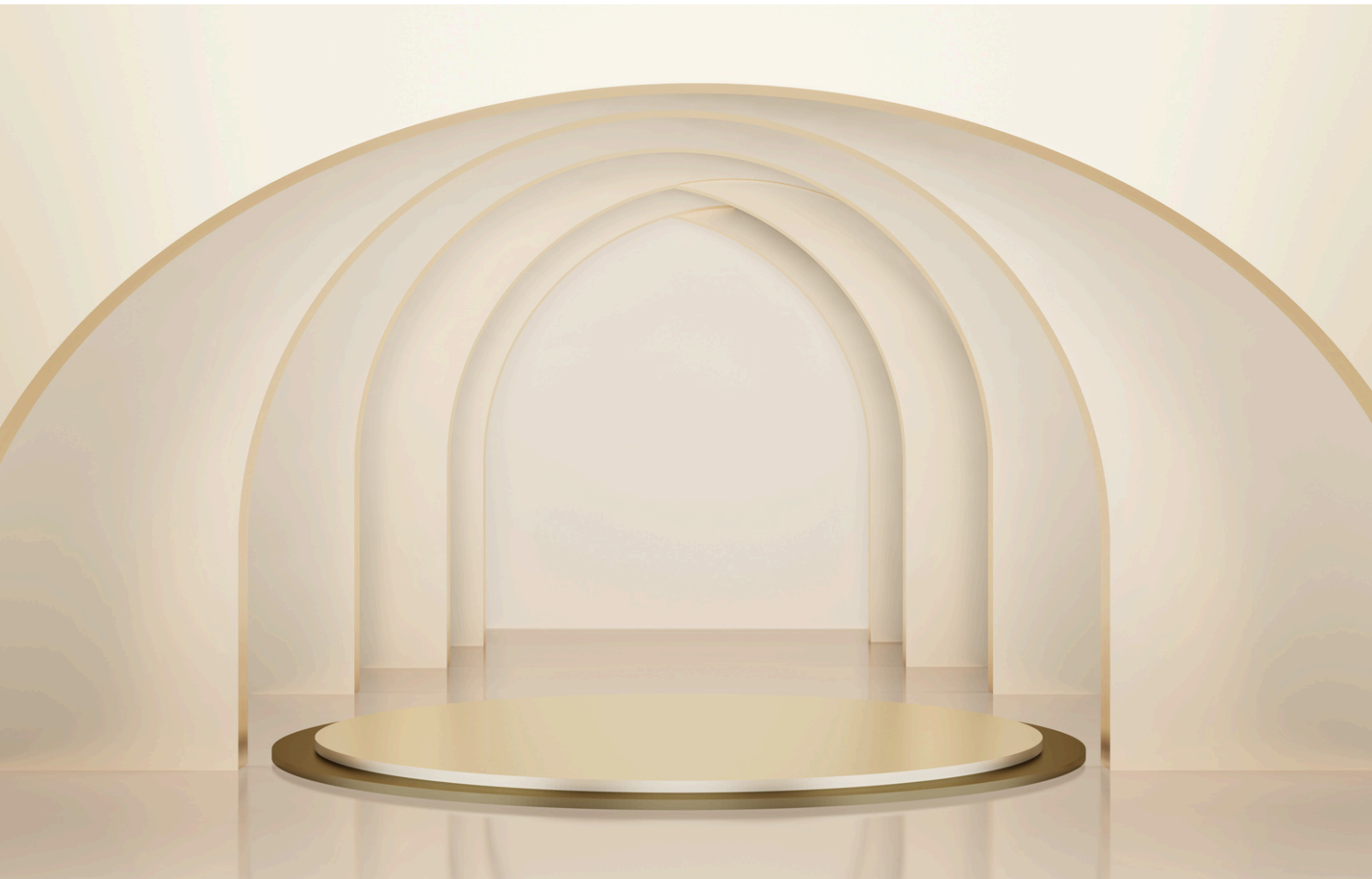


TOOL BOX

THE SECRET OF STANDING



Dr. Indra Tedjasukmana

The secret of standing and supporting correctly

They most basic thing for singing, stage presence, health and even mental wellbeing is also the one thing that many people including many choir leaders don't pay attention to:

Correct standing!!

Because as singers our body is our instrument, singing does not only involve our throat and mouth but the whole skeletal apparatus and all muscles have to be aligned. Even some common singing problems like „I can't reach that high note“ can be solved with standing correctly. Ideally all of our bones, muscles and organs are in an organically correct position and support the singing. Standing correctly also supports correct breathing which is very important for general AND mental health, even during panic attacks or anxiety many therapists tell people to breathe or to focus on their breathing, that's why it is so very important even though it is a very basic thing.

Before I list all the things that are wrong let me first share the top five points how standing correctly is done:

1. Both feet are shoulder-width apart and the body weight is evenly distributed
2. The knees are not rigid but about 80-90% straight and have a slight bend
3. The head is oriented upwards towards the sky, as if a string pulls the top of the head
4. At the same time, the weight from the waist goes downwards, so that the feet feel heavy
5. The middle of the body (belly area) is left naturally and not pressed extra hard for "support"

Now I want to talk about „**support**“ (some call it „breath support“).

Many people think it means that the belly area – also called „abdomen“ in medical jargon – is under constant tension or even pressure. In truth „support“ or „breath support“ means that your whole body is „supporting“ the breathing just as the name says. Sure you need a little bit of natural power in the abdominal part but not pressing it too hard artificially. This only makes the muscles inside the abdomen hard and makes it actually more difficult to breathe and sing long notes. Now, as for the five rules of standing: These are not my own rules, it's simply universal biomechanics. It doesn't matter if you do Yoga, Feldenkrais, Tai Chi, Alexander Technique or Qigong or another mind-body method: The human body moves according to the laws of nature.

It's also not that these rules are only for pop, jazz, gospel, classical, oriental music, renaissance or baroque. They are valid for ALL styles.

I hope I could show you why standing the right way during singing is important.

Dr. Indra Tedjasukmana



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Dr. Indra Tedjasukmana (from Germany, *17.03.1984)

is an award winning choir leader, beatboxer, vocalist and composer/arranger who has toured the world and is teaching at universities, academies, conservatories and schools.

He is also medically trained, certified in Chinese medicine and focuses on health, mental wellbeing and acting in a way that supports the laws of human nature.