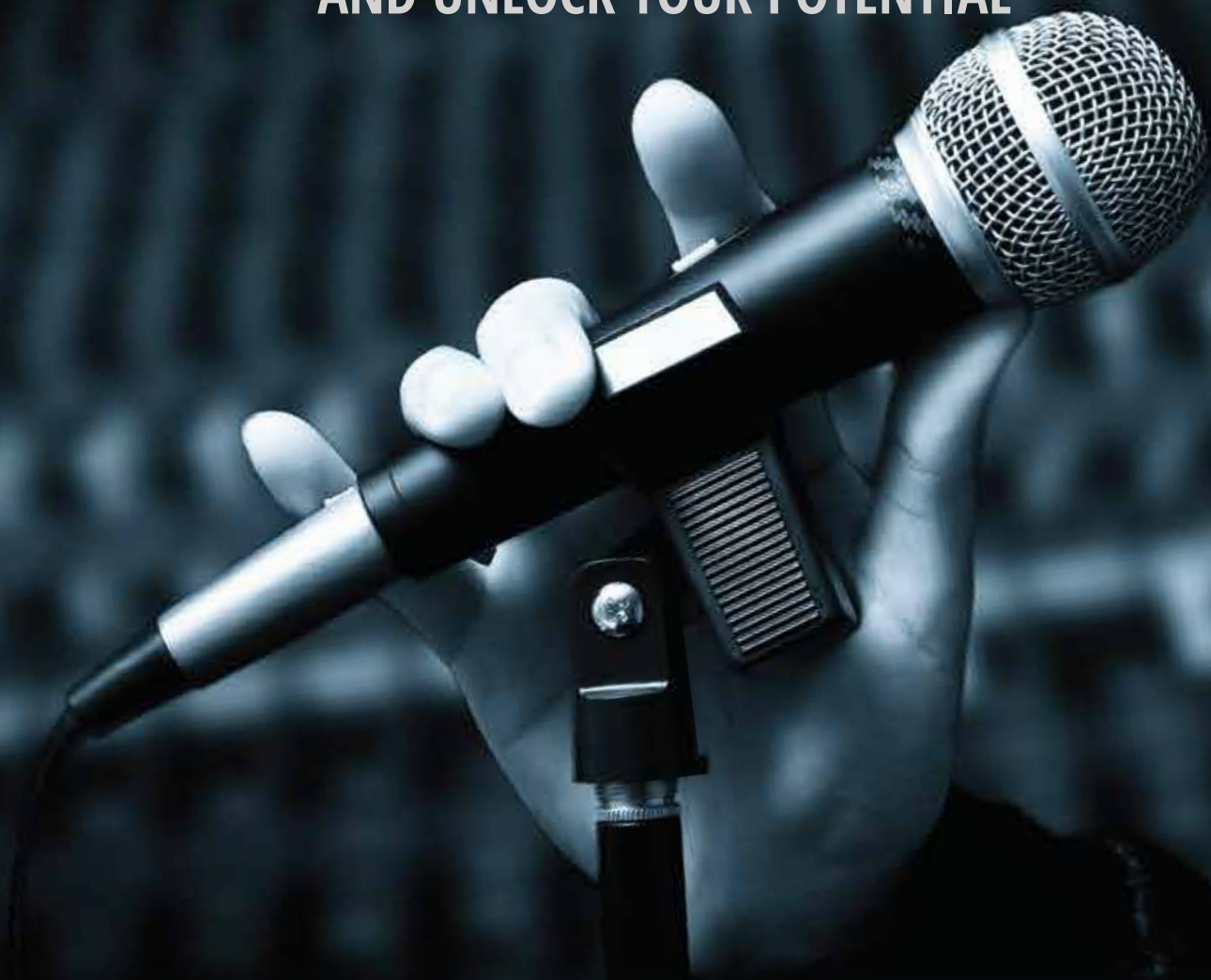
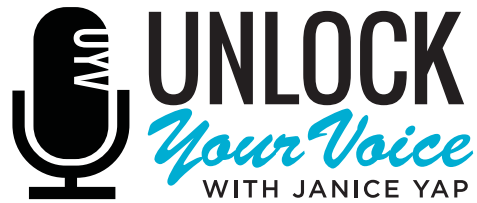


JANICE YAP'S

# SINGING MADE EASY

HOW TO OVERCOME STAGE FRIGHT  
AND UNLOCK YOUR POTENTIAL





Janice Yap is the author of 'Unlock Your Voice - The Secrets to Singing' and creator of Unlock Your Voice™, a vocal technique that taps into one's natural ability to sing, drawing out the mighty voice within a singer.

