

JBSM Vocal Training Method

Month 1.

1. Warmups
 - Always lip trills
 - Tongue Trills if they can
 - Five Note Vowels
 - One Octave Mum
 - One Octave No
 - "Nya"
 - The Lips the Tip of the Tongue and the Teeth
 - Always Thee Thah
2. Solfege Patterns
 - FSE Level 1 Major
3. Solfege Melodies
 - Page 1 of Melodia
4. Songs
 - Ut Queant Laxis
 - How Can I Keep from Singing?
 - Aloha Oe
 - Come Aurora

Month 2.

1. Warmups
 - Always Lip Trills
 - Tongue Trills if they can
 - Vowel Pattern upper Sixth Lower Seventh
 - Same Vowel Pattern in minor
 - One Octave Mum/Nay
 - Wow
 - Work Low Notes "A" (as in "After)
 - Unique New York/Red Leather
 - Always Thee Thah
2. Solfege Patterns
 - FSE Level 1 Minor
3. Solfege Melodies
 - Melodia Page 2-3
4. Songs
 - Black, Black, Black
 - The Parting Glass
 - Shady Grove
 - Home on the Range

Month 3.

1. Warmups
 - Always Lip Trills
 - Tongue Trills if they can
 - Vowel Patterns Broken Chord up/scale down
 - Same Vowel Patterns in Minor
 - One Octave No/Go
 - "Huh" breath exercise
 - Nya
 - Aluminum Linoleum/ The Fly Flew Through the Flute
 - The lips...
 - Always Thee Thah
2. Solfege Patterns
 - Level 1 Major Pentatonic
3. Solfege Melodies
 - 4-5
4. Songs
 - Amazing Grace
 - Auld Lang Syne
 - Believe Me, if all Those Endearing Young Charms
 - The Water is Wide

Month 4.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Vowel Pattern (1217-scale etc)
 - Second Vowel Same Scale in Minor
 - Introduce circular scale on Mum and No
 - Wow
 - Three Free Throws/ Can't Go Catch Cool Cats
 - Thee Thah
2. Solfege Patterns
 - Level 1 Minor Pentatonic
3. Solfege Melodies
 - Melodia 6-7
4. Songs
 - In the Pines
 - The bold Fenian men
 - Barbara Allen
 - Shenendoah

Month 5.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Vowel Pattern (scale by thirds)
 - Second Vowel Pattern Messa Di Voce (Diatonic in E Major)
 - circular scale on Nay and Go
 - Low Notes A
 - The Lips the tip of the Tongue
 - Red Leather/Unique New York
 - Thee Thah
2. Solfege Patterns
 - Level 1 FSE Chromatic
3. Solfege Melodies
 - Melodia 8-9
4. Songs
 - Drink to Me
 - Danny Boy
 - I gave my love a cherry.
 - The Minstrel Boy

Month 6.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Vowel Pattern groups of three then five notes
 - Same Vowel Pattern in Minor
 - Nya
 - circular scale on French J and No
 - One octave Mum/Go
 - Aluminum Linoleum/ The Fly Flew Through the Flute
 - Thee Thah
2. Solfege Patterns
 - FSE Level 1 Melodic and Harmonic Minor alternating weeks
3. Solfege Melodies
 - Melodia 10-11
4. Songs
 - Botany Bay
 - My Wild Irish Rose
 - Beautiful Dreamer
 - The Ash Grove

Month 7.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Vowel Pattern Five Up/Down Scale plus one Five Down Up Scale down plus five
 - circular scale on ZZ and Mum
 - Vowel Pattern Chromatic
 - Wow
 - Messa di Voce
 - Three Free Throws/ Can't Go Catch Cool Cats
 - Thee Thah
2. Solfege Patterns
 - FSE Level 1 Blues Scale
3. Solfege Melodies
 - Melodia 12-13
4. Songs
 - Red River Valley
 - Molly Malone (Cockles and Muscles)
 - More Pretty Girls
 - Beautiful Beautiful Brown Eyes

Month 8.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Vowel Pattern on scale patterns from FSE 1
 - circular scale on "Vvv" and No
 - Circular scale on Mum and Go
 - Nya
 - Flee from Fog and Flu/That There Thwarts Those Thieves
 - Thee Thah
2. Solfege Patterns
 - FSE Level 1 Chords
3. Solfege Melodies
 - Melodia 14-15
4. Songs
 - All Through the Night
 - Aura Lee
 - Billy the Kid
 - Santy Anna

Month 9.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Vowel Pattern upper sixth, lower seventh Major
 - circular scale on Nay and Go
 - Vowel Pattern upper sixth and lower seventh Minor
 - Circular scale on French “J” and Wa
 - The Lips the tip of the Tongue
 - Wow
 - Big brats brook big bros/Good Growers Grow Great Grapes
 - Thee Thah
2. Solfege Patterns
 - FSE Level 1 Major and Minor Alternating Weeks
3. Solfege Melodies
 - Melodia 16-17
4. Songs
 - Greensleeves
 - I ride an old Paint
 - Bright Phoebe
 - Loch Lomond

Month 10.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - “Ng” five notes
 - Vowel Pattern groups of five up down octave major
 - circular scale on Mum and No
 - Vowel Pattern groups of five up down octave minor
 - Circular scale on “Vvv” and “Zzz”
 - Nya
 - Jerry and Larry Love Cheese/ Cute Girls Cut Cute Curls
 - Thee Thah
2. Solfege Patterns
 - FSE Level 1 Chromatic
3. Solfege Melodies
 - Melodia 18-19
 - Major and minor melodies with chromatics
4. Songs
 - Cape Cod Girls
 - Bury Me Beneath the Willow
 - The Sons of Liberty
 - Swing Low, Sweet Chariot

Month 11.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Minnie
 - Vowel Pattern (scale by thirds)
 - circular scale on Ng and Wa
 - circular scale on Mum and No
 - Vowel Patterns Chromatic
 - Wow
 - Hung-Ah
 - Choose the Choo Choo Train/Do Two Torrid Tunes
 - Thee Thah
2. Solfege Patterns
 - FSE Level 1 Pentatonic major and Minor alternating weeks
3. Solfege Melodies
 - Major and minor melodies with chromatics
 - Melodia 20
4. Songs
 - Brown Eyes
 - My Bonnie Lies Over the Ocean
 - Deep River
 - Jeannie With the Light Brown Hair

Month 12.

1. Warmups
 - Lip Trill
 - Tongue Trill
 - Vowel Pattern FSE major and minor
 - circular scale on Mum and No
 - Circular Scale on French J and "Wa"
 - High Going Low
 - Irish Wristwatch/Aluminum Linoleum
 - Thee Thah
2. Solfege Patterns
 - FSE Choose Four
3. Solfege Melodies
 - Begin Part 2 of Melodia
4. Songs
 - Choose 4-8 songs to review from the year