I think it's not coming out, you can just hold it like this,

okay thank you now we can keep this for later for the next one, yeah inside my pocket and then

we can answer the next one uh question for the straw condition in the water and what do you think what's your first impression about this exercise?

So, my first impression about this exercise, it was fun for me. It is easy and I think anyone can do it. Oh, that's nice. Give us any physical sensation that you feel.

So, what do you say, Dad? So, all right.

so it was really good if you put your hand in front of your straw if you blow it to it it will give a gust of air if you have the air will be warm oh you feel warmth like this

you may experience it's a little warm ok so it's any sensation okay is there any part any sensation in your lips in your tongue and your I feel sensation when i blow into it and the air touches my hand in front oh okay but how about in your in your mouth itself it also feels good it just feels good all right now let's try moving on to the last part the last part okay okay let's do the last part can't wait for that can't you yeah very nice okay let's do the last part we're gonna do the we're gonna submerge the submerge let's try the water like this joelle you want to use your

water bottle or you want to use this one my water bottle but i just got to hope that the chemicals of the paper that used to process the paper doesn't get too much in the water or i'll have to purify it again and i get home yeah perhaps yes lift it up a little and you can bring it like this hold it hold it hold your water bottle like this look at me uh don't not too much you need to lift your head you need to lift your head before you bring the what the bottle goes to you so you don't have to bend your head. You have to make the tune. Yeah, we start with dough.

And pay attention to the sensation you feel in your body and your instrument.

All right, okay, thank you Joelle, yes, finally, finally, okay, we come to the last, the last one, you can throw it away, I threw it away, yeah, all right, let's answer to the questions now. So have you ever heard about this exercise before? Have you heard about it, and also the next one, have you ever done it before?

Okay, so what do you think about this exercise?

I enjoy it so much, good, wonderful, um, and then, um, any particular reason why, also if you feel any physical sensation, do you feel any tickles, vibration, uh, vibration, or maybe like, uh, stinging or itchiness

as I say, or have the water kept like

bubbling? Sorry, I burped that's fine. Kept like bubbling.

Any physical sensation, like tickle, vibration, or is it easy or is it hard? I feel like that it's, as I sing or hum, the water kept like bubbling and a little water touched near my mouth around here, I think it's because I put my face too near. And then, so, is there any particular sensation, Joal? Is there any like itchiness, or tickles, or anything like that, Joal? No? What? Is there any physical sensation like itchiness, tickles? No. No, nothing. All right, let's do the next one. We're going to start again. I want you to sing now, before you answer that one, Joal. Yeah? Before you answer the next one, I want you to stand up again. Do the more again? Just do the singing again. Just do the singing. We're going to do the singing. And I want you to feel if there's any difference between before and after, yeah, after this one exercise. So let's sing again. Okay.

E-e-e-e-e E-e-e-e-e-e E-e-e-e-e-e

Do you feel any differences between before the exercise and after the exercise? No. Is it still the same? Is it easier to sing or is it just like the same?

My favorite exercise is straw formation with water. Oh, okay. Any particular reason why? You can answer that for the reason.

And which one is your least favorite, Joelle? It was the blue fish. It was the blue fish. You just don't like that one, yeah? Okay. Any particular reason why? And then also, after that, you can answer if you can rate in order based on favoritism. So your first one is going to be the E, the straw finishing with water, is it? And then the last one will be the blue fish, which is the C. And then what is the rest? What's number two, three, and four?

You got that, that's it, this is D okay, so the first one is E, the second one is what is that a oh the second one is A and then the third one is D and then the fourth one B and then the fifth one is C C okay good good

What is that? My mouth should nearly be shut. Oh, for the goldfish? Oh, okay. So you don't like it because of that? Yeah, just a little bit made it like that. Is it difficult or is it hard? Or is it easy for the one that, okay. So if you ask to do this independently at home, so you're probably not going to do it, right? But if your teacher requires you to do that as a homework, which one are you most likely going to do? It's going to be E, strong. Strong. Strong. Strong. Okay, so just trust. So, I mean, it's hard to get started, oh my goodness. And I love it. It's so difficult. Ah, that looks good! Sounds good, tastes good.

Because it's bubbling is there any other reason why uh why do you like that so much maybe you can uh is it interesting or fun or is it like uh weird or it's like fun and it kept bubbling fun and it kept bubbling okay all right Joelle I think that's all for today thank you so much for helping me with my research I'm gonna turn off this recording.

Daniel.m4a

It's okay, I need this recording just for my reference. Just in case I forgot to take notes, I'll put it in the recording. You want it to be in the frame? It doesn't matter. Is this audio? This is a video. It's okay, So, Daniel. Thank you so much for having me. Thanks for having me. Okay, so I'm currently doing research. It's for my master's degree program. So, this research is called Study on the Perspective of Singing Students Aged 10 to 12 to Semi-Occluded Vocal Tract Exercise.' Okay, this is a fancy word for a series of vocal exercises. There are a lot of exercises that fall into this category of SOBT. One of them actually includes humming, which is really quite familiar. There's lip trill, and then there's quite a lot of others.

But for this particular study, I'm going to study just five of the exercises. And I'm going to ask your help. I will guide you to do these five exercises. Then, I'm going to ask you for your opinion – your perspective towards each of the exercises. What do you think about it? What do you feel in your instrument? Whether you like it or not, okay. Whether it could be like Oh, this one I feel like tickles, This one's a little bit. Actually, it's a bit painful. This one is a bit hard to do. This one is annoying. And it could be anything. There's no right or wrong answer. You can answer anything. So what I need is your truthful thought and your feeling, yeah!

