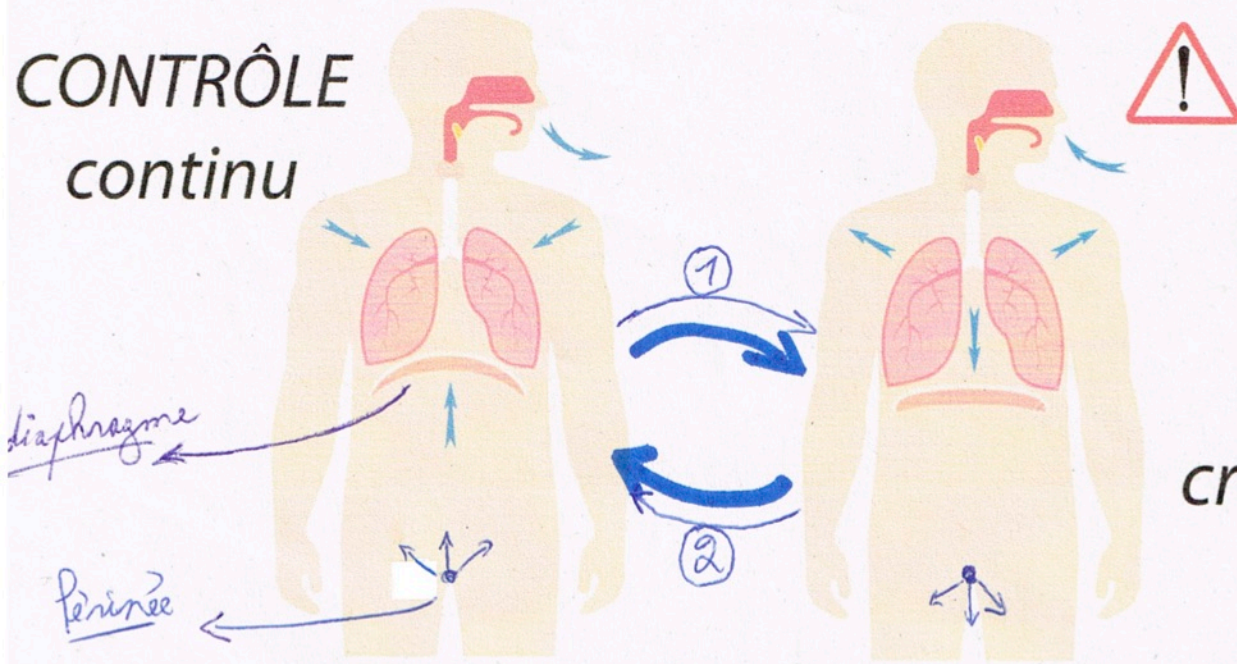


CHANTER = SOUFFLERIE + VIBRATEUR + RESONATEURS

CONTRÔLE  
continu



RELAX !  
bref  
crée 1 appel  
d'air

**Donner**

EXPIRATION

ACTE VOLONTAIRE

= émission du son (chanté ou parlé)  
= contrôle / focus / soutien / tension

INSPIRATION

ACTE " INVOLONTAIRE "

