



ZAGARIA VOCAL ACADEMY

Know Your **Voice**

The Zagaria Vocal Method Level 1

A
B
C

LESSON BOOK



Jeffrey Zagaria

for more information visit
zagariavocalacademy.com

No! **Y****ur** **Voice**

Please Read

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THIS BOOK IS DEDICATED...

Firstly to my Lord, God of Heaven and Earth, Creator of the Universe.

To my parents, to whom I am forever grateful.

To my friends, who have encouraged and challenged me throughout the years.

To my students who I have worked with personally-
This method was developed for you folks first.

To my fellow singers, musicians, writers, producers, public speakers, artists, engineers,
and athletes, who I have been so blessed to work with over the years.

And to my editor and friend, Trudy Morris Stein,
who has been an incredible blessing in so many ways.

Without all of you this would book would never have been possible.

THE PROVERBS OF SOLOMON THE SON OF DAVID, KING OF ISRAEL:

TO KNOW WISDOM AND INSTRUCTION,
TO PERCEIVE THE WORDS OF UNDERSTANDING,
TO RECEIVE THE INSTRUCTION OF WISDOM, JUSTICE, JUDGMENT, AND EQUITY;
TO GIVE PRUDENCE TO THE SIMPLE,
TO THE YOUNG MAN KNOWLEDGE AND DISCRETION—
A WISE MAN WILL HEAR AND INCREASE LEARNING,
AND A MAN OF UNDERSTANDING WILL ATTAIN WISE COUNSEL,
TO UNDERSTAND A PROVERB AND AN ENIGMA,
THE WORDS OF THE WISE AND THEIR RIDDLES.
THE FEAR OF THE LORD IS THE BEGINNING OF KNOWLEDGE,
BUT FOOLS DESPISE WISDOM AND INSTRUCTION.

(PROVERBS 1:1-7 NKJV)

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Introduction

“SCIENTIA”, “PROFESSIO”, “ATHLETICA”

ABOUT THE METHOD

The *Zagaria Vocal Method*, (ZVM) is a 21st century vocal methodology, rooted in the fundamentals of several, renowned vocal methods. I developed this new method through intensive study of how the voice works from a scientific, artistic, and athletic perspective.

The combination of these elements - Science, Art, and Athletics - are the three pillars of the *Zagaria Vocal Method* (see Figure A-1).



Figure A-1: The *Zagaria Vocal Method* Logo

The ZVM method logo depicts three pillars. Latin words are etched in the golden pillars which describe the three primary elements of the *Zagaria Vocal Method*. The three Latin words are “Scientia”, “Professio”, and “Athletica”.

- “Scientia” is Latin for the word science.
- “Professio” is Latin for the word for art.
- “Athletica” is Latin for the word athletics.

“SCIENTIA”, “PROFESSIO”, “ATHLETICA”

While enjoying my experiences performing, teaching, and researching the human voice, I began to use my “how does it work?” mentality. I began to study the similarities and differences between the major and minor vocal methods, and reading everything that I could on the human voice. I studied various famous methods including Classical Singing and Opera, Bell Canto, as well as twentieth century methods such as Speech Level Singing. My study of human anatomy, science, and acoustics also became a foundational influence on the ZVM. The method incorporates extensive research of physical training of muscle flexibility, dexterity, muscle memory, coordination, stamina, strength, regeneration, and therapy. Finally, I observed and recorded many different styles of performance techniques, their artistic results, and how those results are achieved from a physiological and scientific perspective.

My focus and objective for many years has been how to best help the people that come to me for vocal study. As my teaching experience broadened, my students began to express to me that they had never heard of a vocal method like the one that I use. Furthermore, my students began to tell me of the compliments their band mates, producers, agents, managers, choir directors, friends and fans were noticing in their improved vocal abilities since they began under my teaching. I then realized I had invented a new vocal methodology for the 21st century student.

HOW TO USE THE ZAGARIA VOCAL METHOD

This book is a resource for the study of the mastery of your voice. There are some well-known, historical vocal methods for improving the voice. These renowned studies can have wonderful results. This book is not written to dismiss vocal techniques that have solid foundational methodology, rather it is written to compliment.

The intent of the ZVM is to enhance your knowledge base of singing. You may choose to use the *Zagaria Vocal Method* as your primary vocal study or as an addition to the professional techniques that you have already studied. Either way, this book is written to help you to have better control and success with your voice.