If you feel any sensation or if you don't feel any sensation at all, or if you think, Okay, this one is I think this one is a bit useless, even if it's not anything. There's no right or wrong answer. So it's a very safe place for you to say your thoughts, right? Just based on what you're feeling, over conducting the exercise, and then before all these five exercises, we're going to do a little bit of singing, just to get a sense of before and after, and then after these five exercises, we're going to do it again. So you can make a comparison if you feel any difference or if you're not feeling any difference, that's also okay. Okay? Right, so I'm going to ask you to stand up, good, you can stand over here, yeah, good, wonderful. We're going to do a little bit of singing as I mentioned before. So we're going to do this melody,

alright, wonderful, thank you. So we're going to start with the first exercise which is leg trill. Have you ever heard about this exercise before? Yeah, yes, okay, wonderful. Have you done it in the past? Oh, yes, yes, okay, wonderful. Is it often? Very often Very often, very often, okay, good. Let's try it in this melody here we go.

Can you do it again? Wonderful,

you can try it again, excellent.

Let's try that again, don't worry.

Try again, wonderful, okay, let's talk about this one, I noticed that you're doing this, you feel any particular, is there any particular physical sensation, maybe toward there? It kind of tickles here, tickles over there, yeah, okay, let me take note on that one, tickles, tickles at the area between nose and upper lips, yeah, yes, wonderful, and then any other sensation that you felt other than tickles in that area? No, not really, so what do you think generally, well, that's what do you like it, not like it, is it hard, is it okay, mediums, or anything? Sometimes I don't realize how it's useful, okay, and I don't think it's hard, but it's hard to maintain the constant of the sound, okay, and I think it's okay for beginners, okay, okay. Good, so it's hard to maintain the sound sometimes, yeah, okay, wonderful, anything else that you'd like to add about this one, no, wonderful, thank you so much, all right, let me move along to the next exercise, which is the tongue trail, tongue trail is this one, have you ever heard about this exercise before, no, okay, have you done it, that's probably, no, okay, okay, that's alright. Let's give it a try. Let's give it a try.

That's alright, wonderful, that's okay, that's okay, that's okay, yes, yeah, okay, good, wonderful.

Now let's talk about this one: what do you think about this one? You said that you've never done it before as an exercise; what is your first impression of it? It's not very different from the first exercise, but it's slightly different because it has to be more focused, because the tongue movement is harder than, you know, the lips movement. And I think: it's not for someone who's, for a person who's an expert; I don't think it's, like, useful, but it's okay for a beginner. Okay, all right, wonderful, and thanks for sharing that, thank you, thank you. Thank you, thank you, thank you, thank you, thank you, thank you, thank you. Is there any physical sensation that you felt during that exercise? No. Not really? Okay, any tickles, any pain, any, okay, all right, wonderful, wonderful, let's, we can move along to the next one, yeah, so the next one is called Blowfish, so it's basically like blowing, like you said, but you make a little bit of leakage here, so that the air flows, and you make sound out of it, give it a try. Yeah, that one good; yeah, let me do it in this tune, the same tune,

good.

Wonderful. Let's talk about this one. Have you heard about this exercise before? No. No, this was a new video. Wonderful. And then, so I guess you've never done it before, right? Yeah. Okay, so what is your first impression? What do you think about this one? Well, at first, I thought it would help control, but in the end, I think I don't find the purpose of this exercise. Okay, that's fine. It's just that at the high notes, it's basically humming. When we do the blowfish at the high notes, it's basically just humming at the high notes. Okay, it sounds like it's humming. Okay. And this is harder because you have to, like, some wind coming out, and with the singing technique, it's a little bit hard.

So while maintaining singing and doing the blowfish technique, it's pretty hard. Okay, okay, okay. All right. Okay, wonderful. Is there any physical sensation that you feel? Any tickles, any vibratory sensation, or anything like that? No, not that much. Not that much, okay. Right. Okay, is there anything else that you want to add about this one? No. No? Okay, that's fine. Wonderful, thank you. All right, now I'm going to give you, for the next one, I'm going to give you a straw. Yes, a straw. So, we're going to sing through the straw. So basically, we just put it in our mouth, kind of hold it like this, yeah, and then make sure that there will be no leakage in the surrounding. It is like that, and it should be fine. Don't bite it, you can just put it between your teeth, but just to keep it steady, that's all, but not to bite it, yeah. And then, here we sing, basically.

Okay, for this one, you have to blow it, so it's not, it's not humming, but you blow it.

Yeah, so what is it? What does this exercise do, all this? So it is to create a back pressure, so there has to be like a pressure forward, from the air, in the air, because it's being semi-occluded, it will create like, back pressure, to the vocal throat, so that there's a trying to balance and reset the position of the vocal throat. Because the vocal folds are normally being pushed from below, by the air, but by doing these exercises, we're going to create like a more or less subglottic pressure, because there's a back pressure for on top of the vocal folds, to balance it. So this is what it did, so it's gonna be effective if like we let the air flow, yeah, so it's the phonic yeah, there you go.

Mm-mm-mm-mm-mm-mm-mm wonderful! Okay, so have you heard about this exercise before? The strophanation no. Okay, good. Uh, so, what do you think about this one? Any physical sensation did you feel? Well, nothing physical okay uh any any um, what is your first impression about this one? So at first I thought it was going to be hard since I had to blow uh air whilst singing, but that at the end I got the hang of it. It was some sort like humming, but just uh you know, and um, for some reason, like the last exercise, I felt like when it was the high notes it was basically just um humming, but with a straw in the mouth, right? It's not that very different, it's not very different okay, um, anything else what you'd like to add?