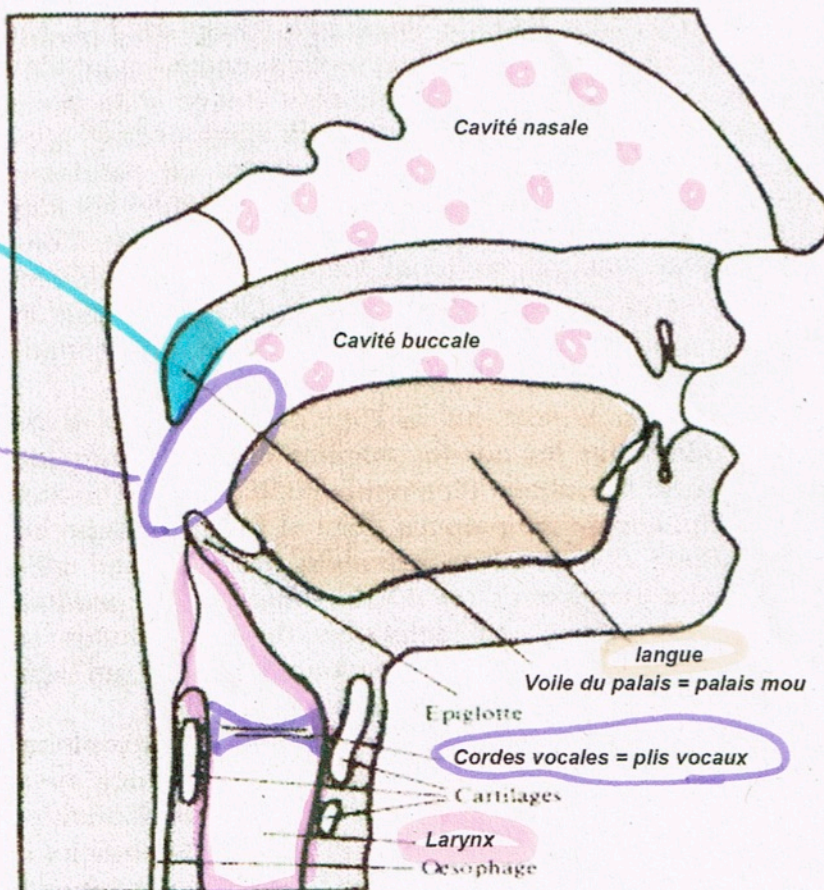
= se laisser inspirer  
= ouverture de la mâchoire,  
langue vers l'avant  
+ détente/relâchement soudain  
du diaphragme