You are the artist. Your style and your technique are your choices. Only you can make these choices. The *Zagaria Vocal Method* is used to better your coordination, flexibility, dexterity, power, endurance, articulation, pitch, range, knowledge, and over all vocal health. When these skills improve, as a vocalist you will sing in ways you never imagined before.

Students using the ZVM will discover new elements of their voice. The method can improve a singer's voice dramatically. When a singer's voice improves, they have new potential to express themselves vocally. The ZVM has helped vocalists find their own personal voice and style, separating them from other "copy cat" styles and techniques.

Your voice will improve greatly if you master Level 1 of the *Zagaria Vocal Method*. The ZVM draws from all time-tested methods to create a "mixed method" of singing. In advanced studies, I work with vocalists using a technique that I titled,

"Mixed Method Technique". Mixed Method Technique is covered extensively as an advanced stage of the *Zagaria Vocal Method*. ZVM Level 1-A is the foundational study of the Mixed Method Technique. Level 1-B will soon follow this publication. You must master Level 1-A before going on to Level 1-B; however, you will find that your voice will begin improving immediately upon study and mastery of Chapter 1 exercises in this Level 1-A volume. Be patient and enjoy the foundational benefits each chapter has to offer.



Using the Zagaria Vocal Method, you can have better control and success with your voice

If you are looking for advanced studies, you can contact us directly at www.ZagariaVocalAcademy.com

HOW TO USE THE ZAGARIA VOCAL METHOD (continued)

- ✓ The “**Know Your Voice**” *Zagaria Vocal Method* – Coursework, is designed into three levels (Level 1-A, 1-B, 1-C) each with 4 Chapter study sessions
- ✓ The student can use their own discretion and practice as much as they desire, repeating any one exercise for as many weeks as needed
- ✓ Teaching and exercise videos are being published for the *Zagaria Vocal Academy* and will be available on the website – **www.ZagariaVocalAcademy.com**
- ✓ The “**Know Your Voice**” *Zagaria Vocal Method* Coursework is a combination textbook and workbook
- ✓ This coursework is the official Textbook of the Zagaria Vocal Academy Course:
Level 1-A, 1-B, 1-C
- ✓ “**Know Your Voice**” can be utilized as supplemental coursework for any vocal teaching methodology
- ✓ This coursework is designed for individual or group lessons, online or in person
- ✓ This coursework was designed for teachers*, students, and as a self-help vocal study book

* A teachers edition is available

SINGING AND VOCALIZING

Two definitions that are essential to comprehending beginning levels of vocal study are **Singing** and **Vocalizing**.

The act of **Singing** specifically refers to the act of performing a song to the best of our ability. When we sing in our vocal studies, our objective is purely a performance one. When singing we must hit our pitch and sing with precise timing, diction, tone, volume, dynamics - performing both expressively and artistically.

* We recommend the [Free video lesson](#) on our website - www.ZagariaVocalAcademy.com

Vocalizing is different. Vocalizing is the practice of vocal specific exercises designed to improve one's voice. Athletes lift weights, stretch, and practice drills that are designed to improve their ability in their respective sport. Similarly, vocalists use vocal exercises to improve skills such as strength, muscular coordination, flexibility, and vocal stamina. This book will teach you vocal exercises and insights that will help you improve your vocal athleticism. It will also provide you with therapeutic exercises which will teach you methods of maintaining good vocal health throughout your lifetime. As your vocal athleticism improves, your performances will improve.



Often students make the error of **Singing** their vocal exercises and **Vocalizing** the songs that they are working on. Therefore, it is extremely important to understand and remember the

difference between the two terms. For the best results I recommend the practice of vocalizing and singing separately. Allow yourself to make mistakes while vocalizing. If you are vocalizing properly you will be making unusual sounds. Remember, you are not performing. You are exercising and stretching muscles. Vocalizing is not designed to sound beautiful. I recommend working your voice out in a private setting. Resist the temptation to perform while exercising.

Most of my students are surprised when after one lesson of vocalizing they hear immediate results in their vocal abilities as performers. My objective in writing this book is to share with you the vocalizing tools that I use to improve my clients abilities. It is always my intention to help a client improve as quickly as possible. I am confident that with proper vocalizing, you will achieve great improvement in your vocal performance.



If you are interested in working on specific singing and performance goals, you can reach us at www.ZagariaVocalAcademy.com and schedule a consultation.

