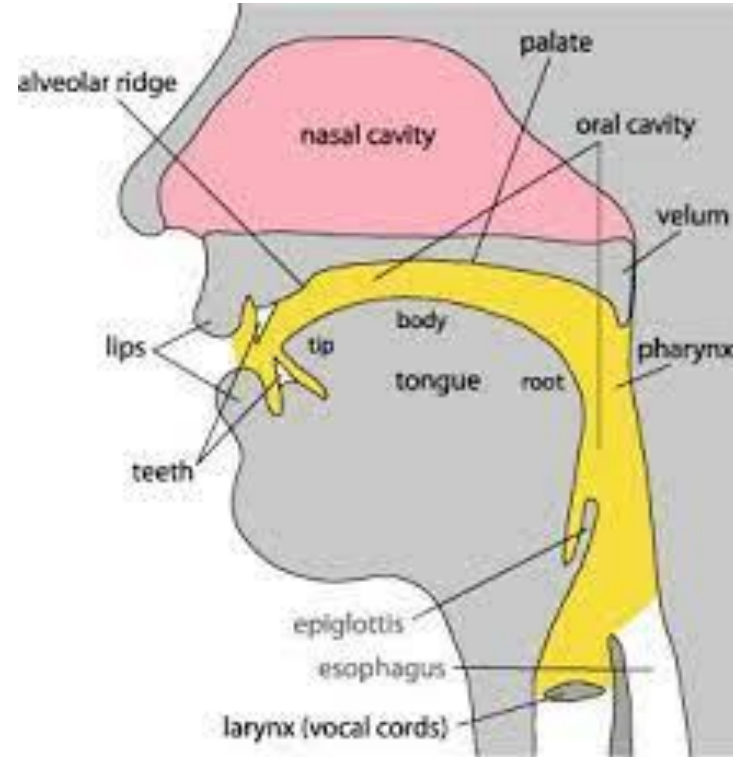


# SOVTE

- Semi – Occluded ~ Partially Closed
- Vocal Tract = **Space** from Above the Vocal Folds to the Lips
- Exercise = Activity to Sustain and Improve



# SOVTE

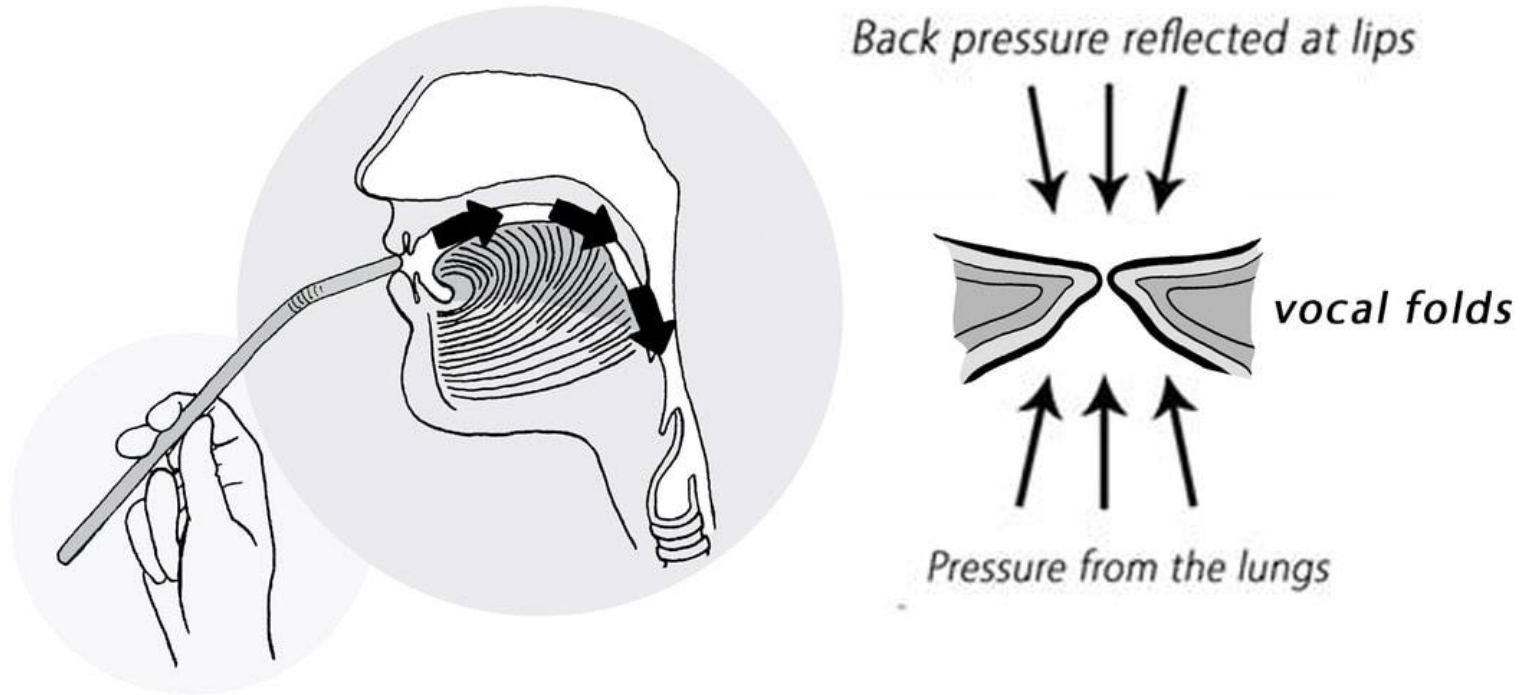
“Any vocal exercise in which the vocal tract is partially closed at or near the lips is considered an SOVTE”



Journal of Singing, January/February 2021:

[https://www.nats.org/ Library/JOS On Point/JOS 077 03 2021 333.pdf](https://www.nats.org/Library/JOS%20On%20Point/JOS_077_03_2021_333.pdf)

# SOVTEs = Better Singing Efficiency!



[www.voicescienceworks.org](http://www.voicescienceworks.org)

# SOVTE Benefits

- Back-pressure = neutralized level of adduction - not too pressed, not too breathy. (Goldilocks Principle: “Just right”!).
- Also ... Develops Plenty of Breath Support!
- ... Makes Singing Easy!



# SOVTE Ranking by Intra-Oral Pressure

## Least

- m
- n
- u (ooo)
- drinking straw
- z
- ʒ

## Most

- tongue trill
- v
- small straw
- “raspberry”
- straw in water

# Types and Functions of SOVTEs

- MMMM, NNNNN, NNNGGG, LLLL = “Low Impact”
- ZZZZ, VVVVV, DJJJJ = Tongue/Lip Coordination and VT Vibrations
- Lip Trills, Tongue Trills, “Raspberries”
  - Help Coordination between Air-Flow, Lips, Tongue and Vocal Folds
- Straw: Elongates VT = More Back-Pressure
- Cup (Hole in the Bottom) = Similar Back Pressure; Allows Lips to Move
- Straw in Water – Visual/Aural Feedback



What Are Your Favorites?

