



KAMERTONE Ltd.



MASTER CLASS OF VOICE CONTROL

- 🎤 Acquaintance with resonance technique of voice development and restoration, for more than 20 years widely applied in work with masters of theatrics, politicians and businessmen.
- 🎧 Display of timbre characteristics of participants voices with use of computer programs of sound processing in a real time mode.
- 🗣️ Demonstration of switching of various types of breath of an audience for the purpose of adjustment for a uniform information wave.

As experience shows, each person has abilities to training and possibility to change voice sounding. The main thing – is to have a desire. Along with an acoustical evaluation there is a computer diagnostics of voice acoustic characteristics, with its help it is possible not only to hear, but also to see strong and weak sides of sounding, to define individual peculiarities, to see, whether there are such qualities, as sonority, volume and flight. Here it is important to reveal, on which vowels in singing or in speech appears high singing formant - one of leading indicators of vocal endowments, giving to timbre vigour, brightness and characteristic shine, and also to catch at which moment the voice is painted and acquires pleasant and specific sounding. Application of resonance technique allows to instantly change a voice spectrum of any person, to make so that there appear a stereosounding - an echo which is necessary to transfer to speech and to preserve by means of exercises. Today we know, how the sound should look and we can try to “draw” in a real time mode a sound picture according to aesthetic representations and to fix it in sensations. The sound portrait that can be heard and seen with use of a number of programs, accurately reflects separate professional-personal characteristics of a person.

VOICE CONTROL (Voice training)

Audience: people voice-speech professions: vocalists, actors, announcers, politicians, businessmen, managers.

Aim: formation of abilities of voice mastery in various kinds of professional work, development of ability to control audience attention, to cause interest and to provide readiness for perception of information through emotional sphere.

Results: increase of voice power and endurance, improvement sound pronunciation (speed-rhythm, clearness of diction, legibility and expressiveness of speech), expansion sound-pitch and dynamic range, mastering by various emotional voice colouring, smoothing of regional accents, acquiring a feeling of confidence at negotiations, performances, at conducting presentations.

THE PROGRAM:

1. Computer diagnostics.

Analysis of individual peculiarities of voice formation and sound pronunciation, revealing problems of work of the vocal apparatus (hoarseness, insufficient voice power, excessively high or low tone, nasal additional sound, monotony, shortage of air in the end of phrases, sharp differences in speech, etc.), selection of exercises for their elimination. Drawing up of an individual program of development of voice.

Diagnostics includes:

🔊 Special equipment, computer programs of sound processing;

🔊 Acoustical evaluation of basic characteristics of voice and breath;

Basic indicators of voice evaluation in singing and speech:

Intensity (loud, silent, weakened);

Pitch (ability to keep the basic tone, purity of intonation, general and operating range);

Timbre (spectral structure, presence of formants, noise);

Duration of sounding (diaphragm work, ability to distribute breath).

🔊 Introspection (fast fatigue of voice, dryness, short breath, sense of a "lump" in the throat, presence of muscular tension in the field of a humeral belt, halts, stutter, illegibility of speech, etc.).

2. Voice development.

Structure of the vocal apparatus. The basic qualities of sounding: sonority, flight, volume. Registers. The resonance theory of reflexion of emotions in voice. Interaction of resonators with throat and breath work. Role of resonance in vocal and speech practice. The basic tone and overtones. Sound enrichment with overtones. Aerobics of vowel sounds. Formation of vibrating sensations.

3. Respiratory gymnastics.

Breath types. Sound support. Static and dynamic respiratory exercises. Formation of smooth and economical exhalation. Vocal-speech exercises for strengthening respiratory system. Prophylaxis of vocal apparatus diseases. Self-massage in work system for improvement of voice sounding (respiratory, resonator, articulation, point). Methods of self-massage for removal of muscular tension of a humeral belt.

4. An articulation and diction.

Articulation gymnastics. Overcoming of long existing lacks of speech. Breath and sound pronunciation in movement. Development of technics of smoothness in pronouncing text on continuous (uniform) breath. Exercises for development of clearness and legibility of diction. Importance of genres of small folklore in formation of sound and pronunciation components of speech.

