AIMM Offers Tips On How To Hit High Notes

November 02, 2023

Duluth, Georgia - November 02, 2023 -
The Atlanta Institute of Music and Media (AIMM), based in Duluth, GA, is encouraging singers in training to learn how to hit high notes without strain. The Atlanta vocal performance school has itself published several articles on this and related topics, and singers are welcome to visit AIMM?s official blog space to explore further.

?Every singer has been there,? states one such article (How to Hit High Notes Without Straining Your Voice). ?You're about to sing that lovely high note when suddenly you feel like the bottom has dropped out of your voice, and you start to crack like a 12-year-old boy. Vocal breaks like this are typical, especially on high notes. And regrettably, they can occur at any time, whether in your home studio after too many vocal takes or on stage in front of a large audience.?

AIMM is adamant that anyone can improve their ability to hit high notes without strain, provided they practice and utilize the right training methods. Many, the Institute says, will find themselves achieving a wider vocal range than they thought possible for themselves, and the best time to start learning is today.

According to the article, singers should understand a few key aspects of this branch of vocal training. An individual?s vocal range is an important part of their journey as a singer, so they should make every attempt

to safely push themselves to their limits. However, doing so requires specific training, especially since the vocal cords need to be stretched out further in order to sing a high note.

High notes can be hit via three modes: chest voice, head voice or a mix of chest and head voice. AIMM says certain exercises can help, but they must be implemented correctly to be effective, and singers should be careful not to mistake practice with simply pushing themselves harder. In fact, the Institute says singers attempting to push in this manner tend to end up holding themselves back instead, and a lack of progress may indicate that the exercises are being done incorrectly.

AIMM encourages singers to remember that their voice is a muscle, and its flexibility can be temporarily improved prior to a performance in the same way an athlete stretches before a competition (or even training). This is why it is recommended that singers warm up by humming, singing low notes and so on. Starting out this way will help their voice reach higher notes without strain, and forming a daily regimen where they start slow and gradually increase the speed can be an excellent form of training.

Similarly, the Institute says another common mistake is to try a high note while widening the mouth and exhaling more air. They explain, ?You won't achieve anything by hurting yourself. Even worse would be if your neck veins would pop out whenever you attempted a high note. Learn to relax your face and mouth before singing; this is a fantastic way to prevent injury. Put your thumbs on the fleshy area under your chin and both of your trigger fingers over your chin. To relax the muscles in this area, gently massage it. Do this several times while keeping your mouth and eyes as wide open and scrunched up as you can.?

While singers should not widen the mouth when attempting to reach a high note, AIMM says they should also be wary of the impulse to close their jaws. Most vocalists, the article points out, will close their jaws slightly during a performance, and this should be done with care since it has the potential to mute volume, force and tone. It may be difficult to keep the jaw open to the end of a word during a performance, but voice-building exercises can help, and enough practice will allow the singer to maintain their strength and volume with a steady jaw.

AIMM?s article has many other tips for singers in pursuit of their elusive high notes, and other posts on their official website are similarly informative. See the full article here for more: https://www.aimm.edu/blog/hit-high-notes-without-straining-your-voice.

As a school that cherishes and promotes the musical arts, The Atlanta Institute of Music and Media also offers more specialized training for singers (and other media professionals). Singers who are interested in their programs and courses are welcome to contact AIMM?s office to learn more today.

###

For more information about Atlanta Institute of Music and Media, contact the company here:Atlanta Institute of Music and MediaNite Driscoll(770) 242-7717admissions@aimm.edu2875 Breckinridge Blvd #700, Duluth, Georgia 30096

Atlanta Institute of Music and Media

Atlanta Institute of Music and Media has a uniquely effective approach to vocational training for musicians, production, and audio engineering students.

Website: https://www.aimm.edu/

Email: admissions@aimm.edu

Phone: (770) 242-7717