

Sing-Then-Play

Kinesthetic — Air & Throat

WHAT THIS CORRECTS

Throat constricts when instrument goes in.
Singing locks the correct shape.

MATERIALS

Student's instrument. Optional: tuner.

AT A GLANCE

- Sing a comfortable pitch → notice open throat position

- Without changing throat → place mouthpiece → play same pitch

- Back and forth: sing → play → sing → play

- Extend from single notes to phrases

PROCEDURE

1 CHOOSE A PITCH.

SAY "Pick a note you play easily. Now we're singing it first."

DO Give pitch via piano, tuner, or your instrument.

2 SING IT.

SAY "Sing that note. Comfortable, natural, like humming out loud. Sustain 4 counts."

CHECK Tense singing? Start with a hum and open to "ah."

3 NAME THE THROAT POSITION.

SAY "Feel that? Open, relaxed. Larynx low, airway wide. **MEMORIZE** that."

4 GO DIRECTLY TO INSTRUMENT.

SAY "Change *NOTHING* in your throat. Mouthpiece in, play the same pitch."

DO Transition must be immediate — no clearing throat, no reset.

5 COMPARE.

SAY "Sing — play — sing — play. Does the instrument version feel different? If yes, something changed."

CHECK Open, resonant = transferred. Thin/tight = didn't. Repeat.

6 EXTEND TO PHRASES.

SAY "Sing the first phrase. Then play it. Same rule: nothing changes in the throat."

ASSESSMENT

■ Instrument tone matches singing resonance

■ No audible constriction on transition

■ Student self-diagnoses: "That didn't feel like the singing version"