

Can Anyone *REALLY* Learn to Sing?



Rebecca Moore - Vocal Coach

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Whether it's jamming along in the car or singing in the shower, most people sing every once in a while, though many can't sing well, however that can be changed. Just about anyone can learn to sing, as long as they develop the right habits and practices.

Less than 1% of the population are actually tone deaf. *The majority of people can distinguish between different musical notes, the problem isn't how they hear the sound but how they replicate it. The good news is that this is a mechanical process and can be improved with practice.*

Vocal cords are muscles. *You've heard of muscle memory, right? Well, if you train your muscles and strengthen them well, they will 'learn' how to hit the right notes and stay in sync when you sing.*

Techniques are also important. *As you strengthen your muscles, you can start to learn the proper singing techniques. Mastering singing techniques is the same as learning any other skill, if you put your time and effort into it, you can master all the techniques that you need to be able to sing.*

You have to get past your psychological insecurities. *You are not alone if you have ever been told that you can't sing! You need to develop your resilience to negative comments. The best way to achieve this comes with confidence, which grows as you develop your self belief in your own abilities. A good coach will help you to recognise your progress, present you with opportunities to gain exposure and performance experience. Don't pass it up, this is essential to your progress.*

Find a coach who can Sing! *When you start learning to sing, you need a coach who can demonstrate what you are doing wrong and what you should be doing instead. This can give you a better idea of what you sound like and how the process works. And it'll be easier for you to learn to sing, regardless of your skill level.*

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It takes time and commitment to be able to sing. Most people expect to be able to learn how to sing within just a few days or weeks. However, the reality is that you will need to invest significant time and effort to practice and train your muscles to develop the memory of how to sing to the point that it becomes natural. You have to do vocal exercises a minimum of five times per week for several months and a good coach will help you maintain your motivation along the journey.

Knowing your vocal range is a good starting point. Many people have trouble singing just because they don't know what notes they can and cannot hit. A few simple scales will enable you to determine what feels comfortable. It's your vocal chords that determine your vocal range and as they are a muscle, it is possible to develop your range over time. The key is to find a coach that will develop your range whilst remaining focused on your own aspirations.

Work with nature. Your speaking voice may provide some indication as to your vocal type and going with the flow is easier than swimming against the tide. Understanding your vocal type will make your singing journey a lot easier for you to learn how to sing. For example, there's no point in trying to sing soprano if you have a bass voice. A good coach will help you to identify your vocal type if you don't already know it.

Learn to adjust. Many people don't know how to adjust to their singing voices, this makes them think that they cannot sing. You'll be able to achieve your vocal goals once you learn how to adjust your singing voice.

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It is hard to do it all on your own. When it comes to singing, there's a lot of information available on the internet, so much so that it's easy to be swamped with information overload. You must learn how to breathe, position your tongue, open your mouth, the importance of posture and sooo much more. You also need to learn how to control your vocal chords. It is difficult to master all this on your own, so it is a good idea to get some kind of instruction.

It'll get easier. At the beginning, it can be difficult to learn to sing. However, it'll get easier as you train your muscles, understand your abilities and develop your confidence. Eventually, it will become easier and second nature.

The Bottom Line

Just about anyone can learn to sing. The secret is to put in the time and effort in to your practice and training regime. A good coach will help you on to plan and accompany you on your journey and if you can do these things, then your chances of success will improve immensley.