

Candle Vowels

Kinesthetic — Air & Throat (Allard)

WHAT THIS CORRECTS

Constricted throat, high tongue. Instant visual feedback.

MATERIALS

Candle (real preferred), lighter, music stand.

AT A GLANCE

- Blow at candle with "ee" → flame barely moves (constricted)

- Blow with "ah" → flame bends dramatically (open)

- Feel the difference → transfer "ah" position to instrument

- Use as ongoing diagnostic anytime tone thins out

PROCEDURE

1 LIGHT THE CANDLE.

DO Candle on stand at mouth height, 8–10 inches away.

SAY *"Don't blow it out. It's a diagnostic tool."*

2 BLOW WITH "EE."

SAY *"Shape 'ee' (like 'see'). Blow at the flame. Watch it."*

SAY *"Barely moved, right? Tongue high, throat tight, air blocked."*

3 BLOW WITH "AH."

SAY *"Now shape 'ah' (like the doctor). Same distance. Blow."*

SAY *"BIG difference. That's an open throat. Low tongue, wide cavity, air flows free."*

4 ALTERNATE AND FEEL.

SAY *"Ee" — "ah" — "ee" — "ah." Feel the throat change? THAT'S what we're after."*

DO Let student alternate 4–5 times.

5 TRANSFER TO INSTRUMENT.

SAY *"Keep the "ah" shape. Change NOTHING. Pick up and play."*

CHECK More resonant = transferred. Thin = reverted to "ee." Repeat.

ASSESSMENT

■ Visible flame
difference between
"ee" and "ah"

■ Student feels the
throat change

■ Tone on
instrument is more
open after exercise