It's also very hard to make it sound at when it was high, but when it was low, it was pretty. Okay,

it was pretty. Just on the high notes a bit hard all right all. Right, wonderful! Good, now we're gonna do uh, we move on to the next one. We're gonna do this exercise again, but this time with water. This time, I'm just going to use this for me, okay? Um, I can provide a separate bubble if you would prefer to do this um, but perhaps you might have to drink it a little bit so it doesn't splash too much on you, yes. A bit more and then you're going to put it in it maybe a bit more, if you can drink a little bit like half of it, yeah, so it doesn't splash too much, yeah. Hopefully I think it should be fine. So we do the same exercise uh, but we're going to submerge the straw into the water, like that, and then uh, I'm doing The C melody, yeah?

Yeah, off you go.

Okay, wonderful, thank you so much. So now this one: Have you ever heard about this exercise before? So I've done it before as well, yeah, okay, so um what do you think about this one? I feel like it helps somehow because I would still just blow and this is water noise and for example, it's a loud place all you hear is just the water not our voice. And to make our voice heard slightly, we have to push very hard, and with that, you can just get hit by water,

and it's very effective, I think, for beginners when they're trying to help gauge how much power they need until they don't need to spill. Okay, and then how do you find it is it difficult, hard, sorry, or easy? Or medium? It was easy at the low notes; medium was still easy, but then on the high notes, I had to project pressure at the same time make the bubble bubble and we, and I had to make my voice clear. So it's kind of hard for the high notes. Good all right, so uh is there any uh physical sensation? No, no, okay, no physical sensation. Okay, wonderful, good um; we can put that away and now um of all this

five exercises if you could rate uh them best on uh suffragettism I guess yeah uh we have lip trail tongue trail blowfish strophanation, and strophanation with water the one that uh which one is it's like you like it or and which one that you hate uh but I think the one I like the most is the first one the lip trail okay probably because yeah I've done it a lot of times um the sec the secure throughout this I think the maybe blowfish the outfit so you put it on the second okay and then there's probably the second exercise okay the tongue trail okay uh the this one yeah the one with water is this is this the one before okay the strong one is the last the star one is the last okay wonderful okay Okay, good.

Now, why do you put the straw one on the last? Is there any particular reason? Because it's not very different from humming. It's just humming and it's a little bit harder because you have to put your voice through the straw. Okay, alright. Wonderful. Now, for example, if your teacher asks you to do one of these five exercises, first thing, would you do it at home actually? Would you do it at home if your teacher asks you to do any of these five exercises? Probably the first exercise I would do at home because I'm familiar with it. Because you're familiar with it? Yes. Good. So, probably, yes. Probably. Good. And probably the number one, yeah? The lip-chill, yeah? Wonderful. Wonderful. Good. Because you're familiar with it. Wonderful. Alright, let's do another singing. The same singing.

I want you to notice if you feel any difference. Or if you spot anything different between before and after. Or if you think there's no difference, that's also fine. Yeah? No? No. No. No. No. Okay .

E, E, E, E, E, E, E, E.

Wonderful! So do you think any difference between before and after? At first I thought, for the first time I did that, I felt like I was still uncomfortable and by time I became louder but then the second time it was more stable but that's just I think because I'm more familiar with the exercise and I don't think the five exercises really helped or the exercises aren't meant for that type of singing Oh okay, but the second time when you do this, when you do this lip of faith exercise do

you feel any difference or not very much different compared to the one before we do? At first I thought my second attempt which is more balanced is because of the five exercises but then I realized it was just because I was more familiar with the mmm and not because of the exercises. Alright, okay, that's fine. Very good! Thank you so much for helping me out with this research. Thank you so much.

Keana.m4a

Okay, good. So today we have Kiana. Thank you, Kiana, for coming here today. How are you doing? Good. You're good? Yes. Okay, excellent, wonderful. You're not ill or anything like that? Are you starting your holiday now? Are you starting your holiday? No, I still have school. You still have school? Yes. Thank you very much for coming; for making time for me. Wonderful. So as I mentioned earlier to your mom, I think that I also explained it to you as well. So I'm currently doing research for my master's degree. Part of the module in my master's degree program is we have to conduct research. This research is about. I gave the title for this research is 'Study on the Perspective of Singing Students Age 10 to 12 to Semi-Occluded Vocal Track Exercises.' So, Semi-Occluded Vocal Track Exercises.

This is a study on the perspective of singing students age 10 to 12 to semi-occluded vocal tracks, which is a fancy word or terminology for several exercises. Some of them actually quite common in voice lessons, in choir lessons. But we're going to focus on the one that I'm researching for-these five exercises, which is lip trill, tongue trill, blowfish, strophonation without water, and strophonation with water. What I'm doing is I want to get your perspective, what you think about that exercise. We're going to do it, the exercise. We're going to do all of them. And for each of them, I'm going to ask you questions. How you feel in your instrument? How you feel in the body? What do you think about that exercise? Is it fun? Interesting? Weird?

You know, you can use any word that most represents. What do you think about that exercise? So there's no right or wrong answers. What I need to know is how you feel it. So it's just your truthful opinion. Okay? You don't have to make up. So you don't have to make up. I mean, you have to make up. You just like what you feel. If you feel like, yeah, I don't feel, I don't feel anything. Okay. You just say you don't feel anything. Okay. This one is a bit tricky. Oh, this one is easy. This one is hard. This one is ticklish. This one is difficult. This one is hard. This one is this one is fun. Actually, this is nice. This kind of thing. Yeah. So there's no wrong answer.

Definitely there's no wrong answer. And what is right answers? I mean, yeah, it's what we need is your truthful answer. Very good. So you, it's a very safe place for you to, uh, to express your thought and your opinion. All right. So good. Now, um, okay. So, uh, before we start all these five exercises, we're going to do just a little bit of singing. Uh, the reason is, um, you know, I also want to try to pick up if possible, um, what you think, um, your voice or your singing before and after, uh, these exercises, if there's anything that you can spot, uh, if you think it's okay, if you say, 'Oh, actually after this, I feel like that.' Or you see after the exercises, actually, I don't feel anything. It's all the same. So both answers are correct. I mean, it's whatever answer is fine. Yeah. Any answers is fine. It's just based on how you feel. Okay. There's no right or wrong answers. Let's do, uh, let's do, uh,

okay, that's fine. Thank you. Now let's do the first exercise. So there's lip trill, tongue trill, goldfish, strophonation without water and strophonation with water. We're gonna start with the first one which is lip trill. Let's do lip trill. You know how to do lip trill? Yeah, that one, yeah? So let's do that. So let's do this melody.