PITCH AND TONE

It is important to establish two more definitions before beginning the *Zagaria Vocal Method*. It will be difficult to understand anything about the voice until a student comprehends a basic definition of **Pitch** and **Tone**. This book defines several words that are important in learning about the voice. Your understanding of a definition should increase as you continue the study, ZVM Level 1-A. In later levels and supplements of the ZVM, words like Pitch and Tone will be studied in a more profound way. At this point, you only need to have a basic understanding of these two fundamental words.

Pitch in music terms, is the value of a note. The pitch of a note can be measured as high or low. An example of a high pitch is the sound created when a woman with a high voice sings the highest note she can. Furthermore, an example of a low pitch is the sound created by a man with a deep voice singing the lowest note that he can. All notes in between these two examples also have a distinct pitch. When a person sings a note out of tune, that person is singing out of pitch.

* We recommend the [Free video lesson](http://www.ZagariaVocalAcademy.com) on our website - www.ZagariaVocalAcademy.com

Tone is the quality of a note. Let's imagine two people singing the same song in a karaoke performance. The music of the track stays the same. Furthermore, the two singers may both sing in perfect pitch and with perfect timing, and yet the voices will sound different. One of the main differences that can be heard in the quality of the two voices can be described as the quality of tone a singer has. Another example: Two people buy guitars and play them at a concert. One person buys a guitar at a local music store. The guitar plays well and stays in pitch without any problems. The other person buys a guitar for 10

times the amount of the first guitar at the same music store. What is the difference? Usually one of the major differences when buying an instrument is the Tone of the instrument. Tone is influenced by the craftsmanship of the instrument, the quality of wood, and metal, the design, and the player. This is one of the main reasons musicians pay many times more for the more professional guitar.

Professional guitarists will often agree that tone is also obtained in the fingering of the instrument as well. For example, a professional guitarist playing a cheaply constructed instrument will sound much better than an amateur guitarist playing a finely crafted guitar.

The *Zagaria Vocal Method* will help you to develop your tone into a more professional instrument. With diligence and the proper instruction, you will improve the value of your instrument by improving your tone.

In this book, the ZVM will teach you how to transform your voice. Furthermore, the ZVM will teach you how to use your instrument's new abilities to form your own personalized style and performance techniques. First your voice will be trained to become the professional level instrument that produces beautiful tone. With patience and dedication you will become like the professionally trained guitarist who performs with a beautifully and artistically, crafted instrument!



CHAPTER 1

GETTING LOOSE

*“You are the Star Player
and I am your Personal Coach.”*

CHAPTER 1: GETTING LOOSE

You have taken the most important step in learning the *Zagaria Vocal Method*. You have begun. From this point on, your view of singing may be forever changed. Let's begin by addressing how loose we are.

Most singers use their voice with excessive muscle tension. This excessive muscle tension is what I term, **UNCONTROLLED TENSION**. Uncontrolled Tension has now become our number one enemy.

UNCONTROLLED TENSION IS THE CONDITION CREATED WHEN A VOCALIST ACTIVATES MUSCLES THAT ARE NOT NECESSARY FOR SINGING.

There are obvious examples of uncontrolled tension. One example is tension in the singer's back. Clearly, tense back muscles are not necessary for singing. As another example, sometimes singers get up on their tip-toes when trying to hit a high note. Another obvious sign of uncontrolled tension is raising the eyebrows while singing a high note. Of course your toes and eyebrows are not muscle movements necessary in singing.

Uncontrolled tensions often occur in less obvious places such as the mouth, upper facial muscles, jaw, tongue, throat, and abdominal muscles.

Is tension bad? No. Uncontrolled Tension is the enemy, not tension. Vocal artists use tension to express emotion. Tension is important. It's uncontrolled tension that we will learn to master. As a matter of fact, we will be focusing on uncontrolled tension for a very long time.

You may be a singer who has many years of experience and wonder why one would want to be able to sing without uncontrolled tension. Uncontrolled tension can lead to a poor and uneven tone, and a smaller vocal range. Furthermore, damage and stress result from too much uncontrolled tension that may eventually require surgery.

***LIFE TIP:** Being a successful vocalist is going to take time and commitment. Remember, as my Dad would always teach me, "slow is fast". It will take time for you to become a top notch professional singer. I will not lie to you. I will be honest with you. The truth is going to free you so that you can sing without hesitation or timidity!*

Why would one want to be able to sing without uncontrolled tension? When a vocalist has better control of the level of tension, they gain better tone, range, and coordination. Do I have your attention yet? Are you interested in singing with better tone? Would you like to have more control of your instrument? Would you like to have a wider range? Most would answer, "Yes Jeffrey, of course I am interested in better tone, range, and control."