5. Vocal technique of speech.

Voice as the basic indicator of an emotional condition and mood. Intonation components (melody, rate, rhythm, timbre, intensity, logic accents). Lacks of intonation and difficulties in communications (monotony, stereotyped speech turns, absence of accents). Development of ear for music and the melody-intonation component of speech. Speech modulations. Sound attack. Methods of sound science. Techniques of breath and sound science. Regulation of vibrato speed: voice rejuvenation, acquirement of flexibility and stability of sounding.

6. Conducting of repeated diagnostics.

Record analysis, joint discussion of received results. Recommendations for independent work on perfection of voice acoustic characteristics.



VOICE CONTROL (Technique of communication)

Audience: heads of companies, directors for business development, leading experts of personnel agencies, chiefs of departments on personnel training.

Aim: Mastering of means of nonverbal communications for productive speech behaviour in various kinds of professional work.

Results: expansion of views about techniques of communication, improvement of acoustic characteristics of voice, evaluation of elements of voice timbre, reflecting separate professional-personal characteristics, correlation of internal choice of communicative influences with their external expression in intonation, control of style and tone of communication, development of abilities to carry away and convince listeners, to overcome excitement, to give brightness and vigour to speech with nonverbal means of communication.

THE PROGRAM:

1. Computer diagnostics «SOUND PORTRAIT».

🎧 Vitality, endurance, cogency, flexibility, emotionality, stability, variability.

🎧 Attack principal kind, amplitude of sounding, voice sound pitch and dynamic range..

🎧 Individual peculiarities of pronunciation, level of mastering intonation components.

🎧 Modelling of the process of interaction in minipresentation. Revealing difficulties in the course of communications.

2. Resonance technique of voice tuning

🎧 Voice express tuning.

🎧 Sound principal properties (timbre, pitch, loudness, du-

ration), qualities of voice sounding (sonority, volume, flight) and peculiarities of interaction.

🎧 Techniques for overcoming barriers in communications. Mastering of overtones, elimination of extraneous sound noise and unpleasant timbre shades for adjustment of voice for communication.

🎧 Vocal-speech plastics. Sound correction. Technics of breath. Formation of smooth and economical exhalation.

3. Style and tone of communication.

🎧 Voice and efficiency of a public speech.

🎧 Use of components of intonation in performances and presentations (text marking, allocation of the main idea, sound working out of material).

🎧 Nonverbal language of communications. Communicative possibilities of gesture, mimicry and plastics.

🎧 Ways of communicative influences and their reflexion in speech melody:

1. Request, invitation, offer, advice, belief, admonition;
2. Order, requirement, instruction, interdiction, compulsion, suggestion.

🎧 Development of style of communication on the basis of preferred means of nonverbal communications and techniques of communicative influences.

4. Ways of interaction.

🎧 Use of resonators for attraction of attention and activation of perception of listeners.

🎧 Communicative attack. Sound attack (soft, hard, aspiration).

🎧 Establishment of emotional contact, initiative maintenance.

🎧 Voice control in stressful situations.

🎧 Ways of interlocutor re-adjustment: suggestion, compulsion, empathy (empathy), emotional-psychic "infection".

🎧 Protection against manipulation techniques.

5. Conducting repeated diagnostics.

🎧 Computer diagnostics and acoustical analysis.

🎧 Comparative analysis of tests.

🎧 Recommendations on perfection of vocal apparatus work.

🎧 Drawing up of individual programs of vocal, articulation and respiratory exercises.



SCHOOL OF RESPIRATION AND COMMUNICATION

To control a voice - means to prevent its malfunctions and age changes, to provide sonority of speech, to develop and improve your vocal possibilities. For this purpose, first of all, it is necessary to master various types of breath: superficial, collarbone,, chest, high rib-diaphragm and low rib-diaphragm, paradoxical, belly, combined (full) and diagonal. Training of arbitrary switching of various types of breath facilitates transfer of respiratory exercises onto the level of figurative representations and control of schemes by means of thought. Their further voicing is conducted for the purpose of creation of strong and steady coordination communications between hearing and voice. Vocal-speech exercises help to reduce the number of inhalations-exhalations to 10-12 per minute (as with long-livers) to provide smooth, easy and silent breath, to improve state of health and mood.

