

Onsets

Aspirate / Breathy

- Allowing air to come out before you vocalise.
- It may sound like you are always putting 'h' before each sound.
- Practice with a 'hoo'.

Simultaneous / Flow

- This should be when the air starts flowing at the same time as the vocal folds begin their vibratory cycle.
- Practice with a 'yoo' with a very soft 'y'.

Glottal

- This is when the vocal folds are closed before any sound is made.
- To help set up a glottal start, allow some air through before cutting it off. Try a 'hic' without using the tongue to make the 'c'.
- Glottal onsets work great with vowels.
- Avoid the glottal turning into a pressed sound. Soft glottal are best.

Fry/ Creak

Pressed

- This is when we tighten everything up in the larynx, which brings the false vocal folds into play.
- It creates a tight, almost squeaky sound.
- Try to avoid this type of onset as it is not a sustainable way to speak or sing.

- When the voice is in a healthy state you should hear individual 'pops'.
- This should only be done at the lowest part of your range. It's not sustainable to do this type of onset at singing pitches.
- Fry/creak can be useful to get to when cooling down after vocal practices and performances.