Yes, how do you go?

Wait, I can't hear it but I'm so sorry; try again, it's fine.

Oh,

very ticklish. I'm gonna take note of that. Very good. Very ticklish. We have to continue.

Let's do two more; can you still make it?

Okay, good! Very ticklish, like 1 to 10, how ticklish is it? 10 It's also kind of hard because sometimes you stop when you like the good. Okay, okay, kind of hard because sometimes. Because sometimes it's just talk like that, yeah, just talk. Okay, good, good, good, good, good. And then what else, what else, what else? You can do this. It's very ticklish. Very, very, very ticklish. Very, very, very ticklish. It's all my nose. Okay, okay. And then nose, and then what else? That area that you pointed, that nose, and then area between nose and lips, yeah. Because of that, I cannot like focus on my own vocals. Okay, okay, okay, area between nose and lips! Make it, because it's ticklish. Because it's tickle. Because it tickles so bad, so much I cannot, I cannot, I cannot focus.

Yeah, sometimes I cannot like reach the high notes. Singing, sometimes it's hard to reach the high notes. Yeah, that's it; it's hard to reach the high notes. Okay, anything else? Yeah, that's it; that's it, yeah, for this one, yeah. Okay, very good, see, it's not hard, right? Yeah. So, have you ever heard about this exercise before? Yes. Yes, okay. Have you done it in the past, this exercise? In, well, when we're practicing the choir, yes, yes, yes, oh, okay. In choirs, Is it, is it often or less often, or isn't it? Not really often, but like in this part, I don't know, this time it's really ticklish. Oh, okay, oh, usually back then it wasn't that ticklish. It just tickles like a little bit. Oh, okay. Ah, okay, okay, okay, got it.

Right, it's not really often, okay, good, good, good, good, good. Thank you. Now let's try the next one. Let's do. Do you need a drink, by the way? No, it's okay. Yeah, I just wanna have this, right, this is new. Thank you. For you, just in case you need it, because later we're going to use it anyway. For the, for the stroke condition. So anytime you need a drink, you can open it. Can you open it? Yeah. Do you need my help to open? Are you, you're good? Okay, you're good, yeah, I'm good, excellent, wonderful, good. Now, let's move along to the next one, tongue trail. So, tongue trail is the Yes, that one, that's tongue trail. We're just using the same melody, yeah.

It feels like my throat is closing up, man. It feels like my throat is closing up, good. And then what else, what else, what else? What else? It's also tricky. It's tricky, good. It's also tricky, good. What else, what else? But it's a lot easier to reach the high note, but. This one is, this one a lot easier, yeah? This one feels a lot easier, a lot easier to reach the high notes, good, good, good. And then what else? My top wasn't, like, up here. Uh-huh. Your hard palate. Oh, yeah, yeah, that. I don't know, it feels really like jiggly, I don't like it. Jiggly, jiggly, jiggly sensation. I like it. Okay, jiggly sensation in the hard palate, yeah? The rooftop front part, right? Yeah. Good. Hard palate. Define 'jiggly'.

Is it jiggly, same like pickle? Or just like, is it moving, wobbling? It's wobbling. Like it's wobbling. Okay. Good. Like it's wobbling. Wobbling. I don't like it. Good. Good. Okay. But what else, what else did you feel? Any, any other sensation? Tickles, vibrating, tension, different tension like, oh, or something like that? Uh, what? It really feels uncomfortable. Feels uncomfortable. Mm-hmm. Yeah, that's it, I think. Yeah, comfortable. Uncomfortable, good. So, other than in the heart palate, any other area that you feel uncomfortable? Is it maybe in the neck, in shoulder, in other parts? Is there any other comfortable? Probably like, I feel like when I'm doing that, it's a lot easier to reach the high notes. But, I don't know how to explain it. It's really tricky how to explain it.

But, when I'm doing it, it feels hard to reach the high notes, but I can reach it. So, I don't know how to explain it. Okay, that's fine, that's fine, that's fine. It feels hard to reach, but I can, right? Yeah. It feels like hard to reach, hard to reach high notes. But I did it anyway. Yeah, high notes. Like, you need effort to reach the high notes. Yes. But I can. Yeah. Yeah, let's define it as you need extra effort, yeah? Need more effort. Effort to reach high notes. But you can, right? Yeah. Okay. Good. Good, wonderful. Anything else you want to add about tongue trill? No. No, that's about good. Let's move on to the next one. Okay. Blowfish. Right. So, blowfish is basically like you're

blowing balloon. Yes. When you do that, this is becoming pop-like blowfish. But then we make a sound out of it. Try. Yeah. So, almost like saying 'boo'. Yes, that one, yeah? Let's go. Boo. Boo. Boo. Boo. Boo. Wait, is it the mouth closed or no? That's the leet. Leet. Oh, okay. Boo. Boo. Boo. Boo. Boo. Boo. Boo.

Um,

good yes

perfect

oh yes

Go, come on! Try! Just blow, don't think of it, just think blow. Try, try, try, try. There you go! Yay! Good! Alright. Blowfish. Oh, the tongue trill, I haven't asked you whether or how have you done that tongue trill exercise before. Oh yeah, um. The tongue trill. The rrr, have you done it before? Oh yeah, I've really done it, but I don't remember it in my choir practice, so I think I remember it when I was doing my vocal lessons. Vocal lessons, yeah. Is it often? No, not really often, okay. Like two times. Okay, like two times. Good! How about this one, the blowfish? Have you ever heard about this exercise before? Yeah, I have. You, you, you haven't heard about it? Okay, have you ever done it? This way?