**Recevoir**

Accueillir

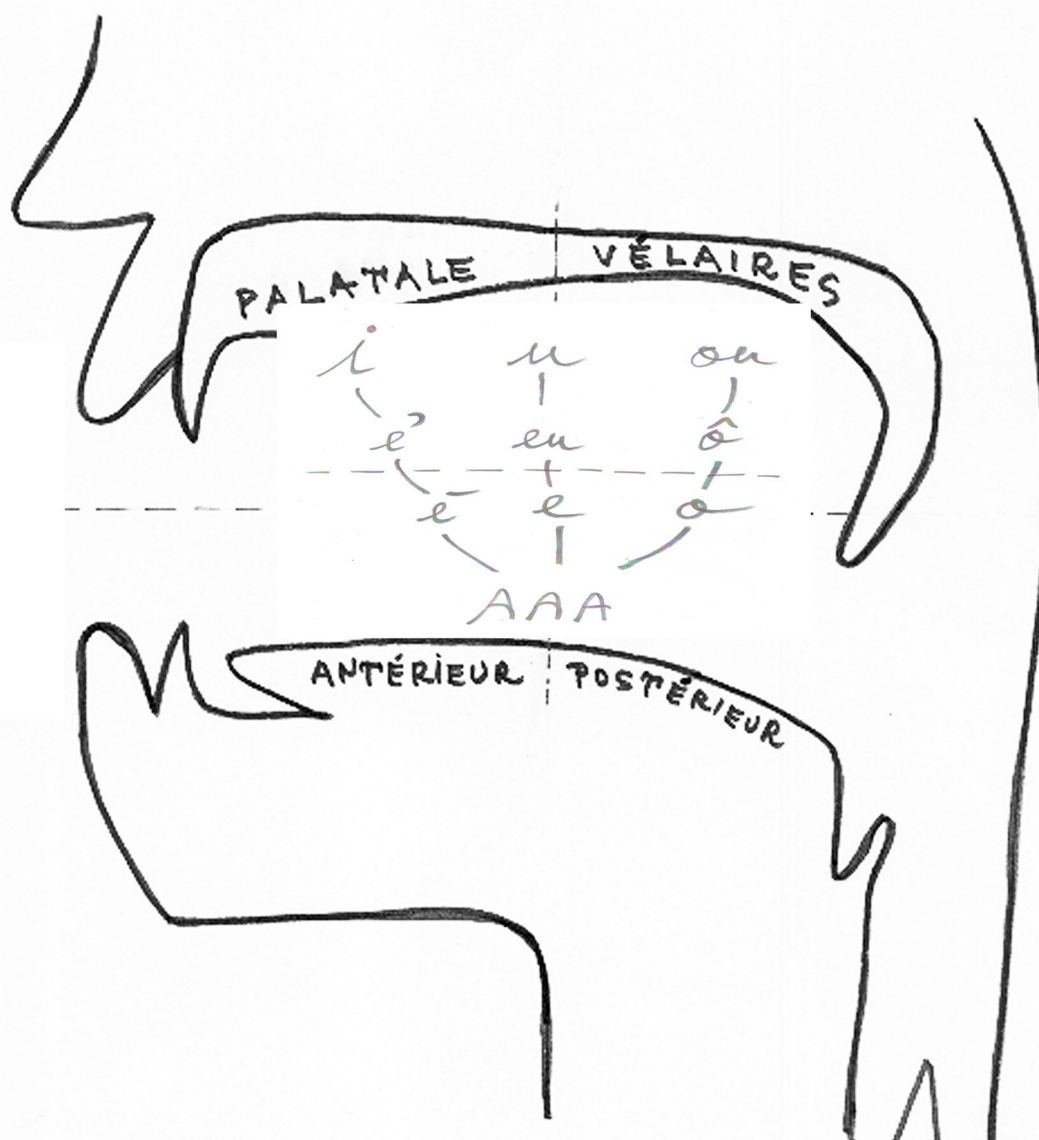
PALAIS MOU

ZONE  
" A OUVRIRE "



Voyelles fermées

Voyelles ouvertes



Aaaaa ééééé iiiiii ééééé aaaaa  
**langue** s'avance puis recule

aaaaaa ôôôô ououououou ôôôôô aaaaaaa  
**lèvres** se ferment puis s'ouvrent

i → in  
 a → en  
 ô → on

air chaud sur nez car voile de palais (palais mou) s'abaisse

i	image, lit, île
y	utile, mûr, gageure
e	clé, clef, manger, nez
ɛ	et, haie, près, être, j'étais
ẽ	main, examen, faim, brin, sein
ø	feu, bleue
œ	peur, seul
œ̃	un, brun
a	bras, femme, patte
ə	petit, je le sais
u	houx, bout
o	gros, haut, heaume, tôt
ɔ	grosse, hotte, homme
õ	bon, honte
ɑ	pâte, râle
ã	banc, tente

i in

u

ou

|  
|

|

|

"été"

e

eu

ô

"eau"

on



|  
|

|

|  
|

"faire"

e

"cœur"

e

"colle"