The sound and respiratory gymnastics developed by the author is used in treatment of malfunctions of voice and speech, diseases of respiratory ways, reduction of hearing function that allows a considerable number of people to return to a trade and to continue to conduct an active way of life.

The school of breath and communications is the course consisting of separate 4 hour programs, devoted to studying of certain types of breath, each of them is considered from the point of view of its communicative possibilities.

For example, superficial collarbone breath type (clavicle, high rib) is realized using active work of the top part of thorax. At inhalation there prevail movements of top ribs and clavicles, shoulders considerably rise and the diaphragm passively follows these movements. When this type of breath is used voice intonation is perceived as pathetic, gentle, quivering, tender, asking, begging. Unlike other types of breath the hand modeling the movement direction upwards, rises easily, without resistance. The speech is coloured in a certain way depending on the chosen rate (Latin tempus - time), speed of execution, rhythmic organization of text (Greek *rhythmos* - harmony, symmetry), arrangements of semantic accents (Latin *accentus* - an accent) and the use of two-dimensional or three-dimensional space. The same sentence can sound differently with use of the same type of breath if we make accent in the beginning, in the middle or in the end of the phrase.



VOCAL IMAGE

THE PROGRAM:

1. Complex diagnostics of voice (computer and acoustical analysis)

- 📄 Analysis of condition of vocal, respiratory and acoustic systems, revealing of peculiarities of work of the vocal apparatus in the course of communications.
- 🎵 Drawing up of the individual program for correction of voice.

2. Personal image

- 🎵 Role of nonverbal communications in formation of professional image.
- 📄 Designation of interaction borders. Smooth reduction (increase) of a distance by a method of "interval sliding".
- 📄 Intonation models of role interaction in business conversations (chief-partner-employee-mediator). Drawing up of communicative schemes on the example of combination of various kinds of sound attack, of sound message and duration of one of three basic sounding phases (sound pantomimic exercises).
- 🎵 «Charisma +» or «charisma -»?

3. Disclosing of potential possibilities

- 🎵 Speech "energy". Brightness and expressiveness of

voice. Control over overtones.

- 📄 Sound support - stability of social position (sights, representations, installations).
- 🎵 Vocal exercises for overcoming excitement and uncertainty. Development of technics of smooth text pronunciation on continuous (uniform) breath.
- 📄 Self-massage for removal of excessive tension and working capacity restoration.

4. Intonation and communications

- 🎵 Organization of sound space.
- 📄 Emotional expressiveness of speech and efficiency of interaction with surrounding people.
- 🎵 Principles of construction of emotionally coloured speech.
- 📄 Establishment of confidential mutual relations with use of intonation components.
- 🎵 Sound techniques for overcoming aggressiveness and open pressure.
- 📄 Types of breath and their possibilities in transfer of information message.
- 🎵 Control over audience during performance by means of gesture (conducting). Attention fixation, request for silence, "braking" of the opponent (lecturer), marking of the basic idea, removal of barriers, establishment of confidential mutual relations, etc.

THE SOCIAL AND BUSINESS COMMUNICATIONS

Hard skills - firm skills - professional knowledge.

Soft skills - soft social skills - abilities to communicate.

Soft skills - skills of communication and work in a team, abilities to convince, manage, solve conflict situations, to find required approach to people, to carry out sales and to conduct presentations. The decisive factor in favour of this or that applicant of about similar skill level, is the presence of communicative and administrative abilities. Soft skills are usually difficult to measure, they assume a feedback and consulting support. Training is directed at actualization of knowledge, functions and problems on a workplace based on specificity of the company.

1. Diagnostics of speech characteristics

- 📄 How surrounding people perceive your voice.
- 🎵 Evaluation of personal characteristics necessary in professional work (presentation, goods sale, product promotion onto the market of services). Peculiarities of interaction.
- 🎧 Recognition of emotional shades of speech. Computer and acoustic analysis of sound examples (video- and audio records).