I have done it in the choir practice. In the choir practice. With the, with the, with the air tongue hustle, right? Thumbs up, yeah? Okay, I've done it in the choir practice. Uh, is it often? In the middle, sometimes. Sometimes, yeah. Right, yeah, okay. Uh, quite, uh. Uh, yeah, medium. Medium frequency. Okay. Alright, so what is your first impression about this one? What do you think about this one, and do you feel any, any physical sensation or anything? It's really easy, but it's hard to breathe. Really easy, uh, but hard to breathe, okay? It feels like all the air just comes out. Okay, okay. Hard to breathe, like you, uh, keep, uh, losing air. You keep losing air, or like, like you need more air? Yeah, and it's a lot easier to reach the high notes.

But it's easier to reach high notes? Yeah. Good. And then what else? Any tickles, respiratory sensation, um, any annoying feelings and anything, uh, in the instruments, in the mouth, in the rooftop, in, uh, nose, anything like that? No, not really. Not really? It's just funny, I don't know. It's just funny, okay. Uh, nothing, uh, no physical sensation, yeah? Yeah. Sensations. Okay. That alarming. Okay. Good. It's just funny. Mm-hmm. Funny! Okay, I'll put that word, funny, on this one. Okay, um, what else? Anything else? No. No, that one's good, yes, blowfish. Good. Yeah. Now we're going to move along to straw position. I'm going to give you straw, a straw. This is a new straw. Yeah. Thank you. You can open it, and then what we're going to do with that, we're going to, good, yes, open it.

Good, yes. So you're going to, we're going to suck through the straw. We're going to put it in our mouth. Alright, you can hold it with your teeth, feel it too, or you just hold it with your hand. And then we're going to sing, like, for example, uh, Yeah, we basically, we just, like, blow our drink through the, the, the, the straw. And make sure there's no air leaking out, uh, inside, you know, on the side, yeah? Yeah. Uh, you, you should just hold, just hold it, uh, properly, normally, and then it will come out. You can tell that it will come out. Mm. Mm. You don't have to press on it. You don't have to press on it. Hit it, hit, hit, hit it like.

Good. Continue.

Wait, yeah just keep going, I can't wait, there you go.

Wonderful!

Good, just think of moving, continue. Good, think of moving. Very good. One more. Good, number one. Last one. Good, excellent. I don't like it ... it's so hard. It's hard because it is difficult! It's so hot. Wait, we're still going to use it. Oh, really? The next one will be with water. It's so hot, I don't like it. And what else? What does it feel like? I feel like it's like a queen, it goes all over your face, it goes all over your face. I have to sing it slowly so it doesn't voice crack. I don't know why, but every time I do it It just has like a voice crack. You feel like there's a voice crack. Yeah, when I tried it the first time, there was a voice crack. And then I was shocked. Oh, maybe it's just a normal voice crack. And then when I tried again, I had another voice crack. But the sound from here is okay though. We only see several voice cracks in the beginning. But when it comes to the high notes, it sounded alright. And then what else? What else do you feel? Hard to breathe, too. Hard to breathe, too.

Uncomfortable, uncomfortable. I think that's it. It's really uncomfortable. It's really uncomfortable. If you could be a little bit more specific, so we know which part that makes it uncomfortable. Is it like there's a Is it like It feels like Do you need more effort or is it like It feels like you need more effort? It has to be like really, really slowly so it doesn't voice crack. Oh, okay. It feels like you need more effort. Need more detail to it. Need more effort. And then need more detail. Yes, need more. More careful, is it? Oh yeah, that's the word I've been finding that word. Need more careful. More careful to do it. Yeah. Okay. What else? Any tickles? Any pain or any discomfort? Any some other discomfort? There's like a little vibration.

Vibration all over my face. Vibration all over your face? But yeah, I can still feel it. Vibration all over your face. Okay, good, alright. Have you done this exercise before? Have you heard about it even? No, I haven't. You haven't heard, and you never had it also. This exercise in the past, okay, good. Thank you for all that information. Alright, wonderful! Now we're going to do the next one. We're going to do it with water bottle; you can use that actually. Reach it out a little bit. If it's okay, you can drink it more probably so it doesn't splash on you too much. And then let them get themselves a bit in the water and do the same thing. Usually, I hold the tip here so it doesn't fall. And then Oh wow, like that. Yeah, you don't have to tilt it too much because I think that'll be good. There you go; I think that works. Nice. Yeah, maybe we need to drink a bit more, okay? Ready? Hahaha, hahaha, ah, ah, ah.

All right, so that'll be it. That's all right.

Two more! Last one!

Good! Oh my god, it's really hard. Is it? Okay, it's really hard. Good. What else? The vibration in my tongue. Vibration in your tongue. And also it closes up my throat too. Okay, it's good. You feel it closes up your throat. And you need to be more careful while you sing it because I don't know, I have so many voice cracks. Okay, you need to be more careful while you sing it. Okay. You need to be more careful while you sing it. Are you still going to use it? No, I'm not going to use it. Oh, okay. Good. What else? What else? Oh my god. I need it. How about singing in high notes with that? No, it's so bad. It's not bad. I don't know.