o

|  
|

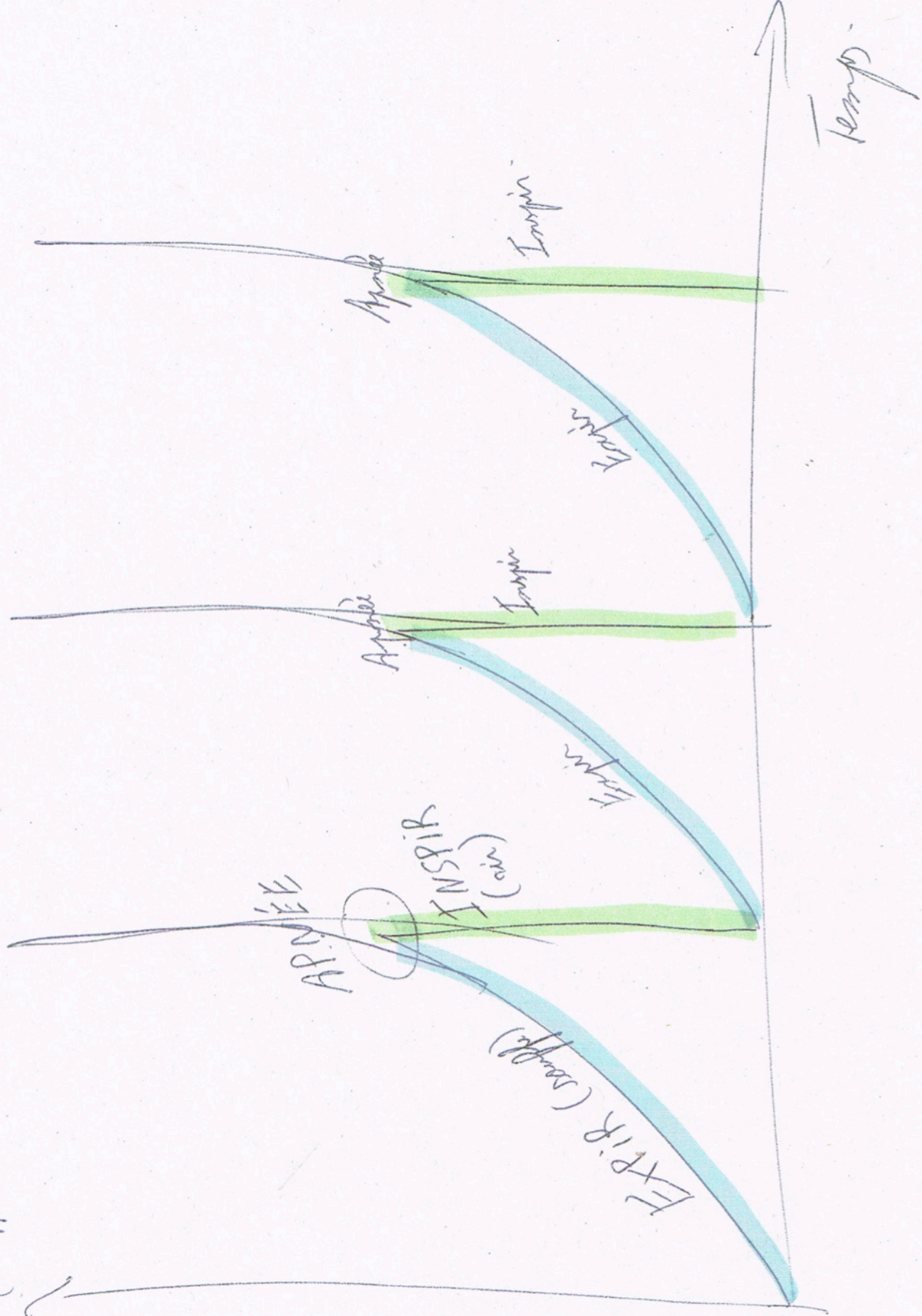
|

