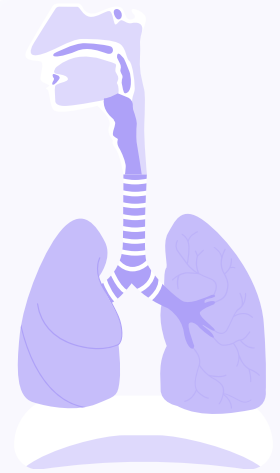


HOW DOES THE VOICE WORK?

There are **three** main systems that need to coordinate for efficient voice production:

Power - Breath

The lungs are used to inhale and exhale the air needed to make sound. During inspiration, the diaphragm and abdominal muscles **expand**. This creates more space in the chest so that the lungs can reach their **optimum capacity** for air. These muscles **contract** upon expiration, expelling the air from the lungs and **controlling the air** required for efficient voicing. It is important that one has **strong breath** support as a **foundation** for good voice production.



Source - Vocal Fold Vibration

The airstream created by the lungs then travels up through the trachea to the larynx. **The air vibrates the vocal folds to create a sound.**

Filter - Resonance

Finally, the sound travels further up to the **filter** which is comprised of the bony spaces in the throat and head, such as the **mouth** and the **nasal cavity**. Together with the **teeth, tongue and lips**, the airstream is **shaped** to enable the sound to resonate in different ways. This is what makes the voice sound **unique**.

*Each system is **equally important**. The main goal in voice training is to **strengthen** and maintain a **balance** between all three systems.*

The Larynx

The larynx (commonly called the **voice box**) comprises cartilages, muscles, ligaments and mucous membranes whose main purpose is to **control the vocal folds** that vibrate very fast to produce sound. The larynx sits behind the thyroid cartilage in the middle of the neck and above the trachea. The primary functions of the larynx are to **keep food and liquid out of the lungs** when you swallow and to **produce voice for talking and singing**.

The vocal folds are **located in the larynx** on top of the trachea in a horizontal 'V' shape. They consist of delicate mucous membrane and muscle and **vibrate on the air expelled from the lungs** to create a sound. The vocal folds **open when breathing**, and **close when swallowing, holding breath and voicing**. They can also **stretch lengthways (thereby increasing pitch)** and **contract (lowering pitch)**.



Open Position



Closed Position