2. Establishment of a contact

- 📄 Preparation for communication. What does your potential client wish to hear?
- 🎵 Peculiarities of acoustic perception. Criteria of efficiency of voice sounding during product presentation.
- 🎧 Frequency-amplitude check of client responsiveness to a commercial proposal with use of effect of strengthening of overtones in voice.
- 📄 Adjustment for interaction. Individual sound correction of voice (elimination of revealed timbre and sound pitch lacks).

3. Resonance techniques of communications

- 🎧 Definition of client readiness for perception of information (intonation, gestures, mimicry, movements).
- 🎵 Interaction bases - breath type, soft sound attack, sound message, tapering, strokes, etc.
- 📄 Sound methods of activation and involving of interlocutor in presentation process. Strengthening of vigour of voice sounding.



- 🎧 Formation of endurance and stability of voice for convincing information transfer. Respiratory gymnastics.
- 🎵 Use of gesticulation: attraction of attention, maintenance of interest, reinforcement of arguments, tension removal.

4. Emotional speech

- 📄 Basic types of breath and their communicative possibilities.
- 🎧 How to arise interlocutor's interest and to get rid of monotony.
- 🎵 Exercises for development of intonation-speech flexibility in communication.

5. Regulation of emotional condition

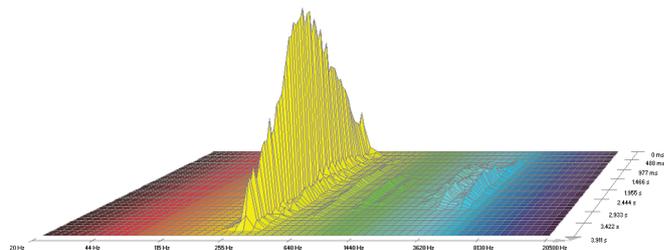
- 📄 Use of conflict situations. Neutralization of aggressive acts with use of sound techniques.
- 🎧 How to change client's position of the or dynamically-modulation way of restoration of contact.
- 🎵 Methods and techniques of interlocutor readjustment.
- 📄 Use of communicative influences for improvement of emotional condition and mood of a client, adjustment of long-term relations with him.
- 🎧 Restoration with use of sound, removal of muscular tension.

SOUND PORTRAIT

Specially developed computer diagnostics «Sound portrait» allows to see, how the speech sounds and what impression it makes on surrounding people. You can learn to define separate professional-personal characteristics:

- Vigour,
- Endurance,
- Cogency,
- Flexibility,
- Emotionality, etc.,

providing efficiency of conducting negotiations, interviews, presentations. The major moment of training is the possibility of individual sound correction of acoustic voice characteristics.

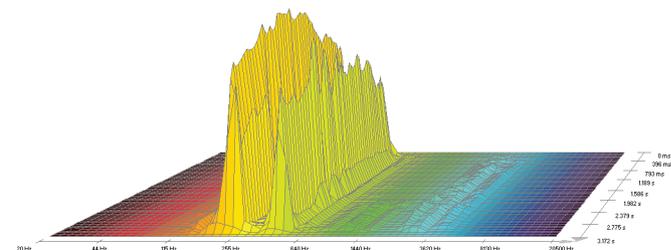


The standard of sounding of a female voice, sound "U"

