



Discussion on Chest-abdominal Combined Breathing Method in Singing

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Abstract: In singing, the body's main motivation for making sounds is from breathing, Breathing is the basis of singing art, The breath to the singer is also called singing breath. Singing breathing not only affects the singer's singing quality, but also relates to the singer's "life". Therefore, for singers, if they want to improve the singing quality and continue to develop in the singing career, they need to master the correct singing breathing method. At present, there are many breathing methods in vocal music singing, and the "chest-abdominal combined breathing method" is a widely recognized breathing method. Although chest-abdominal combined breathing method is the most ideal breathing method, but it is very difficult to master and use it skillfully. Because the chest-abdominal combined breathing method is the result of coordination and confrontation among the internal various organs, muscle groups, bones, etc. Therefore, to master the chest-abdominal combined breathing method is a kind of systemic training, need to accumulate over a long time to obtain. This is author's understanding of the chest-abdominal combined breathing method in singing, and hopes to provide some reference opinions for those who need it.

Keywords: chest-abdominal, combined breathing, method, singing, training

1. Introduction

The breath driven by singing breath is the only reliable motivation for singing. In singing, whether the making sound method is used correctly depends on the breath. If you want to use the breath correctly, first you must solve the problem of singing breathing seriously, and finally achieve the ideal singing effect. In the theory of vocal music, there is a saying that "singers must adjust their breath first". In traditional Chinese opera and folk singing, it is also believed that the basis of singing is breath. And the famous soprano Melba once said: "To have perfect singing, correct breathing is more important than a beautiful voice." These all illustrate the importance of breathing in singing. According to the different positions of the breathing fulcrum in singing, it can be roughly divided into three breathing methods: chest breathing method, abdominal breathing method, and chest-abdominal combined breathing method. Among them, the chest-abdominal combined breathing method is the most accepted and affirmative method, and is also widely recognized as the most ideal breathing method in singing. Because the chest-abdominal combined breathing method overcomes the defects of the other two breathing methods, which emphasizes the combined movement of the singer's chest and abdomen. Under the combined movement, the singer's tone, pitch, and strength can be adjusted more freely, and the range of singing works can be expanded, and the sound can become more stable and lasting. By using the chest-abdominal combined breathing method to sing, it can effectively improve the singer's singing quality and achieve the perfect singing.

2. The importance of correct breathing method in singing

Learning the correct breathing method of singing is the most important and necessary foundation of singing art. Breathing is the driving force of singing, but there are clear differences and extreme similarities between singing breath and the breath we speak in our daily life. When speaking normally, the volume is relatively low, and there is not much requirement for the amount of breath through the vocal cords. The expression of each sentence is finished in a short time, so there is not necessary to use a lot of breath support. However, singing is for expressing emotions, and it also has requirements for the brightness of the voice, so there are higher requirements for the breath and intensity of the vocal cords, and the expression of a phrase is often much longer than normal speaking. So it is not possible to achieve these through the breathing method in daily life. Singing breath is not only an artistic method, but also a technical problem. It needs to master certain methods and laws. Singing breath is the same as normal breath, it is through the expansion and contraction of the lungs to obtain the flow of breath. If normal breath satisfies speaking, then singing breath is relatively a kind of deep breath, even a kind of instantaneous deep breath. For a singer, only by mastering the right breathing method can he use the breath correctly and finally make a perfect voice. Therefore, the correct breathing method is critical in

singing^[1]. After mastering the correct breathing method, the singing technique of the singer can be significantly improved, so that he can correctly use various singing techniques to express musical works. The correct breathing method in singing also helps to improve the fluency of singing, because the correct breathing method can make the singer have strong breath support, and then keep the fluency between the sentences. Even when singing some difficult songs, he can handle it freely. On the contrary, if use the wrong singing breath, it will produce abnormal breath flow. Once blocked, it will lead to obvious separation between the songs. Using correct breathing methods in singing also helps protect the singer's singing organs. The voice is produced by the size of the breath passing through the vocal cords. Too large or too small air flow will have a negative impact on the vocal cords and the entire muscle group. The singing organs are greatly damaged, and even produce such as vocal nodules and polyps and other lesions. However, mastering the correct method of breathing, the singer can use his breath to drive the muscles and organs of the whole body to work together to protect the singing organs.