An award-winning vocalist, Janice is a vocal coach with experience in Singing & Songwriting, Musical Theatre, TV Presenting, Voice-overs, Hosting & Radio Announcing.

**DISCLAIMER:**

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# His palms are sweaty, knees weak, arms are heavy.....

Does that describe you? Especially when you have to speak or sing in front of others? Read on if you have ever felt nervous or shy about speaking or singing in public.

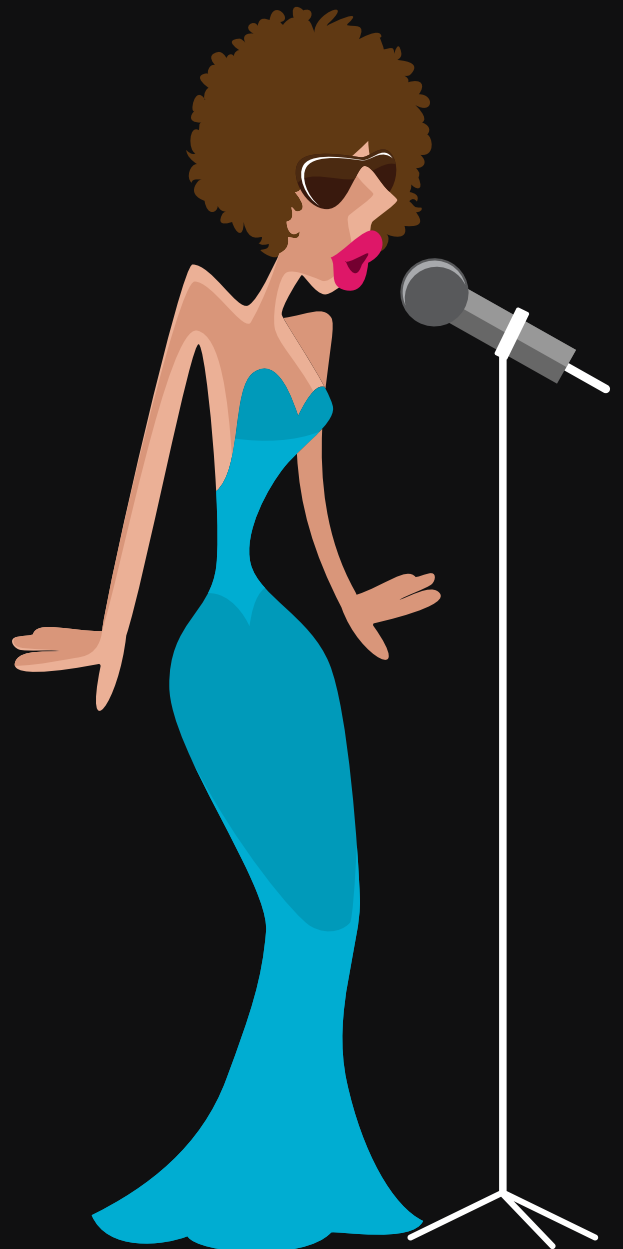
There are scores of studies that show public speaking as one of the top fears people have. So why do we hit the panic button when it comes to being in the spotlight? Quite simply, we think that we are being judged by others, and that we are on the verge of making a fool of ourselves.



# THE STARS GO THROUGH IT TOO!

Nobody is spared from pre-performance anxiety, not even the stars.

Barbra Streisand has been known to throw up backstage before most of her performances. Beyoncé's pre-show ritual includes gathering the members of her band to say a prayer before she does a stretching exercise. She also spends an hour of quiet time before her show.



