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## Resonance Exercise

Making a sound with full resonance is effective in having a rich and strong sound. This sound can be made even by releasing shoulder, throat, jaw, tongue and lips. The resonance sound indicates that the sound is focused and relaxed with full vibration. Through this exercise, you can have a much comfortable voice with full resonance.

1. Seat up straight in the chair as if you are straightening the back bone over the pelvis. Make your seating height as much tall as possible. Relax your head as much as possible so you can easily move your neck to both sides.
2. Lightly lay your arms down as if your shoulders are lightly heading down to your hip side. Keep this posture and deeply inhale and exhale. When you exhale, make it slow and constant on a regular basis. When breathing out, if you feel any resistance over your shoulder or neck, repeat the respiration until the feeling is gone. Now, you are ready to make a sound with full resonance.

## Voice Exercise – The use of full resonance

### 1st stage

1. Firstly start with lip trills with no sound. When doing this, your neck and larynx shouldn't stay strained and everything should work as if it is released.
2. By remembering this released vibration, this time do the lip trills with sound. You may feel a light power forced on you vocal folds. The relaxed are your neck, larynx and shoulder and you should confirm you are making a sound by lightly trilling your lips without any feelings that you are straining or pushing the air out.
3. If you are able to make this light sound through lip trills, now apply 5 note scales. It also should stay light and natural.

### 2nd stage

1. If you know how to release muscles on your neck, jaw, larynx, lips and tongue, you are done with the warm-up exercise. Now try humming with a comfortable pitch.
2. You should feel the vibration on your head and face when making a sound. Make a humming sound with "Hmmmmmm-----"
3. Pronunciate the words below with using full resonance.  
Ha-nul, Ha-bok, Hye-ma, Hye-soo, Ho-soo, Who-sa, Ho-ri, Ho-doo, Ha-ma, Sa-mak, Ra-myeon, A-ha, A-dul, O-ree, Yi-gui.

### 3rd stage

1. By feeling the energy of the sound, you should make a resonance sound. By continuing this, count the numbers.
2. Firstly count from 1 to 10. For example, you should count the number like this, "oneeeeeeeeeee, twooooooooooooo, threeeeeeeeeee...."
3. This time count from 70 to 80.
4. Then, count from 170 to 180.
5. This time count from January to December.

<Important notice during this exercise>

It is good to exercise all this very briefly and frequently. To have a full resonance in your voice, you should practice at least 4~5times each day for 5 minutes. Repeating this process is considered very important for the good outcome.