

# The 5 SPEEDS OF BREATHING

Per Dale Syverson / Peggy Gram

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|-------------------|
| 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 phrases** 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 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-synching a word!!**

*(A wonderful Technique for Stagger Breathing and Maintaining Consistency!!)*