It's just, it's not letting me reach the high notes. Okay, you feel it's not letting you reach the high notes. Okay, you feel it's not letting you reach the high notes. Yeah. So I feel like you're underwater, but then like, yeah, you can't reach the high notes. Okay. But you did. Yeah. So anyway, right? Yeah. Yeah. Good. All right. Let's try. Anything else that you wanted to add so far? What else do you feel? Any pickles? Any discomfort? Any tickles in here. In your tongue? No, like in the bottom of it. Bottom of tongue. Oh, okay. I don't know. Okay, that's fine. That's good. Tickles at the bottom of your tongue, is it? Yeah. Tickles at the bottom of tongue. Yeah. And then what else? Ready? Yeah. That's all? Wonderful.

Thank you. Now we have this all five exercises. If, which one? Which one? So we have lip trill, tongue trill, blowfish, trough foundation, and trough foundation with water. We have five. Which one would be your most favorite and which one would be your least favorite? Let's do most favorite. Okay. Probably the blowfish. Blowfish. Okay. I take them out. And then the least favorite. Least favorite. This one. The one with water, yeah? Yeah. The one with water. Okay. Let's talk about the most favorite. Why blowfish? It's easy. It's easy. And I feel comfortable while doing it. And I feel comfortable when doing it. Yeah, I think that's it. When doing it. And then why trough foundation with water is the bottom one? It's really, really, really hard. It's really, really, really hard. Okay. You can't really reach the high zones. But yeah. Yeah. It's like less effort you need to go for the high zones. Although you can reach it, but it's just hard. Yeah. It's hard to reach. Okay. You just need effort.

Good. So we have number one, blowfish. Number five, trough foundation with water. So we have two, three, four. Where do you put the rest? In this two, three, four? Where there is. So we have here. So we have lip trough, tongue trough, blowfish, trough foundation. Trough foundation with water. This one goes here. Blowfish go number one. So number two, which one? This. This one, number two. Okay. And then. Number two and four.

Which one you hate the most? Wait. Actually, I think this is the fourth one. I'm sorry. Okay. Okay. That one. Between these two, which one did you hate more? This one is really hard, I don't know. I feel like you're having an allergic reaction. For example, you feel like you have an allergic reaction. Yeah. That's funny. That's a very good comment actually. It feels like having allergic reaction. Yeah. I feel like I have an allergic reaction. Wonderful. Wonderful. I love all the comments. Good. And then. Okay. Let's do. If your teacher asks you to do these exercises, one of these exercises, would you do it at home? No. No. Okay. No. Okay. You don't like it. Okay. I don't like it. I don't like it. That's fine. That's fine. And then. If your teacher insists. No. You just have to do it, or you're going to lose marks, or whatever. Whatever. And then. And then. If you have really have to choose at home. Among all these five. Which one did you do? The blowfish. The blowfish. Obviously. Good. Okay. Blowfish. Because it's the easiest. Yes. Perfect. All right. Now. We're going to sing again. Yeah. Yeah. Yeah. Yeah. Let's do the same one like we did before. Just for a comparison. I'll show you guys in a minute.

Aaaah-aaah-aaah-aaah-aaah, aaah-aaah-aaah-aaah. Why am I so scared? Don't be scared, this way makes us relax. Alright. Aaah-aaah-aaah-aaah-aaah-aaah. Nice one! Behind you. Ah-aaah-aaah-aaaah-aaah. I got it. Try it again. It's gonna be so airy. Is it? Try it, see what happens. There you go. That's so bad. I think it's because I'm alto. Yeah, I think I'm better at alto. I'm already good at alto. So, compared before and after, do you think there's any difference? Yes. A little bit difference. How different? Is it like, easier, harder, or what is the difference? Suddenly it's hard to reach the heart. I don't know how, but yeah. Suddenly it's hard to, come again? Reach the high note. I think it's because of the straw. Oh, okay. The high note, you blame it on the straw, okay. Okay, that's fine, that's fine. Anything else that you feel? In comparing the before and after? The first time when I had the lowest note, it feels like you're relieved. Relieved? It feels like it's more easy on the high note, on the low note. It's a lot easier on the high note. No, okay. It's not like a big note. But on the low note, it feels like more easy to sing. Good!

I think that's all, yay! Thank you so much, Kiana! Your full name is Kiana? Ui Jaya Chitra. Ui Jaya Chitra. What is your date of birth? 27th February 2012. My name is Kamojel. Your name is Kamojel? Okay, wonderful. Thank you so much, Kiana. Thank you, Kak. Thank you.

Inessa.m4a

Hahaha It's okay, I won't post this anywhere. This is just for documentation. Okay, so we're gonna start. So, basically, thank you Inessa. Inessa, how old are you? 18 So, today we have Inessa. And then you're here to help me with my research. I'm currently conducting a research called Study on the Perspective of Singing Students age 10 to 12 about semi-occluded vocal track exercises. So, semi-occluded vocal track exercises is just a fancy name for this set of rehearsals or exercises. There are a lot of exercises that are included into the SOPT. Some of them you might be familiar with or you may not. But I'm sure you know some of them. Some of them you're familiar with. It's called kind of thrill, and then tongue trill, and then low pitch, and then strophonation, and strophonation with water.

And then there are many others, actually. Other than that, even the zzzzzzzz, and then vvvvvvvvvvvv. There's also even humming. Humming is also included in SOPTs. So, there are many types of SOPTs. But today, For this particular research, I'm trying to get perspectives or opinions from seeing students about this exercise so we're going to do some of these exercises right and then I'm going to ask you and you can share with me how you feel in the body how you feel in your instrument if there's any if you feel anything or if you're not feeling anything it's just feel the same like not really or is there any tickles or is there any yeah it

could be anything so there's no wrong answers but what I'll do is what you actually feel yeah so try to feel try to be aware of how it feels in the body so that you can tell me your answer could be anything right so there's no wrong answer okay this is the time that when the teacher cannot see something and you can answer the whatever you want there's no wrong answers okay right okay so before we start we're gonna do a little bit of we're gonna do a little bit Of singing, just to get a sense of how our voices do at the moment, and then also to compare between before and after the

exercise so you can check how you feel now and then later on after we do several exercises and then we can do another singing a little bit as well and then you can tell me how you feel between before and after although it could be possible because of this exercise or maybe about something else we don't know but just to get an idea how it feels the comparison right and then later on what I'm going to ask you I'm going to ask you to rate between all these five exercises which one is your most favorite and which one is Your least favorite and then where are the others in between, that's fine.

