

Overcoming Vocal Breaks

When you sing, your vocal cords undergo a transition as your resonance fluctuates. Vocal breaks tend to happen when you make the transition from low to high or the other way around. Specifically, when shifting between the two main vocal registers – chest voice and head voice.



Check for tension in your Voice Box

When a singer tries for higher notes, they sometimes automatically raise their larynx (voice box), which results in vocal breaks. **Here's how you can prevent this from happening:**

- Wrap your thumb and index finger around your larynx
- Swallow while feeling your voice box (you will notice that it rises as you do)
- Feeling your larynx, sing something that you've found difficult until now
- If you feel your voice box rising again, try to relax the muscles in your throat almost as if you were to start yawning. This will help lower your larynx as you sing.
- **As your larynx relaxes on higher notes, you will start to notice your vocal break dissipating.**



Smooth out your passaggio

One of the most apparent signs of passaggio is the change in volume when going from high to low or low to high. So while making that shift seem as seamless as possible, you should also try to keep the volume as steady as you can. If you're going from head voice to chest voice, trying lowering the volume as you approach your break and vice versa.



For more 'Overcoming Vocal Breaks' information, exercises, and techniques, visit danielkoek.com and join **The Ultimate Performance Academy**. Visit danielkoek.com for details.