

Vocal Resonance

Arthur Lessac's "Y- Buzz" Exercise

Make and hold an "eee" sound

- You should feel vibration on the gum ridge as well as the roof of the mouth
- Pout your lips forward a bit. This helps focus the sound waves directly onto the gum ridge.
- Pinch your nose and release. You should not hear any changes to the sound when the nose is pinched.

Siren up and down your pitch range on an "eee" sound.

- When you siren up in pitch, you'll feel the vibration move from the gum ridge up and back toward the roof of the mouth
- When you sired down in pitch, you'll feel the vibration moving back down to the gum ridge. Pout your lips slightly when you siren down.

Practice feeling the "ee" vibration in words:

Say the following words that begin with "y":

yellow, you, yard, yell, yield, yes, use

Hold the Y sound for 3 seconds on the first time

Then repeat and hold the Y for 1 second

Then repeat and hold the Y just long enough to feel vibration

Year Yacht yield
yet yank yoke
yam young yawn
yell your yen

Do the same with the following "Y" final and medial position words:

Story pretty
galley handy
yearly juicy
crazy spooky
loyal canyon
beyond onion
value million
amuse familiar

Feel the “eee” vibration in the following sentences.

- Hold Y for 3 seconds the first time.
- Then repeat and hold the Y for 1 second
- Then repeat and sustain the Y long enough to feel the vibration

1. I’m hungry and thirsty and I’m not happy.
2. I’m ready to yield this city.
3. Yes, I yelled across the yard.
4. I’m angry that you used my yellow car.
5. The value of the yield is beyond one million yen yearly.
6. Yesterday, the loyal young soldier told a spooky story.
7. I was familiar with your pretty canyon, yet I gave a crazy yell to amuse you.
8. Go into the handy galley of the yacht, and mix the egg yolk with the yam and juicy onion.

The slower drills get you into feeling these sounds

The faster drills carryover this feeling into your conversational speech