



Vocal Process

Chart for Applying Vocal Figures and Vocal Sets

Vocal Figures	Vocal Sets	Application	Triggers
Constriction–Retraction			
Widens false vocal folds	Any set especially twang, belting and speech	Supraglottic constriction Generalised pharyngeal tension (Nodules)	Giggle Chuckle Silent breathing
Constriction–Retraction into Sob widens and lowers the larynx	Preparation for Sob	Tight larynx, raised larynx, vocal strain (Nodules)	Silent sob Moaning
Vocal Fold Plane			
Raised plane	Falsetto	Play	Yoo-hoo! ‘Tea for two!’ (little finger raised) Hyacinth Bucket
Horizontal plane	Speech (Cry/Sob)	Assess fundamental speaking pitch	Pitch glide down with ‘break’ Strong whinge
<i>NB No laryngeal tilt ‘Visor Open’</i>			
Laryngeal Height		Reduced flexibility and range	
Neutral	Speech, Falsetto, Cry		Creak, Accent method
High Posture	Twang, Belt		Whimper, whine, swallow
Low Posture	Sob		Yawn/sigh, low sob
<i>NB There is some accommodation with change of pitch</i>			
Laryngeal Tilt		Awareness of visor (CT Visor locked?)	
Neutral (‘Visor Open’)	Speech and Falsetto	Vocal folds stretched?	Creak, Accent Thyroid
Thyroid Tilt (‘Visor Closed’)	Cry/Sob (Twang)	Accessing setup for sob (reducing effort?)	Whining, moaning, siren, cat’s miaow
Cricoid Tilt	Belting	Yelling Shouting Belting	Clavicular breath, raise chin, guinea pig squeak
Siren ‘Effort/Awareness’			Hand-clasp for monitoring effort
A controlled pitch glide made with thin vocal folds Intrinsic–Extrinsic muscle awareness in any vocal manoeuvre	Within any vocal set useful in assessing effort levels for pitch	Use for accessing any of the thin-fold setups, and helps for accessing Twang	Cat miaow

Vocal Figures	Sets	Applications	Triggers
Tone Onsets	All sets	(Co-ordinates breath and voice)	
Glottal	Preparation for Speech	Reduction of hyper-adduction Incomplete glottal closure Awareness of breath holding	Uh-oh! Fingers held together
Aspirate abrupt Aspirate gradual	Preparation for Falsetto (or Speech)	Reduction of hyper-adduction	Air onto the hand Air across bottle top Sinking into a warm bath G&T at the end of the day
Simultaneous	Preparation for Cry and Sob	Transexual Hyper- and Hypo-adduction Vocal fatigue	Cry Miaow - iaow (hold folds open until onset)
Vocal Fold Mass			
Thick Folds	Speech	Awareness of effort levels in vocal folds	From uh-oh
Thin Folds	Cry, Sob ('Little Girl')		From miaow/whimper
Stiff Folds	Falsetto, Breathy Speech	Breathy speech for adduction awareness?	From aspirate onset
Control of Nasal Port		Balanced resonance	
Port open	Clear nasal consonants		ing Nasal consonants Breath through nose
Port half-open	Preparation for nasal twang		Nose pinch test
Port closed			ing/ghee
Tongue Control			
Back high Back low	All voice qualities		ing ung
Dorsum advanced Dorsum backed	(medialising) Twang Cry/sob	Awareness of tongue Monitoring tongue use in Sob	Vignette or 'nyet' (ny-EE and all vowels with tongue fronted)
AES Constriction (Twang)			
Access from thin folds Connect to speech range Nasal-oral twang		Higher laryngeal position Could reduce medial compression Counteract lateral compression	Hungry cat, nag, happy witch, quacking duck
Postural Anchoring			
Stabilising the head and neck (outside and inside) Stabilising the torso - (latissimus dorsi, pectoralis minor and quadratus lumborum)	Degree of head and neck anchoring required for Sob quality Both types required for Belting	Stabilises sob quality; helps negotiate 'breaks' in siren; balanced resonance for improved vocal quality and projection; useful in establishing effort levels for older voices.	Head and neck - the head pat, monitoring occipital bone; fingers on SCM Inside - the apple bite & the sneer Torso - arms turned away from body; squeeze oranges in the armpits