

SOUND TEXTURE EXERCISES

Singing

Sing the exercises with a relaxed, unforced voice, following the illustrations below.

Choose an octave that feels natural for your voice, keeping the same interval structure throughout each exercise.

When practicing along with me, mirror the hand motion as you sing—it will help reinforce the connection between gesture and tone.

Imagination

As you begin, imagine each note in sound texture. Focus on the liquid, soft, and resonant quality of the imagined sound.

Gently guide the sound downward in your imagination, without force or pressure.

Check that you're connecting the notes smoothly, using a sense of horizontal glissando between them.

To begin with, you may find it helpful to hold the notes with the sustain pedal while imagining. This reinforces the fluid, liquid and sustained nature of the sound.

At this stage, while you're still singing and playing, it's natural to feel that pitch and timbre of your voice are difficult to separate in your mind. With time, your awareness will begin to shift toward pure pitch, free of timbral associations.

This transition happens gradually and intuitively.

Playing

Play each exercise while imagining every note in sound texture—fluid, liquid and resonant. Let the sound begin with a gentle downward motion before moving the sound right or left. Then connect the notes smoothly with a sense of glissando, as you practiced in timbre and polyphonic ear training.

Stay aware of your hands as you play. After touching each key, release any lingering tension.

Mental tightness often finds its way into the body, especially the hands, so allow both the sound and your gesture to remain soft and spacious.

Using the sustain pedal can help support the liquid quality of your imagined sound, making it easier to feel the depth and continuity between notes.

Solid lines represent the way you need to move the sound (down and sideways).

There should be no sensation of pressure or tension in the movement, especially when moving downwards.

Dotted lines represent the way glissando leads to the next note.

Even if the illustrations suggest that the next note is lower, it's possible to imagine each note appearing on the same level when singing or imagining them.