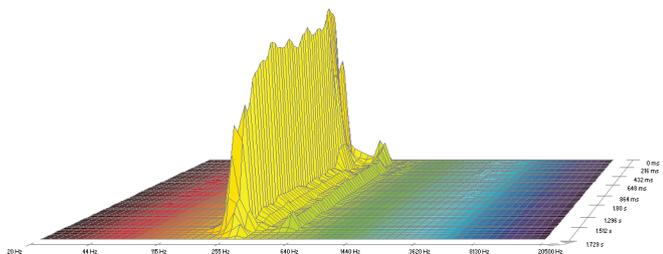
MASTER OF THE SCENE

VOICE DEVELOPMENT

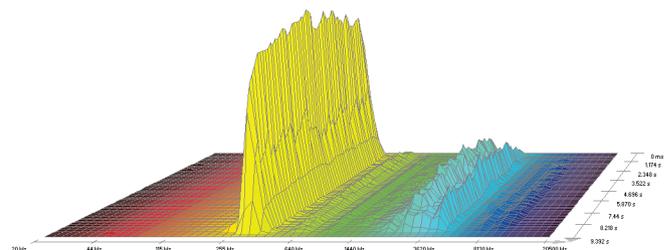
Example 1. A. E. (24 years) - a student of theatrical school. She plays exclusively characteristic roles, dreams to expand her creative range and to strengthen sonority for on the big scene the sound does not reach spectators. The voice is powerful, juicy, reminds a pipe roar, intensive, but smooth exhalation, breath - belly type. There were conducted four lessons in stages. The deep theoretical analysis of peculiarities of vocal and speech techniques, terminology specification, selection of exercises, have allowed to master the head resonator, to acquire flight in voice, to co-ordinate work of the vocal, respiratory and articulation apparatus and to gradually form a smooth and economic exhalation.



Sound "U" before lessons



Sound "U" after the first lesson



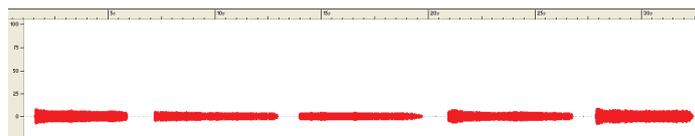
Sound "U" after the fourth lesson

VOICE RESTORATION Malfunctions.

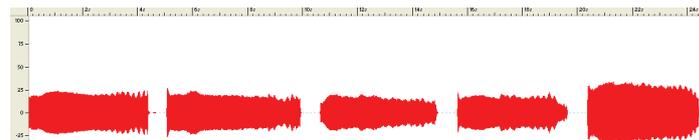
Example 2. Г.А. (30 years) - soloist of an opera theatre, a coloratura soprano. Non-closure of vocal folds, hoarse voice, rare vibrato, loss of the top part of the range (to III octave) owing to experimental search by the vocal teacher of a "soft and gentle shade of voice». There is a very strong overstrain of muscles of neck and a humeral belt, at easy pressing there is a discomfort.

Hard sound attack, absence of dynamic development, prime tone is low, doesn't match the voice type, intonation is not exact with a tendency to fall. The basic tone is wide, overtone standing near the basic tone in the НПФ field at a mark of 640 Hz is unstable due to constant search of position is presented in the form of a broken line, overtones in ВПФ field are poorly expressed. We have conducted three lessons by stages and under the schedule: two lessons in two days successfully and the third lesson - a week later. Exercises of a vocal-speech complex were carried out in full volume with accent on development of flight in voice. We have trained the wave (sinusoidal) form of the sound signal with use of an oscillograph. After the lessons - use of a soft attack, sound saturation, strongly pronounced slightly strengthened vibrato, that is characteristic for the academic manner of singing, overtones are accurately expressed, are set in parallel to the basic tone. The voice range is completely restored. The spectral analysis has shown that in the ВПФ area overtones became much more thin and more equal, have taken the form of a triangle that speaks about intonation improvement, the flight area is brightly expressed. Sound alignment, saturation with overtones and strengthening of power in the process of integration of the basic qualities of sounding.

Example 3. Ю. Л (woman, 36 years), hypotonic dysphonia, a prenodular stage. A survey phoniator before the lesson. The time of maximum phonation of a sound "A" - 2, 5 seconds, «Э», "O", "Y" - 2 seconds, "И" - 1 second, at stroboscopy vocal folds are white, equal, fluctuations are languid, a slot on the entire length to 1 mm. After the lessons: the time of maximum phonation of a sound "И" - 10 seconds, «Э», "Y" - 9 seconds, "A", "O" - 8 seconds, at stroboscopy fluctuations are synchronous, closure of vocal folds on the entire length.