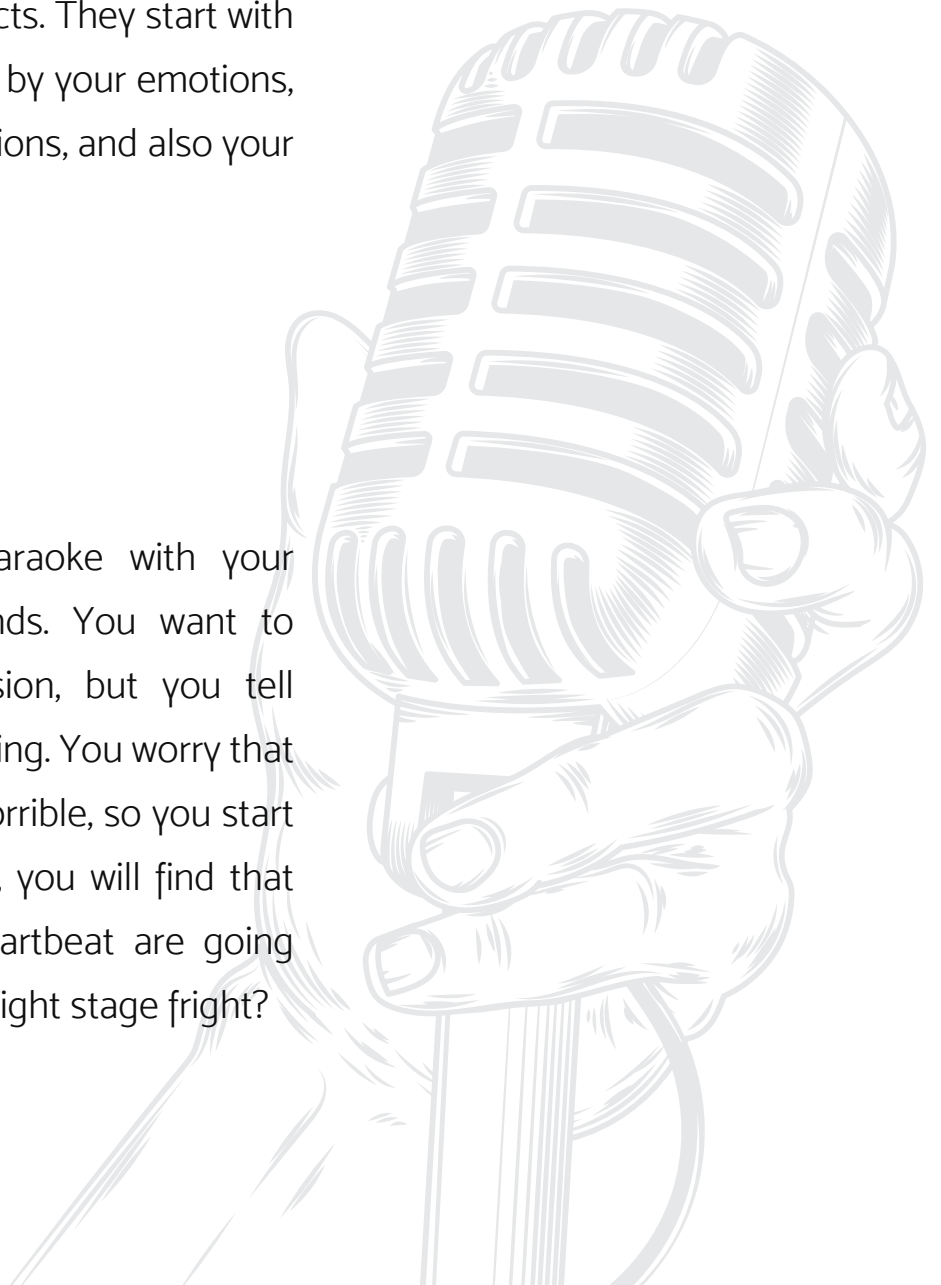


# HOW TO SPOT THE SIGNS

Oftentimes the nerves will set in way before you feel the effects. They start with your thoughts, followed by your emotions, your physiological reactions, and also your behaviour.

## Case in point

You get invited to karaoke with your significant other's friends. You want to make a good impression, but you tell yourself that you can't sing. You worry that your voice will sound horrible, so you start to fidget. As you fidget, you will find that your breathing and heartbeat are going haywire. So how do we fight stage fright?



