

The **5 SPEEDS OF BREATHING**

Per Dale Syverson/Peggy Barnes

CB = Catch Breath
QB = Quick Breath
TB = Tempo Breath
SB = Slow Breath
DB = Delay Breath

Catch

Used for emotional impact **ONLY**...and is not to be used in places that require air.

Quick

Used within passages which are **increasing in tempo** (@coming out of a bump-and-grind, etc...) This type of breath is **always preceded by an INCREASE IN VOLUME** and is designed to give the feeling that the music is "going somewhere". Forward motion is easily achieved with the effective use of this breath.

Tempo

Used in both **UPTUNES AND BALLADS**, this breath has a measured space and time to be taken...**within the tempo of the song**. This breath is critical to driving uptunes...and offers creative variance when used in ballads as well.

Slow

Also used for emphasis and emotional impact. The **entire space between previous phrase and new phrase** is used for breathing. This breath is **TAKEN OUT OF TEMPO INTENTIONALLY** and requires a ritard on the phrase before it is taken.

Delay

Usually used at **emotional high point** of song and/or for **setting into apart from chorus or verse**. This breath offers a **DEFINITIVE WHITE SPACE**...then...breath is taken in tempo of next passage.

Remember...

Breathe...while lip-syncing a word!!

(A Wonderful Technique for Stagger Breathing and Maintaining Consistency!!)