Sounds "И", «Э», "A", "O", "Y" before the lessons



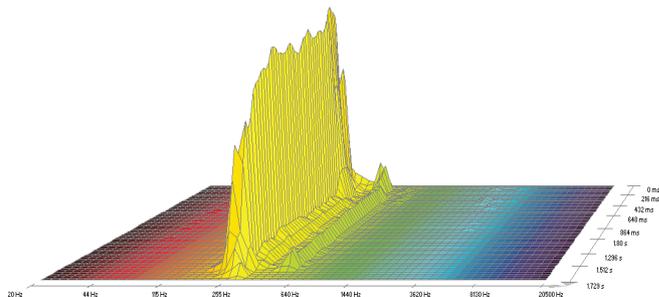
Sounds "И", «Э», "A", "O", "Y" after the third lesson



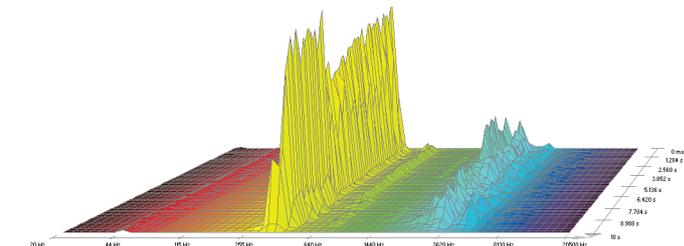
Sounds "И", «Э», "A", "O", "Y" before the lessons



Sounds "И", «Э», "A", "O", "Y" after the third lesson



Sound "И" before the lesson

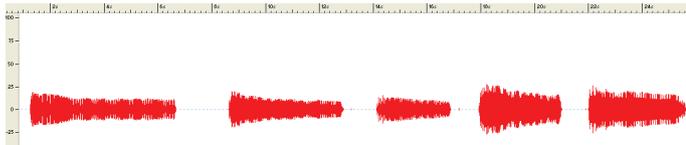


Sound "И" after the lesson

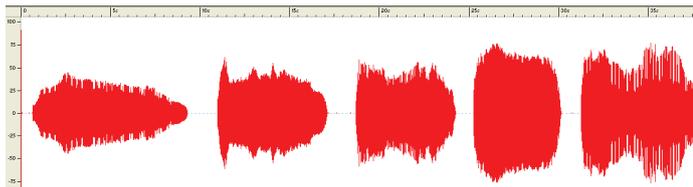
AGE CHANGES OF VOICE

Example 4. E (man, 40 years), deputy, «voice rejuvenation».

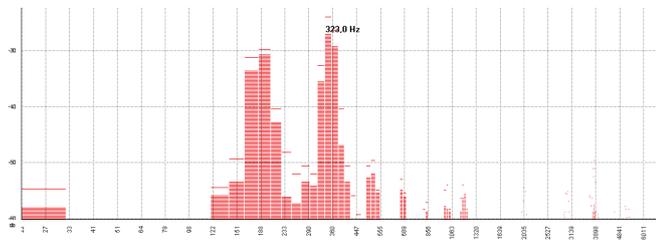
The voice is flat, weakened, hoarse, hard attack, breath type – high-rib, diaphragm. In the field of sonority practically for all vowels, except “Y”, there is stably present only one overtone on the 3800 Hz mark. After two-day training - soft attack, increase in power and endurance of voice, of duration of sounding, presence of a group of overtones in ВПФ field for all vowel sounds and in the flight area - on the vowel “O”.



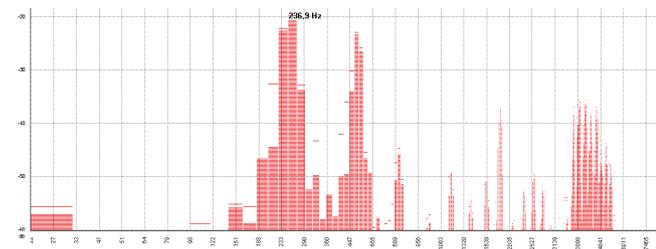
Sounds “И”, «Э», “А”, “О”, “У” before the lessons



Sounds “И”, «Э», “А”, “О”, “У” after the lessons



Sound “И” before the lessons



Sound “И” after the lessons

Example 5. 3. B. (man, 65 years), an actor.