So we're going to start with a little bit of singing, we're going to do this one.

Good. Are you okay? Yeah. Are you okay or are you a bit okay or anything? Do you have any sickness at the moment? No. Good. Thanks, good. Wonderful. Are you comfortable with that AC? Do you want to move a little bit or are you fine? It's okay? Okay, good. Right. Now, let's begin with this exercise. The first exercise that we're going to do is called leg trail. Have you ever heard about leg trail? Yes. Yes. Have you done it in the past? Yes. Absolutely. How often do you think you do leg trails? Not really often. Not really often. Like maybe in a month, how many in one of the exercises with your voice teacher or in the choir? Maybe twice. Twice a month, roughly. Okay. Not really often, about twice. Good. Right. Let's do the leg trail. Let's do that one.

Let's try it.

So, what do you feel, any particular sensation, physical sensation that you feel, is it like maybe, I don't know, it could be anything, it could be like, uh, uh, pitchiness, uh, ticklish, or the same thing, or maybe, um, tickle, tickleness, okay, tickle, you feel tickle, and then what else, and you're pointing in the, uh, this one area, yeah, this area between, uh, nose and lips, yeah, okay, and then, uh, any other, any other sensation, or any other thoughts? What do you think about that

exercise? Um, actually, fun. Fun? You think it's fun, that's nice. And then what else? Itchiness. Itchiness, yes, itchiness, and then, um, what else, um, is it difficult to the heart, sort of medium, in scale one to ten? It's sometimes difficult. Sometimes difficult? Yeah. Sometimes difficult, yes.

Okay. Um, and also, um, what else, let me know this, haha, nothing, no more, uh, that's all, haha, okay, good, um, good, uh, let's do the next one, yeah, uh, let's do the tongue trill, uh, tongue trill, uh, do you know tongue trill? Tongue trill is kind of, uh, uh, uh, uh, uh, uh, uh, uh, uh, uh, uh, uh, uh, uh, uh, uh, tongue. Tongue trill, tongue trill, tongue trill, tongue trill, yeah. Have you ever heard about this exercise before? Yes. Yes. Okay, have you done it in the past? Yeah. Yeah, uh, how often? More often than lip trill or less, uh, or less often? Less often than lip trill? Oh, okay, not too often, yeah? Not too often. And uh less often than literally,

good, okay, record that all right, let's start with the with the exercise same melody,

yeah, okay, so what do you think about this exercise? Difficult. Difficult. Difficult to throw your tongue, yeah. So it's more harder than the trill, you would say? Difficult, harder than the trill. Okay, what else did you feel that you noticed? A bit ticklish. A bit ticklish, a lot? When you do like the tongue trill. The tongue trill? Where do you find the tickles most of the time? Up here. Up here, up here, up here, inside the mouth? Yeah. Like in the rooftop of the mouth? Okay. And the tongue too. And the tongue too. Tickles at the rooftop of the mouth and the tongue too, yeah. And also at the tongue, yeah. Also at the tongue. Okay, at the end of the physical sensation. Yeah. So, if it's scale 1 to 10, what I would rate this difficulty of this one? Maybe 6. Maybe 6. So good. So, uh, the, the, the difficultness, yeah. Uh, compared to the trill, the trill maybe in the area of what? Below that one probably, yeah. Trill maybe around 4 or 3? Yeah. Yeah, so around that area, yeah? Okay.

Good. Alright, and then, uh, good. Uh, any more, um, sensation that you want to share about, about tongue trill? I think that's all. That's all. Okay, good. So we're gonna move on to blowfish. Have you ever heard this exercise before? Yeah? So blowfish is like, ooooh. Yeah? So yes, blowfish. And then, have you done it in the past? Yeah. Yeah? Uh, do you think you try it often? Yeah. Quite often for blowfish, okay. Um, often. Uh, where or when or about how many times per week or per month? Maybe. Almost every last time? Twice. Huh, three? Yeah. Three, three times a month? Yeah. Yeah, during, during, uh, mostly where? Mostly in your private lessons or mostly in your choir lessons? Both. Both? Okay, both. Oh, okay. So, yeah, okay, so maybe like, if it's boy, yeah, okay, three, about three per month, yeah? So sometimes in your lessons, sometimes they do it, sometimes they don't. Yeah, so roughly about, about three times a month, yeah? Okay, let's do that. Still the same, okay? Big blowfish.

Good! How about this one? It's not really difficult. It's not really difficult, is it? Yeah? It's sort of like easy. Not really difficult. Good. And then, not really difficult, and then what else? The impression that comes to you? I kind of feel that a lot of air coming out. Oh, okay. Good. Good.

And then what else did you feel? That's all. How about, do you find any tickleness, or itchiness, or any sensation? No, not really. No? No, not really? Okay. No tickleness, no sensation. Maybe vibration? Not really? Not really. Not really? Okay. That's fine. Very good. Good. Now we're going to start moving on to the next exercise. We're going to do the strophonation. I'm going to open your new recycled straw. Straw. Paper straw. So we're going to do, we're going to sing through the straw. The same melody. We're going to do You can hold your straw, or you can just put it between your legs. That's fine. You have to make it steady. But make sure there's no air coming out between your legs. All the air coming out goes through the straw.

Thank you.