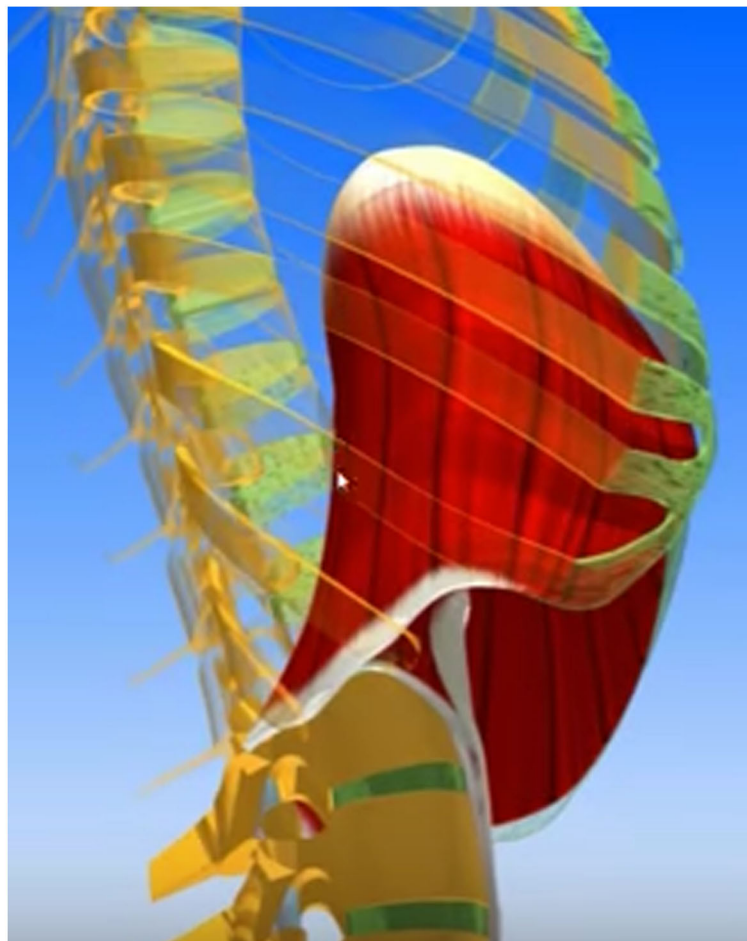
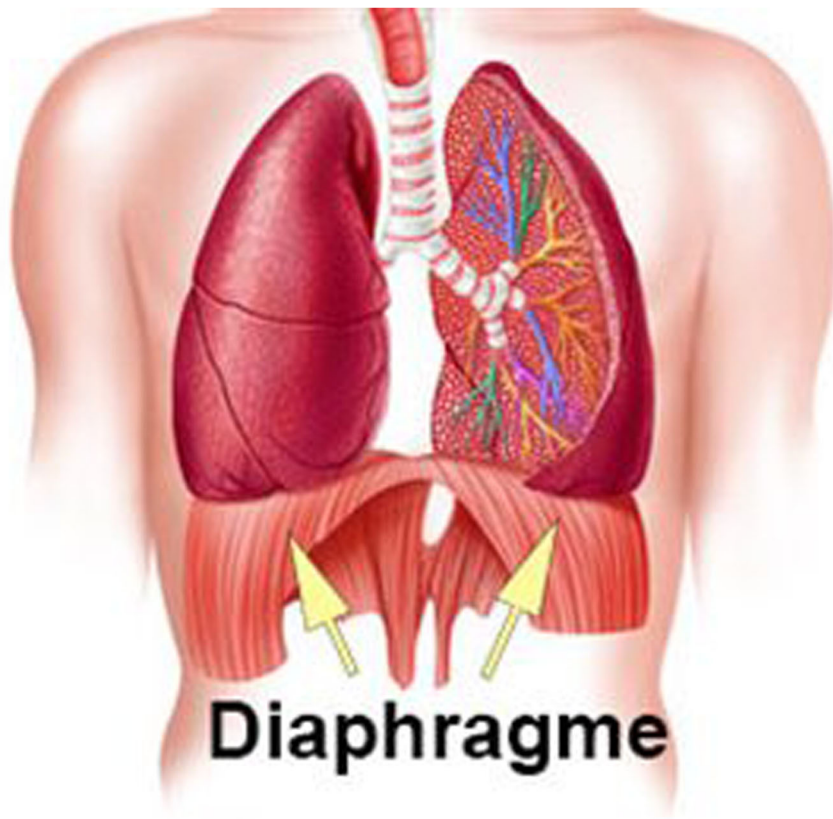
|  
|

