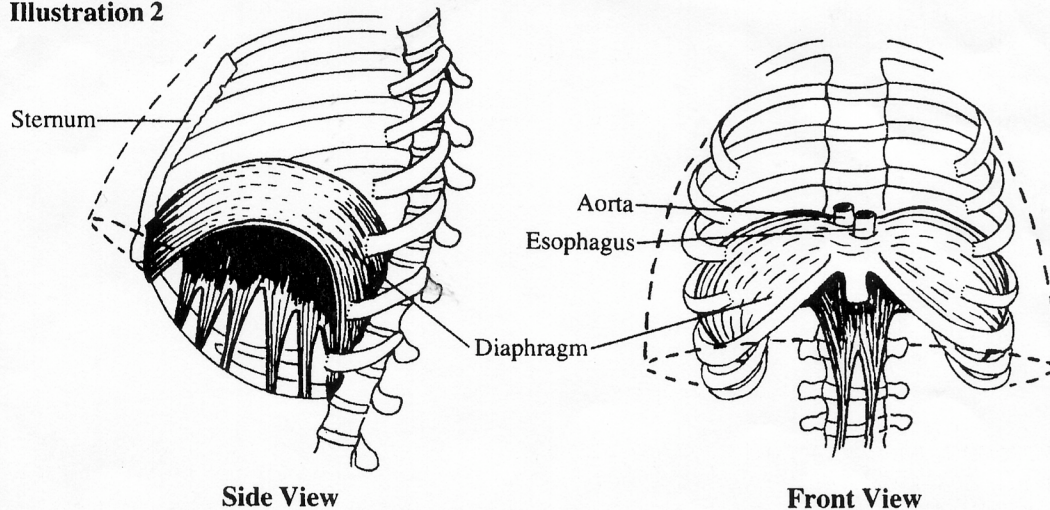


**Side View: Exhalation/Inhalation**

As the rib muscles relax and expand the ribs, the diaphragm, which is a circular, somewhat flat muscle which separates the chest cavity from the lower abdomen, tenses and flattens. These two movements enlarge the chest cavity, creating a vacuum and allowing the lungs to fill (see Illustration 2).

**Illustration 2**



*Broken lines indicate expansion from inspiration*

The singer should concentrate on relaxing the rib muscles and allowing them to expand fully. If the singer has difficulty with this outward movement with inhalation, the following exercises can help to correct such problems.

## **Exercises to Achieve Correct Breathing Action**

**No. 1:** Place the right palm on the front of the abdomen. Bend over from the waist and inhale quickly. In this position, the breathing action will usually be correct. Try to incorporate this expansion with each breath taken while singing.

**No. 2:** Lying flat on the back on a hard surface will also stimulate correct breathing action. The stomach should rise and fall with inhalation and exhalation. After inhalation, the singer should feel a stoppage of the movement of the abdomen. This should resemble a feeling of firmness in the abdominal muscles. Maintaining this firmness will allow the control necessary to produce a steady tone.