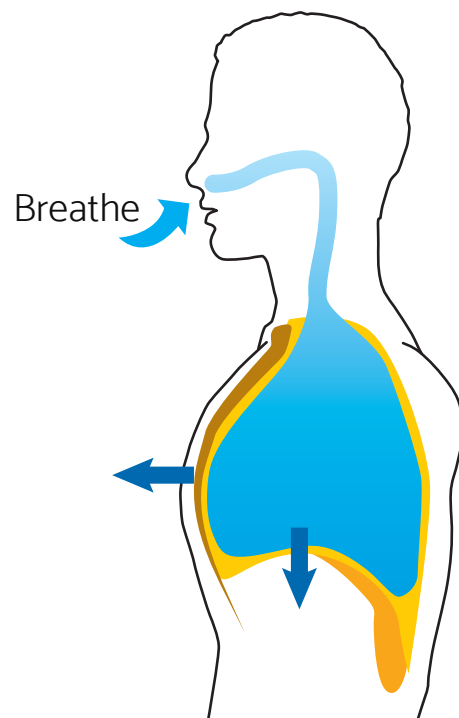


# PREPARATION TIPS

Preparation is the key to combat your nerves! Here are three tips that can get you in the zone:

## TIPS 1: BREATHE IN, BREATHE OUT

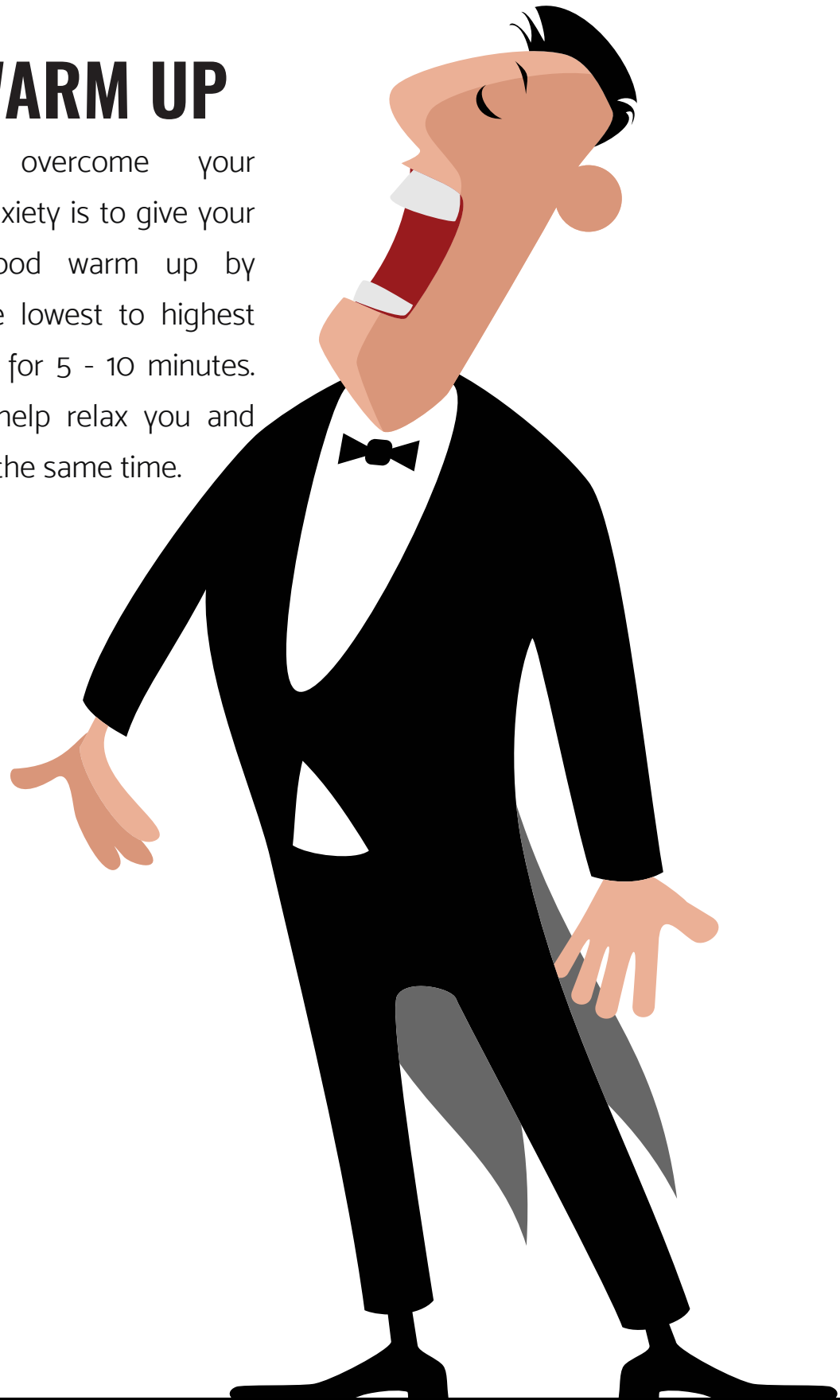
Take slow, deep breaths. Make sure when you inhale that your solar plexus bulges out a little and your ribcage/waistline expands. When you exhale, your solar plexus should pull inward gradually. It also helps you focus so make sure to take your time to do this.





