

# RSL Grade 3

## Musicianship Questions

**Q. What is the meaning of the 'break'?**

A. When a vocalist moves between vocal registers there can be an audible break in their tone due to a rapid change in resonance placement and vocal cord position.

**Q. What is the meaning of 'transition'?**

A. Moving from one vocal register to another.

**Q. How do you support a long sustained note?**

A. Good posture to ensure full lung capacity, stable diaphragm support and consistent tone.

**Q. Good food before a performance?**

A. Fresh food, fruit and veg (however citrus fruits can cause mucous or dryness for some singers). Sugar-free, room temperature/luke-warm drinks and of course water.

**Q. Food that is not good to eat before a performance?**

A. Dairy products will create mucous that will coat the throat. Spicy food, caffeine, refined sugar and alcohol will all dehydrate the voice and iced drinks as well as hot drinks can shock the voice and cause constriction.