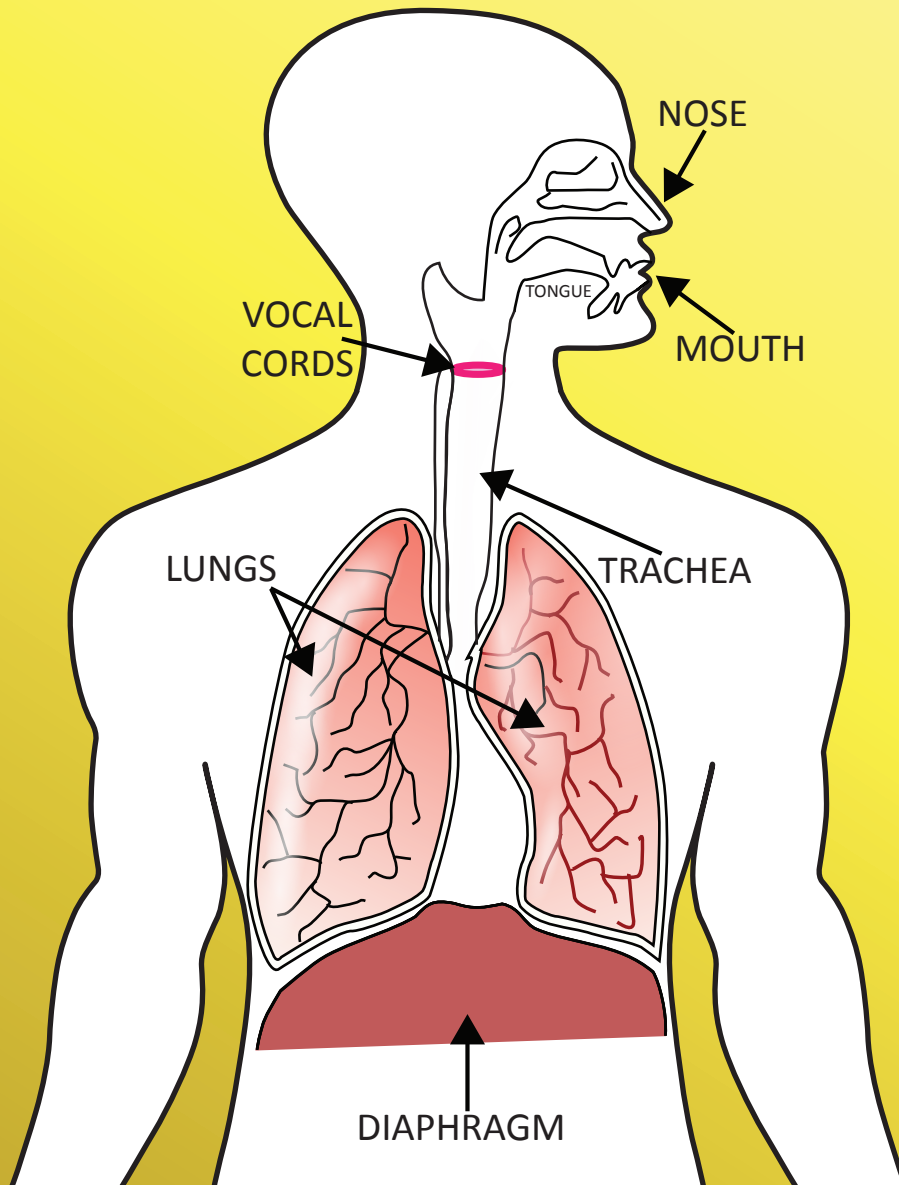


# HOW CAN WE USE BREATH SUPPORT TO BECOME A BETTER SINGER?



WHEN YOU INHALE,  
THE DIAPHRAGM FALLS  
TO ALLOW THE LUNGS  
TO FILL WITH AIR.

SOUND IS GENERATED  
WHEN AIR IS PUSHED  
THROUGH THE  
VOCAL CORDS,  
CAUSING THEM  
TO VIBRATE.

THE MORE THE  
VOCAL CORDS VIBRATE,  
THE MORE POWERFUL  
THE SOUND.

THE BETTER YOU  
MANAGE THE AIR  
THAT FILLS THE LUNGS  
AND DIAPHRAGM,  
THE LONGER YOU CAN  
SUSTAIN YOUR VOICE.

## REMEMBER:

AIR SHOULD BE PUSHED **THROUGH** THE THROAT, NOT **BY** THE THROAT.