Remember, you and I are a team. You are the star player and I am your personal coach/teacher. When you sing better, we win together. I want you to be as educated as possible in this wonderful world of the human voice. I hope that you will be committed to being the best that you can be.

On the following pages, there are a few definitions I would like you to learn. Study the definitions of the **CHEST VOICE** and the **HEAD VOICE** in the **Pink Box** on the next page.

"You are the Star Player and I am your Personal Coach."

THE CHEST VOICE IS THE LOWER PART OF THE VOCAL RANGE. SOME MAY EXPERIENCE A VIBRATING SENSATION IN THE CHEST AND THROAT AREAS WHILE SINGING IN THE *CHEST VOICE*.

THE HEAD VOICE IS THE HIGH PART OF THE VOCAL RANGE. SINGERS OFTEN EXPERIENCE A VIBRATION IN THE FACE AND HEAD AREAS WHILE SINGING IN THE *HEAD VOICE*.

The first vocal exercises in Level 1 are quite simple. We will work on these beginning exercises in the **CHEST VOICE**. I recommend beginning in the Chest Voice because it is usually easier for people to develop positive vocal habits in the lower part of the vocal range. After these positive habits develop, one will have much more success in the **HEAD VOICE**.

We have already dedicated a section at the beginning of this book on the difference between Vocalizing and Singing. I am including the definition of **VOCALIZING** here for further clarity.

TO VOCALIZE: THE ACT OF PRACTICING VOCAL EXERCISES DESIGNED TO IMPROVE ONE'S VOICE.

When vocalizing, it is imperative in the early stages of the *Zagaria Vocal Method* to keep your volume and tone as constant as you possibly can.

ITALIAN A VOWEL: * A FANCY TITLE FOR THE "AAH" SOUND OF THE VOWEL "A" IN FATHER .

EXERCISE 1-1: The Three-Note Scale

In Exercise 1-1 we are going to start by placing your hand over your jaw. Let the weight of it pull the jaw down. Jaw tension is very common in these days of high stress. We are going to use the weight and pull of the arm to ensure the mouth is fully open (See Figures 1-1 and 1-3, and 1-4). I encourage you to try to stay loose all over your body. The looser you are, the better your tone can become. Especially notice your tongue position. The tongue should lay dormant while the tip of it should be touching the back of your lower front teeth. The tongue should not engage at all when making the **ITALIAN A VOWEL** (aah sound).*



Figure 1-1: front view of the hand holding down the jaw to relax

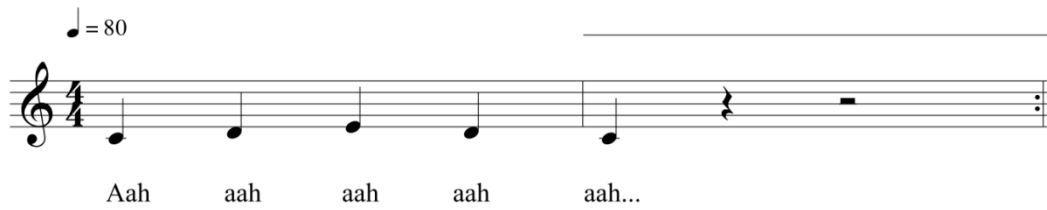


Figure 1-2: The Three-Note Major Scale

While holding the jaw, vocalize a three-note major scale which is illustrated in Figure 1-2. Furthermore, observe your neck making sure that it does not tighten up.



Figure 1-3: side view of the hand holding down the Jaw to Relax

Again, be sure that you keep your volume and tone constant throughout the exercise. You may vocalize at a comfortable volume of your choice.

I highly recommend a review of the exercise on the video that is available on our website, www.ZagariaVocalAcademy.com.



Figure 1-4: picture of the tongue / mouth / jaw - position - close up

The vocal exercise has only a few notes so it must be easy right? Actually, although the exercise only has a few notes, it can be very difficult to master.

True Story:

Often times in my vocal studio I am working with a client on our number one enemy, Uncontrolled Tension. Furthermore, it is common, even when working with a professional singer in my studio, to find a lot of tension issues. Within a matter of seconds, I will be able to detect the muscles that are tightening and inhibiting the voice of the client. I have centered my career on understanding the vocal related muscles and what they sound like when they are engaging. My desire is to teach you about these muscles and how they affect your overall performance.

