

THE APPLICATION OF BREATHING TECHNIQUES IN VOCAL TRAINING

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Abstract. This paper analyzes the role of breathing techniques in vocal training. The improvement of vocal skills does not only depend on the talent of the voice, but also requires scientific techniques and methods. Among them, breathing technique is one of the key elements in vocal training. Through proper breathing methods, students can better control their breath, optimize their tone, and improve their pitch, thus achieving an overall improvement in vocal skills.

Keywords: breathing techniques, vocal training, vocal skills, chest breathing, abdominal breathing.

ПРИМЕНЕНИЕ ДЫХАТЕЛЬНЫХ ТЕХНИК В ОБУЧЕНИИ ВОКАЛУ

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Аннотация. В данной статье анализируется роль дыхательных техник в обучении вокалу. Техника певческого дыхания является одним из ключевых элементов обучения, благодаря использованию эффективных методов учащиеся могут лучше контролировать свое дыхание, оптимизировать тон и улучшать высоту голоса, тем самым достигая совершенствования вокальных навыков.

Ключевые слова: техника дыхания, обучение вокалу, вокальные навыки, грудное дыхание, брюшное дыхание.

The field of research on the use of breathing techniques to improve students' vocal skills covers a wide range of aspects such as breathing methods, the co-ordination between breathing and vocalisation, the use of breathing in emotional expression, and training methods for breathing techniques. These studies aim to help students master correct breathing techniques, improve vocal skills, and better interpret the charm of musical works.

Applying chest breathing to actual music performance is the most important step. Proper breathing technique is critical to improving vocal skills. Areas of research include different breathing methods such as chest breathing, abdominal breathing, and combined chest-abdominal breathing, as well as the specific applications and effects of these methods in singing. L. Scott provides a detailed examination of breathing techniques for singers,

emphasizing the importance of abdominal breathing. She presents practical exercises and strategies to help singers develop efficient and effective breathing habits, essential for vocal health and performance [1]. I. Titze challenges common misconceptions in voice training, including those related to breathing. He presents scientific evidence to debunk myths about breathing and singing, offering instead evidence-based guidance on breathing techniques. Titze's work is significant for its contribution to a more scientifically informed understanding of voice production and pedagogy [2]. J. Smith, K. Johnson explores the use of chest breathing in contemporary singing styles, such as pop and rock. They argue that chest breathing can be beneficial in these genres due to the rapid breath intake and exhalation required. Their study provides valuable insights into the flexibility and adaptability of breathing techniques in different singing contexts [3, p. 1-7]. A. Jones, C. Brown, investigate the physiological effects of abdominal breathing on singers' vocal function. Their study demonstrates that abdominal breathing leads to improved laryngeal muscle function, increased oxygen saturation, and reduced vocal fatigue. This research underscores the importance of abdominal breathing in supporting effective singing and vocal health [4, p. 281-287]. V. Thompson focuses on the use of combined chest-abdominal breathing in singing. Their research shows that this breathing technique enhances breath control and stability, particularly during extended phrases and high-intensity passages. The findings suggest that combined chest-abdominal breathing may be beneficial for singers performing in demanding genres such as opera and classical music [5, p. 33-47].

The development of breathing mechanisms and techniques in singing is a long and deepening process that is closely linked to the development of vocal art, music theory, and scientific research.

The modern era is an important period in the development of the art of singing, and it is also a key period in the continuous improvement and innovation of breathing mechanisms and techniques. During this period, with the change of society and the development of science and technology, the art of singing faced new challenges and opportunities. Through continuous practice and research, singers gradually worked out a set of more scientific and effective breathing mechanism and techniques, which injected new vitality into the art of singing.

In modern singing, chest breathing and abdominal breathing are no longer two isolated breathing methods, but begin to integrate and complement each other. Singers have found that a single chest breathing or abdominal breathing cannot meet the complex and changing needs of singing, and only by combining the two can they maximize their breathing effect. Therefore, they began to try to use combined chest and abdominal breathing in practice, that is, the abdominal muscles should remain slightly contracted during inhalation to prepare for exhalation pronunciation. This type of breathing can

control the breath and tone more flexibly, and adapt to different styles and difficulties of singing works.