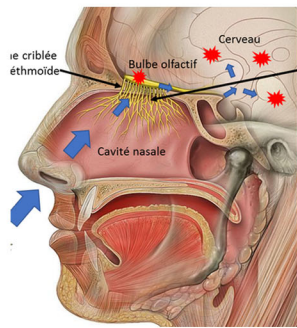
AAA

EN

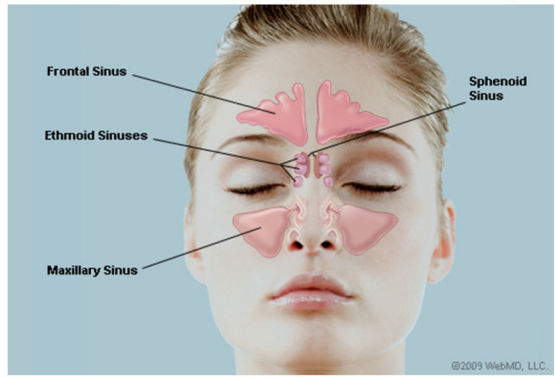
Energie (Support abdominal)



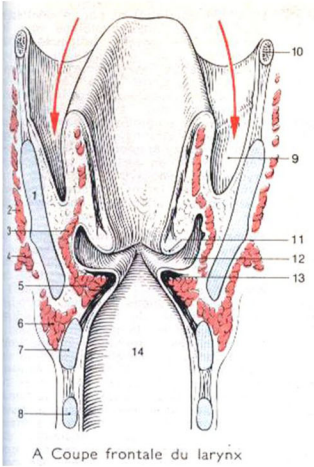




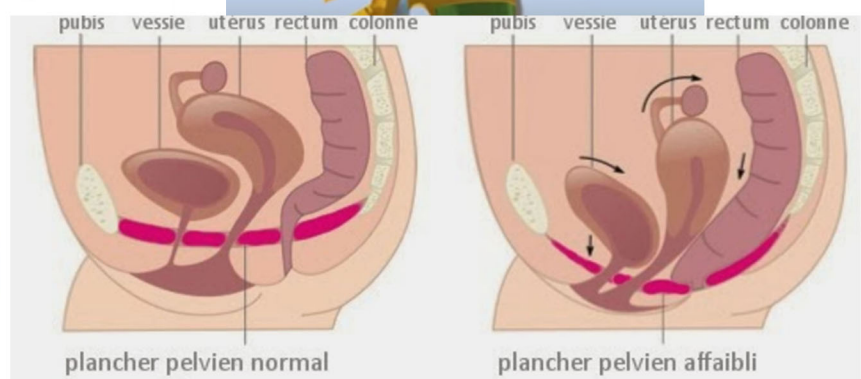
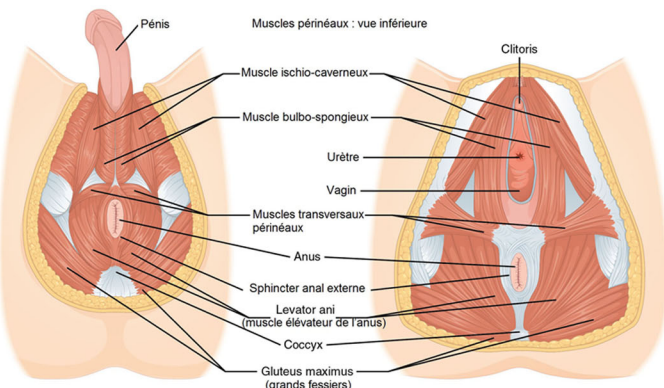
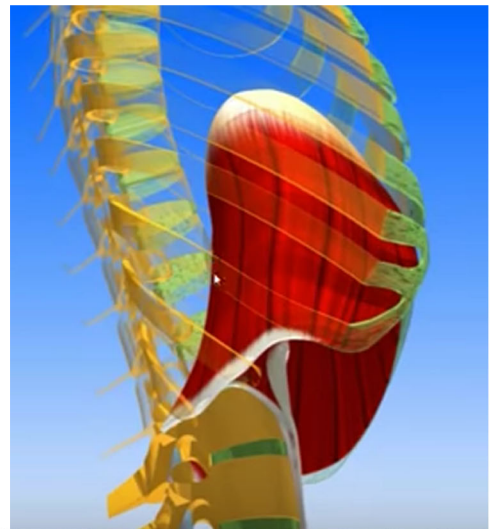
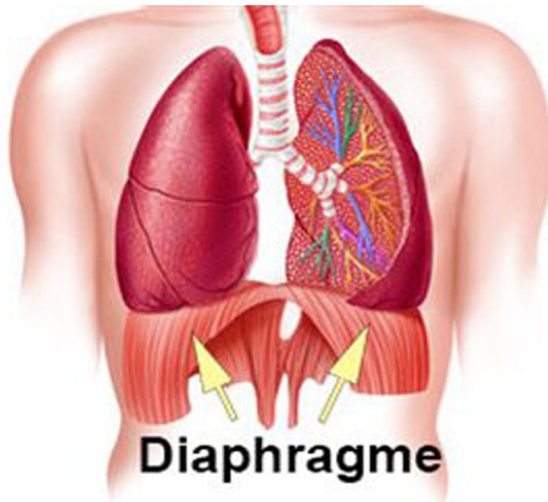
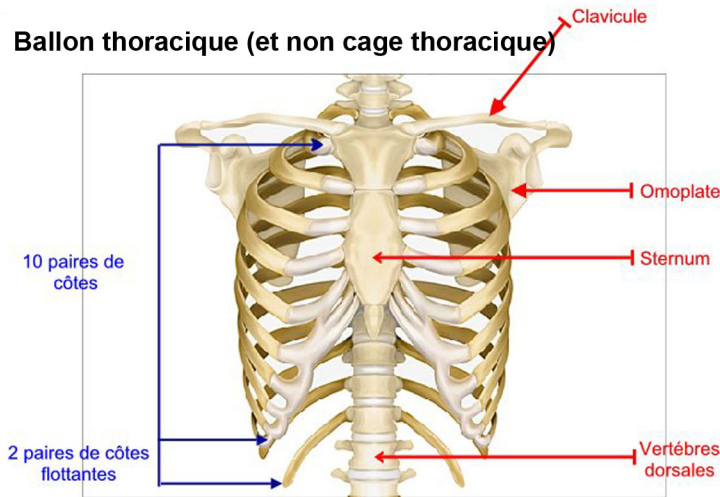
**Résonateurs faciaux**