The poem «I remember a wonderful instant» before the lessons



The poem after the first lesson



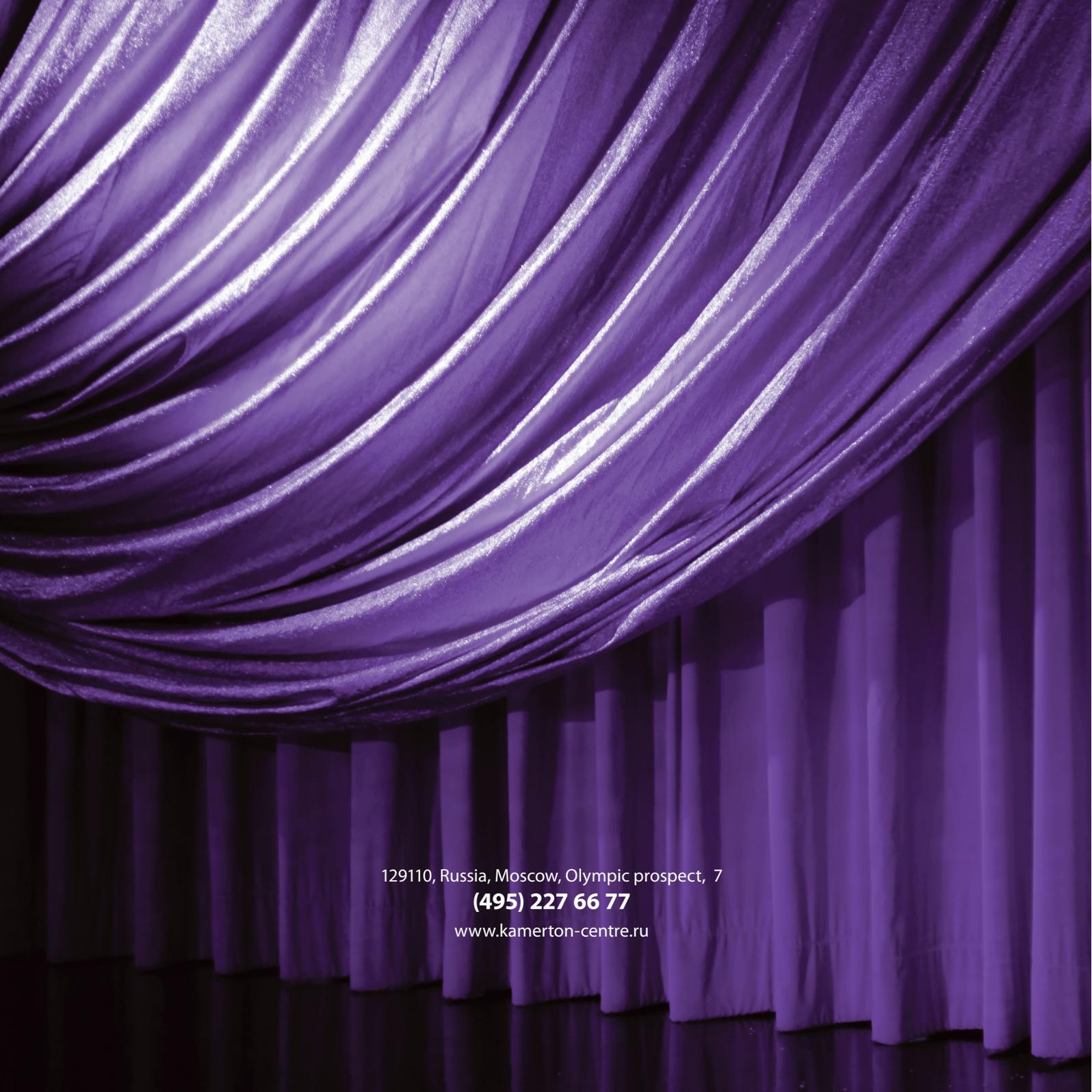
The poem after the second lesson

STRETCH-VOCALS (a course for weight loss)

The complex of vocal and respiratory exercises in combination with vibration acupuncture massage allows in *one lesson* to reduce body volume in the problem zone by 2-5 cm. Various combinations of sound frequencies in combination with a certain type of breath increase thermal effect, facilitate destruction of fatty cells in the area of waist and stomach.

Simultaneously with improvement of figure lines there are noted pulling up of face muscles and smoothing of skin relief roughnesses. There is a sensation of deep relaxation, muscular overstrain is eliminated, the state of health and the emotional condition are improved, the vitality is increased.





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