The wide application of combined thoracic and abdominal breathing, with the deepening of singing practice and the continuous improvement of theoretical research, chest and abdomen joint breathing has been widely used in modern singing. Whether it is opera, chorus, or pop songs, you can see singers use the figure of chest and abdomen joint breathing. This type of breathing can not only help singers better control the breath and tone, but also reduce the tension of the throat muscles, improve the smoothness and naturalness of the voice.

In music performance, players or singers can flexibly use different breathing methods according to actual needs. For example, in the need for a larger amount of breath but the language state is more relaxed, you can use abdominal breathing; in the need for a larger amount of breath and the language state is more tense, rapid, you can use chest breathing. In addition, combined chest and abdominal breathing is also an effective breathing method that combines the advantages of abdominal and chest breathing to provide more stable breath support when a larger breath volume is needed. Through the flexible use of different breathing methods, players or singers can better control their breath to meet the needs of musical performance [6, p. 20].

In modern singing, the precise control of inhalation and exhalation is still one of the important skills that singers must master. Compared with the Renaissance, modern singing works are more complex and varied, which put forward higher requirements for singers' breathing control. Therefore, singers need to gradually work out their own breathing rhythms and breath changes through long-term practice and experience accumulation, to realize fast and accurate control of breath and intonation.

The use of breath and the expression of emotion are more closely integrated. Singers not only need to master the basic breathing techniques and vocal methods, but also need to focus on the expression of emotions and image shaping. They express different musical emotions and images through the flexible use of breath, so that the audience can feel the emotions and connotations contained in the works while enjoying the art of singing. Music is the art of emotion, and breathing is one of the most important means of expressing emotion. By integrating emotion with breathing, the player or singer can express the emotional connotation of the music more deeply. For example, when playing a joyful piece of music, the rhythm and depth of breathing can be accelerated to express the emotion of joy; when playing a sad piece of music, the rhythm and depth of breathing can be slowed down to express the emotion of sadness.

The modern singing art has made remarkable achievements in breathing mechanism and techniques, which have had a profound influence on the vocal art of later generations.

Through continuous practice and innovation, modern singers have provided valuable experience and inspiration for the vocal art of later generations. The breathing

mechanisms and techniques they worked out were inherited and carried forward by later vocalists and became an important part of vocal art. These techniques have been widely used in opera, chorus, art songs and other forms of music, laying a solid foundation for the prosperity of vocal art.

The modern singing practice has promoted the reform and development of vocal education. During this period, many singers and educators began to pay attention to the standardization and systematization of vocal education. They organized their practical experience and theoretical knowledge into teaching materials and teaching systems, which provided important references for later vocal education. These teaching materials and systems focused on the training of breathing mechanism and techniques, and emphasized the teaching method of combining theory and practice, which had a far-reaching influence on vocal music education in later generations.

In conclusion, the modern era is an important period for the development of breathing mechanism and technique in singing. During this period, singers have gradually worked out a set of more scientific and effective breathing mechanisms and techniques through continuous practice and research. These mechanisms and techniques not only injected new vitality into the art of singing at that time, but also provided an important foundation and revelation for the vocal art of later generations. At the same time, modern singing art also promoted the standardization and systematic development of vocal education, and had a profound impact on vocal art in other parts of the world. These achievements have made the modern era leave a colorful mark in the history of singing art.

Overall, the development of breathing mechanisms and techniques in singing has been an ever-deepening process. From simple singing in ancient times to choral singing in the Middle Ages, and then to modern vocal art, people's understanding and control of breathing mechanism have been improving. At the same time, scientific research and the continuous development of vocal theory have also provided strong support for the progress of breathing mechanisms and techniques in singing.

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