

Breathing Technique to Sing Better

One of the most important but often overlooked aspects of better and good singing is to develop a good breath control technique. Many new or untrained singers don't even have an inkling that by breathing correctly, they are not only able to hold a note longer, have a more steady tone and will not become breathless easily. That is why having good singing lessons before a singer launch his/her singing career is so vitally important.

Many people must have thought that why should they care about breathing techniques when they already know how to breathe. If they don't how to breathe then they would have already croaked, wouldn't they?

Come on, singing breath control is more than simply knowing how to breathe. It is a breathing technique and can make a world of a difference if you want to sing better.

To most people, breathing simply means that you are just filling 2 bags (your lungs) with air and then squeezing them out over your vocal cords, right? WRONG! It is much more than that.

So what is the correct singing technique? Well, have you heard of singers talking about singing from the diaphragm? Well, what they are talking about is the singing breathing technique or breath control by your diaphragm.

When you take a breath, are you letting your belly move out of the way of at bottom of the bags (lungs)? If not, you won't start with enough air to get you through a number of notes without having to breathe in again. Thus you will get breathless pretty quickly.

The correct way to take in air is to breathe in a nice, deep breath and imagine breathing that breath into your tummy. If you do that, your stomach will expand outwards, out of the way of your fast filling up lungs.

The means that your lungs will have more capacity to take in more air and when you breathe out or release the air when singing, the natural motion of your tummy coming back in acts like an accordion, regulating the outflow of air. In this way, your singing tone will be more steady and pleasurable to listen to.

Because you are now getting more air with each breath, you are now able to hold notes longer, able to hit higher notes and will not get breathless as easily too.

Now the next thing to learn is to let your vocal cords be the controller of the air supply, allowing what it needs to pass through and at the same time breathing normally.

There are many of philosophies on breathing techniques for letting the air passed through your vocal cords, like do you "let" the air out, do you "hold" the air back, do you "push" the air out.

You see, the most common problem with running out of breath when singing has little to do with breathing although it does play a part! That problem has to do with allowing too much air to escape when you are emptying your lungs during a song. If your vocal cords are coming together with a nice firm seal, it takes very little air to sing a strong and firm tone!

However, if you are singing into falsetto or if you have not found your chest voice at all (some women actually have this problem), you will be letting excess air escape while you are singing and you will be running out of breath much sooner than you wish to. So by using the correct method of breath control when you sing and you will never get breathless again.

Want to sing better, then master your singing breath control technique and be a much better singer.

About the Author

Chris Chew owns a music education website at [How to sing badly - Be an awful singer](#) and [How To Sing Higher Octaves Easily](#)

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