## TIPS 2: WARM UP

One way to overcome your pre-performance anxiety is to give your vocal cords a good warm up by humming, from the lowest to highest notes, continuously for 5 - 10 minutes. The warm-up will help relax you and build confidence at the same time.





## TIPS 3: FEED YOUR BODY

Singing requires energy & stamina - performing on an empty stomach or while starving isn't ideal.

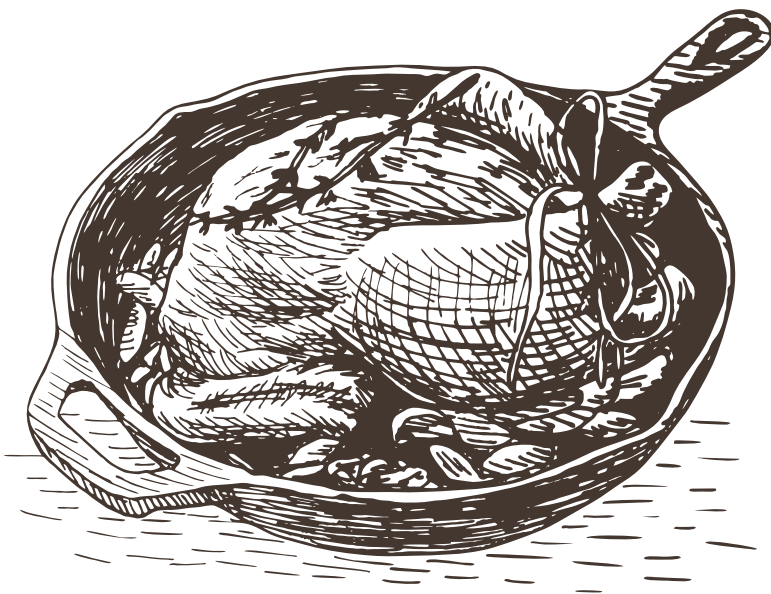
However, performing with a tummy too full with food isn't ideal either.

The voice is somewhat a wind instrument and just like other wind instrument musicians, eating too much before a performance can cause one to feel bloated, making it slightly uncomfortable for one to breathe properly or even have the need to burp frequently, which can affect and disrupt a performance.

Ideally, eat one or two hours before the show, and eat moderately to give yourself the right amount of energy required for singing without feeling uncomfortable.







## Did you know?

John Legend always eats a roasted chicken before his shows.



# 3 TIPS TO SINGING WELL

Now that you have your anxiety issues under control, here are three tips to help you nail that song.

## {#1} OPEN THAT MOUTH

Sing with an open mouth (jaw lowered) and keep the back of your throat open. You should emphasise on the vowels instead of the consonants.

When the jaw is not dropped enough, the voice sounds much softer, or even muffled. You can practice singing with your mouth open as you look at the mirror.

For example, the word “love”....

Sing: Luuuuuuuuuuuughv

Not: Luvvvvvvvvvvvvvvv.