Good. One more. Good. Wonderful. Okay, so what about this one? Have you heard about this

exercise before? Yeah. Have you done it in the past? Yeah. How often? Not often. Not often. Maybe like once a month or even less. Maybe two months or very early. Very early. Like you've done it once or two times in the past. So, okay. Alright. So, what do you think about this one compared to the others? Or just simply, what do you think about this one? This is actually kind of not expected. Not to be expected? Yeah. Okay. What are you expecting? Or maybe it's not something exciting, new to you? Yeah. New. Not to be expected in terms of it's new, new experience. And then, is it interesting? Or maybe is it well, any other thoughts? Yeah, it's actually very interesting. Actually very interesting. Okay. Yeah. Very interesting. So, very good. Do you think you like it? This exercise? Yeah. You like this exercise? Yeah. Okay. Good. I'm just interested. Alright. So, any particular physical sensation? It's like my voice is like more smaller because it's going to Oh, okay. Good. You feel a feeling that the voice becomes smaller. Like it went to the like it went to the small needle, is it? Yeah. Yeah.

Because the voice is coming to destroy, yeah? Wait, I think you said that one. All right. All right. Good. Any other physical sensation? That you feel tickliness, vibration, or sting, or pain? I can feel like a little bit of vibration. Okay.

Okay. Any particular area? My lips are in contact with the straw. Oh, I get it. Okay. Lips that are in contact with the straw.

Okay. Good. Anything else that you can share? That's it. That's it. All right. Now, we're going to do the next one. We're going to do the same exercise, but I'm going to give you water. We're going to do it with water. I'm just going to give you a little bit. So I don't, so I stop splashing your, careful. It's not splashing on your clothes. So yeah, I'm just going to give you a little bit with a tall glass so that I can put it somewhere in the water. Yeah. Like this. Yeah. Yeah. Yeah. So yeah, you can hold, you can hold the glass and also the straw and then you blow onto it. I'm going to do another one. I'm going to also do it. Hang on. Okay. Okay. So I can give you an example how to do it. So I'm going to fill cup with water. So I'm going to put like this. I'm going to hold the tip a little bit so it's easier to manage. Like this. I'm going to hold like this. Right. Then I'm going to do, I'm going to lift my glass a bit, a bit higher.

Like that. Yeah. And you look straight. You look at the bubble. So you can manage proper posture.

Yeah. This here. Give it a try. Okay. Okay. Okay.

Thank you for watching, and I'll see you in the next video.

Good, you can put it this way. So, what do you think about this one? It's interesting. Interesting, good. What else? Also fun. Also fun. Which one is more fun, this one or the one with water or the one without water? With water. With water. It's good, more fun. Good.

Good, and what else? It's actually very unique. Very unique. And I haven't really done it. You haven't really done it? Oh yeah, you haven't done it in the past. Yeah, good. Have you heard about this exercise before? I actually have heard of it, but I haven't really done it. Never, never done it. Oh, okay. Good. And then what else? Is there any particular sensation? Any tickleness, aggression, pain, or itchiness or anything like that? Or if you feel something with your voice or anything? Maybe like my voice is like, very like, not stable. Not stable? Okay. Like, not stable. They hear. Oh, you cannot really hear your voice sometimes because of the bubble? Yeah. Okay.

Oh, so sometimes it's on, sometimes it's off. Yeah. Something like that. Okay. And I also felt like, like, have like a vibration when I blow. Good. So vibration when you blow. Yeah. Okay. So where is the vibration? Sensation? Feel? Like? Neck? Each area? My lips. Lips. Good. Very good. And then what else? That's it. That's it. Okay. Very good. Now, um, now let's do, uh, let's, let's, let's, uh, let's get to your favorite. So we have, we have lip trill, tongue trill, low fist, toe pronation. Okay.

Toe pronation. Toe pronation and straw pronation with water. Which one is number one, and which one the number five based on your most favorite and least favorite. Um, my favorite is this. This one. Number five, uh, straw pronation with water, yeah? Uh, uh, why? Any particular reason? Um, it's actually pretty fun. Pretty fun. Okay, good. Because it's, uh, it's pretty fun, yes. Good. Uh, how about the one that you uh least favorite, like the bottom number, number five tongue trail, okay tongue trail because uh it's the hardest of all, yeah, because it is the hardest of all,

okay. Good now we have a strophanation with water, number five. We have tongue trail on the bottom so we have lip trail and blowfish and strophanation, so which one goes? Number two and four, number two is blowfish, number two is blowfish, and then number three we still have the literal and strophanation, the strophanation, and then number four is the trail, yeah, okay. Wonderful, and then um now let's do, let's do uh let's let's try the exercise, uh let's sing again. I know you failed this compare between now and before, yeah. How do you feel compared to before and after? It's a bit lighter. Now it's lighter to sing? And more comfortable. Good, lighter to sing. When you say lighter, is it more easy? Yeah, kind of more easy. Kind of more easy. And what did you say before? Lighter and more comfortable to sing. Good singing. Any particular sensation? Any other thoughts to compare between the two, before and after? I felt a bit nervous at the front. Oh, the front. At the beginning? Yeah. Oh, okay. But now I'm just like. It's easy to sing? Yeah.

It's more easy, yeah? Yeah. Good. Right. Now, between all these five exercises, if your voice teacher asks you to, okay, Inessa, now I give you homework for next week. Okay. You have to do this, one of these exercises, one of these five exercises at home. Which do you think you're going to do it? Maybe the straw with water. Okay. Maybe. Maybe. And then the one that you're going to do is the straw with water, yeah. Okay. Particular reason? Because it's fun or because of what? Yeah, it's fun. And it's actually very. Very easy. Oh, okay. Good. It's fun and easy. And makes you feel good, comfortable and everything, yeah? Yeah. Comforting. Okay. Good. All right. Yay. We're done. Thank you so much, Inessa. Yeah. Thank you for helping me.