3. Understanding of the chest-abdominal combined breathing method

Singing breathing can be roughly divided into three breathing methods: chest breathing method, abdominal breathing method, and chest-abdominal combined breathing method. Chest breathing is a kind of breathing method that completely uses the chest with ups and downs to control the breath, and the upper part of the chest is the support point for breath force control. The specific method is to lift the chest and shoulders when inhaling, inhale the air into the lungs, and then squeeze from the inside and outside of the chest to control the breath. This breathing method has certain limitations. For example, the amount of inhalation is small, and it can't reach the maximum value of breathing, so the breath can't last. Abdominal breathing is a method of controlling breath through abdominal muscle movement and diaphragm fall, in which the lower abdomen is the support point of breath strength^[2]. This breathing method lacks fluency and flexibility in breath. Because when the abdominal breathing method is used, the lungs can hardly feel the breath, so the chest intercostal muscles cannot control the breath, which finally affects the effect of the breath.

The chest-abdominal combined breathing method is a breathing method that combines the above two breathing methods, but it is not a simple superposition of the two breathing methods. The chest-abdominal combined breathing method focuses on the maximum comprehensive utilization of the chest cavity, abdominal muscles, and diaphragm. It's in order to mobilize the enthusiasm of respiratory organs in singing through the mutual cooperation between the body, and finally achieve the ideal singing effect. In the chest-abdominal combined breathing method, the combined application of the chest cavity and the abdominal muscles can make the diaphragm fall and the ribs open, and at the same time, the singer's chest cavity is also in the state of maximum expansion^[3]. In this state, the breath capacity can be expanded to the maximum extent, and the abdominal muscles cooperate with the back waist movement to support and exert force upward to control breath flexibly and effectively. The application of chest-abdominal combined breathing method can also make the singer's exhalation deeper in singing, and can control the level and the strength of the voice autonomously while controlling the intensity of the exhalation. The characteristic of this breathing method is that it fully mobilizes all the muscles around the respiratory system, back muscles, abdomen, and waist. So for the singer, when using the chest-abdominal combined breathing method, you can feel the process of breath operation.

For the chest-abdominal combined breathing method, it is not enough to understand the principle. If you want to truly master the chest-abdominal combined breathing method, you need scientific and effective training. Although the chest-abdominal combined breathing method is the most ideal breathing method in singing, it is also a very difficult breathing method. The following is a detailed analysis of the specific training of chest-abdominal combined breathing in singing.

4. Specific training method of chest-abdominal combined breathing in singing

4.1 Inhaling training

Breathing is done by exhaling and inhaling, singing starts from inhaling. Only when you have enough inhalation can you exhale more persistently and smoothly to make corresponding sounds^[4]. Therefore, in the practice of chest-abdominal combined breathing method, if you want to fully master the chest-abdominal combined breathing method, you must first master the methods of exhaling and inhaling. As far as the correct inhaling method is concerned, the chest-abdominal combined breathing method has certain requirements for inhaling, such as requiring the singer to complete inhaling deep enough and full enough. In order to master the correct inhalation method, you need corresponding training. In singing, the singer should maintain a straight standing posture, and during the standing process, the upper body should remain relaxed, the shoulders should naturally drop, the clavicles on both sides should naturally open to both sides, and then inhale. When inhaling, keep the sternum expanded but avoid obvious lifting. The chest and lower back should be naturally stretched

and strong, the diaphragm should be kept sinking, and the upward stretch should maintain good elasticity and toughness to avoid stiffness. When inhaling, you should avoid inhaling with the nose and inhale through the mouth and nose at the same time. And make sure that the depth of the breath reaches the diaphragm, the ribs on both sides are obviously opened, and the spine should maintain a straight line to support the upper body. Keeping this method in practice for a long time to form a long-term muscle memory. This inhaling method can make the singer very relaxed and elegant at the same time. The inhaling process doesn't appear to be very laborious, the body feeling should be the same as deep breathing, natural, smooth and fast. In inhalation training, the singer should pay attention to avoid the wrong standing posture, such as excessive chest stiffness, abdominal muscle tension, shrug, etc. These methods will affect the control of breath. It's a common mistake among most beginner vocal music singers that the belly is the standard for breath to the bottom of the lungs. But in fact, because the lungs expand and the diaphragm passively falls, causing the abdominal organs to squeeze the abdomen and swell. Therefore, inhaling requires pay more attention to the relaxation of the abdomen to make more room for the lungs. Shrugging and squeezing the vocal cords affects vocalization, and excessive chest stiffness can lead to dissatisfaction with inhaling and finally smooth exhalation. Therefore, during the inhaling training, the singer can practice in front of the mirror, observe the posture and movement to ensure that the inhaling method is correct when training.