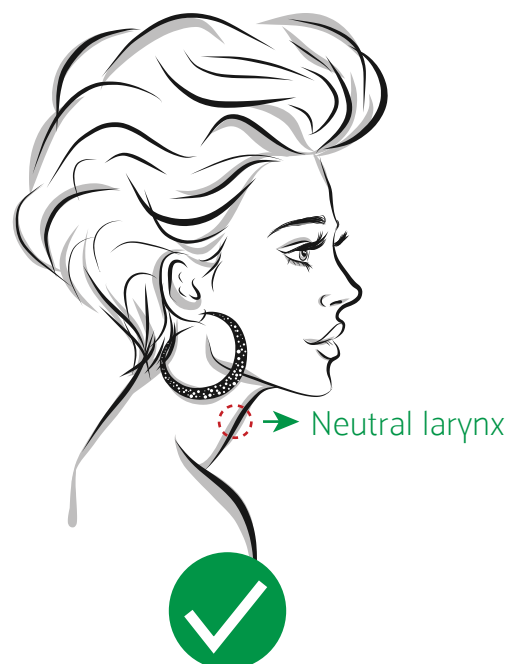
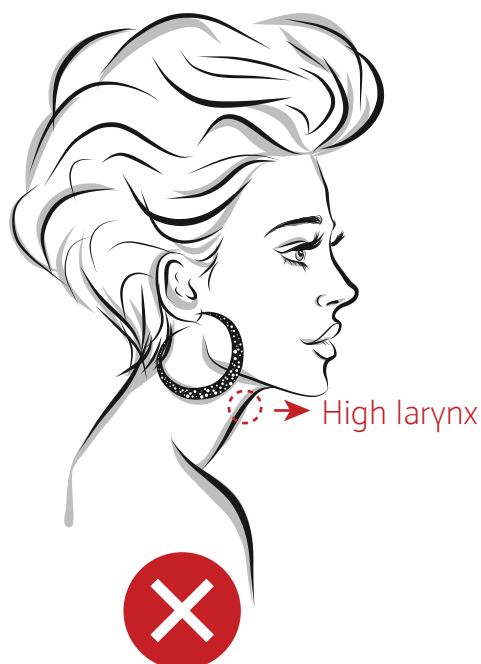




## {#2} STOP THE CRACK

Ever had difficulty going through the octaves in one voice? Don't you just hate it when the voice suddenly cracks as you try to sing louder and higher?

Usually the voice cracks because the larynx (Adam's apple) is raised as we change to our head voice (the lighter voice) from our chest voice. Adding a sigh to your singing can help lower a raised larynx, and prevent the voice from cracking.



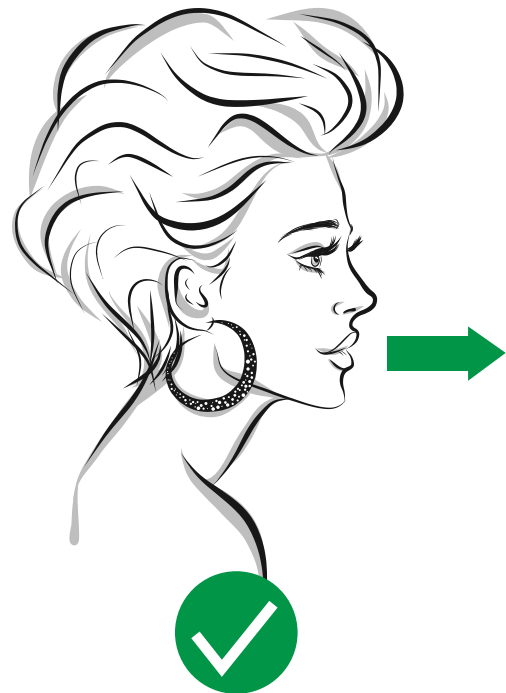


## {#3} JUST PRESS DOWN

High notes are hard to sing and sustain when you use the wrong muscles and prevent the voice from shifting into the head resonance.

This difficulty happens when you try to “reach” for the notes and end up pulling the chest voice up while stretching your chin upwards.

Instead of “reaching” for those notes, visualise pressing down into them instead and keep your chin parallel to the ground





## {#} OTHER TIP

Vocal Training can help you understand the various tools that a singer can use and when to use it. By developing your vocal mix (also known as the “middle voice”), you will be able to sing through your whole vocal range without any kinks!



Unlock Your Voice: Singing Made Easy by Janice Yap.  
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