Chapter 1

Recommended Practice Schedule:

1. Exercise 1-1 for 20 minutes
- ✓ **20 minutes per day**
 - ✓ **6 days per week**
 - ✓ **1 day of rest**

If you miss a day, see if you can make up the practice time on another day. Proper practice is essential to your improvement. One day off is important too. We need to rest.

Continue on to Chapter 2 after completing a week of scheduled practice.

NOTES TO REMEMBER

Chapter 1 Definitions:

Uncontrolled Tension: Is the condition created when a vocalist activates muscles that are not necessary for singing.

The Chest Voice: Is the lower part of the vocal range. Some may experience a vibrating sensation in the chest and throat areas while singing in the Chest Voice.

The Head Voice: Is the high part of the vocal range. Singers often experience a vibration in the face and head areas while singing in the Head Voice.

To Vocalize: The act of practicing vocal exercises designed to improve one's voice.

Italian A Vowel: A fancy title for the “aah” sound of the vowel “a” in the word, father.

Chapter 1 Vocal Notes:

1. I like to remind my students, “you are the star player and I am your personal coach”.
2. “Slow is fast.”
3. Being a successful vocalist is going to take time and commitment no matter who you are. No one is born out of the womb a professional singer. All singers who achieve success work diligently at improving and maintaining their voice.
4. When you sing better, we win together.
5. Uncontrolled tension is the enemy, not tension.
6. Controlled tension is an important tool singers use to express emotion.

Zagaria Vocal Academy helping professional singers and amateurs:

"We saw an incredible difference in just one session. George Pajon, (producer, guitarist, and member) of the Black Eyed Peas called me immediately to let me know how great the training session worked out with Diego (Diego Val - finalist on NBC's hit TV show, "The Voice") and we continue to look for Jeff's advice.

"I've also seen an incredible difference in people that have no idea how to sing. He's been able to give them invaluable information to get them on the right track. Jeffrey Zagaria keep on doing a great job man!"

- *Andres Dalmastra, Multiple Grammy Nominated Music and Video Producer, Management, and Entrepreneur. Owner of Dalmastra INC. worked with many artists including Black Eyed Peas, Shakira, Pitbull, Calle 13, Camilla, John Legend, SONY, Walt Disney.*

The Zagaria Vocal Method:

"Over time it brought a whole new extension to my voice for which I am really grateful because I am singing now better than I ever have. At the age of sixty-seven no less. Figure that!"

- *William Coakley, Owner of "William Coakley's The Perfect Piano Series" - used by Lenny Kravitz, Alabama, Walt Disney Productions. Developed the Minimoog with Bob Moog, worked with Bob Oberheim, Kurtzweil Corp, and many others, Author of the first Electronic Music Dictionary, Pioneer and professor of Palm Beach State College's Electronic Music Department.*

Jeffrey Zagaria's teaching:

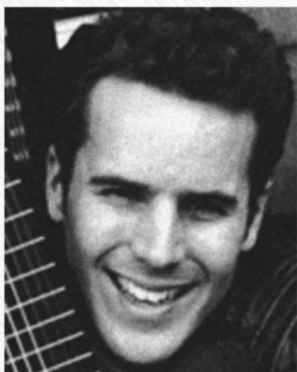
"I know if you work with Jeffrey, you're not going to miss anything out there. He's one awesome teacher!"

- *Monicazation, (Monica Omorodian Swaida) Professional Recording Artist, Singer, Songwriter, Actress.*

Zagaria Vocal Method's Vocal Therapy for Singing and Public Speaking:

"After receiving a botox injection for spasmodic dysphonia and deciding that I would like voice lessons to see whether I could avoid future injections, I never expected to make the progress that has enabled me to address this issue. After working for a year on understanding how to "find" my vocal chords and control air, I am able to communicate in all circumstances with very minor periodic disruption in my voice. It is amazing!"

- *Professor Cecelia Kempler, International Speaker, Practiced Law in New York and Professor at Florida Atlantic University, Boca Raton FL.*



Jeffrey Zagaria is the founder of Zagaria Vocal Academy LLC and has been a voice Instructor for over twenty years. Jeffrey enjoys competing in men's baseball and cross country running activities, as well as hiking and outdoors. In his off hours he may be found tinkering with a solar or wind power generator design, studying history, or volunteering as a lay minister of the Catholic Church. Zagaria also enjoys praising the Lord with his voice and music.

J. Zagaria

