

THE 411 ON VOCAL FOLDS



Here is a photo of Gina's vocal cords.

They are shown in these stills with a small camera called a scope.

Vocal folds are small, smooth, milky muscle tissues found inside the larynx (aka voice box).

EVER WONDER HOW YOU GET COMPLEX SOUND TO PASS THROUGH TWO SMALL TISSUES?

When we sing, air from our lungs passes through these delicate tissues, making them vibrate. Depending on the speed of the breath, we can produce different pitches! When we sing higher notes, our cords stretch and elongate.

The ideal sound is produced with the two cords connected and closed. As an example: in the top still, you can see the cords are clearly open, and probably an "airy" sound is being produced outside of body. In the bottom photograph only the bottom half of the cords are coming together.

In voice lessons, we practice gaining awareness of our entire apparatus (the minutia in the throat, the full capacity of the lungs, the behavior of the diaphragm, etc) so that we can learn to make the sounds you've always imagined in a healthy, economical way, and they become automatic.