4.2 Exhaling training

The correct inhaling is to complete the exhaling. You have to exhale to make sounds. The singing is actually done during the exhalation process. Keeping a good inhaling and exhaling can complete the whole singing work. Exhaling is not as simple as exhaling the inhaled air. In singing, there are also very high requirements for exhaling, such as excessive exhaling, too slow, etc. will affect the timbre and sound quality^[5]. So in order to ensure the quality of singing, in the application of chest-abdominal combined breathing method, you must master the correct exhaling method. The exhaling movement in the chest-abdominal combined breathing method is different from the exhaling movement when the normal person speaks. The exhaling movement of normal people is mainly completed by muscle group movement. During exhaling, the diaphragm relaxes and the volume of the chest cavity gradually decreases, then the exhaling is completed, so you can't even feel the exhalation process when speaking normally. The exhaling movement in singing can not only relax the inhaling muscles, on the contrary, it also needs to keep the inhaling muscles group maintain a certain contraction force, means to keep the tension state in inhaling. In the specific practice process, the singer needs to expand the volume of the chest cavity as much as possible. The chest cavity does not perform the contraction action. Maintain the feeling of exhaling during inhaling, and when exhaling, maintain the feeling of inhaling, so that the exhaling can be successfully completed and perfectly connected with the inhaling^[6]. Exhaling training requires singers to master the feeling of confrontation between exhaling and inhaling. In this process, if you want to complete the exhaling, you also need to master a breath fulcrum, which is located at the diaphragm controlled by the waist muscles, and the upward force of the lower back gives support to maintain the straightness of the spine and convey energy upward. With this breath fulcrum, the exhaling can be completed smoothly, and the effect of full inhaling and thorough exhaling can be achieved.

4.3 Breathing control methods of training

Exhaling and inhaling are two movements. When we master the correct inhaling method and exhaling method, we need to further master how to breathe flexibly and easily. Breathing control methods of training include fast and slow exhaling training, slow exhaling and slow inhaling training, and fast exhaling and fast inhaling training. Different speeds and rhythms of breathing training can help singer's better control breathing. First, when training slow inhaling and slow exhaling, you can use a standing posture of four-point, one-line and 7-8-7 cyclic breathing methods. Put the highest point of the headrest bone, the highest point of the shoulder blade, the highest point of the tail vertebrae, and the highest point of the heel on a flat surface, just like lying on the ground and relaxed. Then inhale slowly for 7 times to inhale the air to the diaphragm, then keep inhaling for 8 times, then exhale slowly and emit an "S" sound in the 7 times. Practice and adjust circularly. When training fast inhaling and slow exhaling, you can use a standing posture of four-point, one-line and 1-8-7 cyclic breathing methods. Instantly inhale the air to the diaphragm, and then maintain the state of inhaling for count 8 times silently, then exhale slowly out of in 7 times. We can also be learn from the breathing method of instrumental music, which is to inhale casually and then use the abdominal muscles to make an "a" sound, making the air flow slow, continuous, and continuous exhalation^[7]. As far as fast inhaling and exhaling training is concerned, just like in normal life, when a person is frightened, the lower abdomen, diaphragm, and ribs will suddenly open. Then complete the inhaling movements, after inhaling and exhale the air flow quickly, complete breathing rapidly.

5. Ending

Although using chest-abdominal combined breathing method in singing can improve the singing effect effectively, it is not easy to learn chest-abdominal combined breathing method well. Therefore, if you want to master the chest-abdominal combined breathing method, you will have to practice for a long time, and you need to master the correct method and the correct standing posture during the practice. It is not difficult to learn and understand the chest-abdominal combined breathing method. What is difficult is how to understand and apply it flexibly. Therefore, it requires the singer to explore seriously, understand and summarize, and strive to find a suitable singing path to achieve a natural, harmonious and relaxed state.

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