

# Unit 1 Vocals

In lessons 1-3, you will learn  
beat, meter, and time signatures!

Posture and breathing  
and the song, You've Got a Friend in Me

\*Make sure to do each assignment and repeat for maximum  
benefits to your voice..



	WARM UP	LISTENING	CONCEPT 1	SONG APP
LESSON 1	Do everyday	Review til easy	Send a pic of your posture to ascendmusicvideos	Focus on stomach while practicing
LESSON 2	Do everyday	Review til easy	Repeat video 5 days	Work out difficult breathing spots
LESSON 3	Do everyday	Review til easy	Do exercises 5 days	Memorise the song
ADDITIONAL ASSIGNMENTS			Do the quiz	

# Unit 2 Vocals

In lessons 4-8, you will learn  
basic solfeg  
choosing, preparing, and performing a song  
and your vocal rangee

\*Make sure to do each assignment and repeat for maximum  
benefits to your voice..



	WARM UP	LISTENING	CONCEPT 1	SONG APP
LESSON 4	Do everyday	Review til easy	Watch then choose your song	Use the video to help you choose
LESSON 5	Do everyday	Review til easy	Write down your lowest, highest and breaking point	Practice song 5-7 days
LESSON 6	Do everyday	Review til easy	Watch the video as much as needed	Count out your entrances and practice
LESSON 7	Do everyday	Review til easy	Watch the video as much as needed	Practice in front of mirror
LESSON 8	Do everyday	Review til easy	Do exercises 5 days	Make a video performing your song
ADDITIONAL ASSIGNMENTS				Send to ascendmusicvideos@gmail.com