**Plis vocaux (= cordes vocales)**

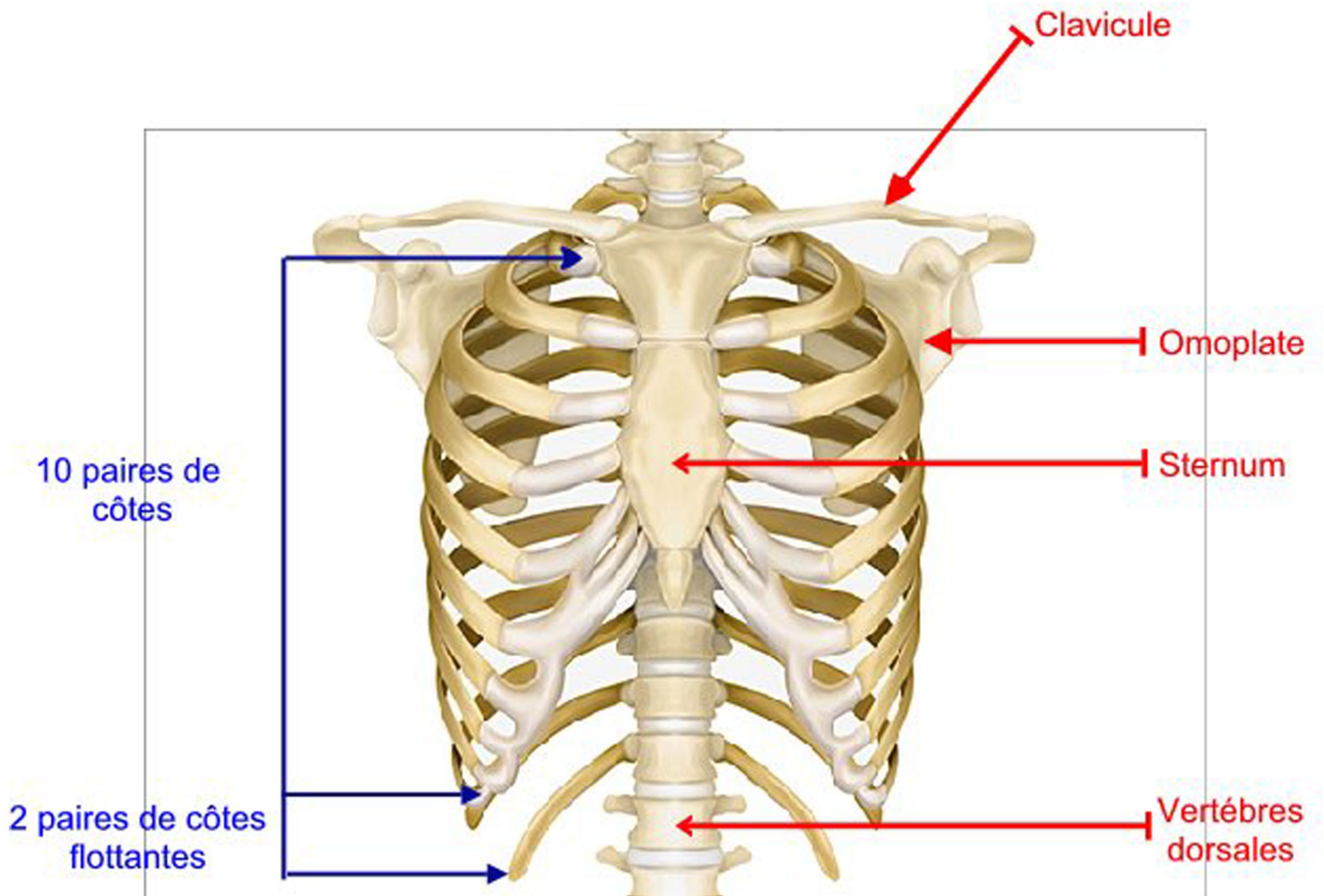


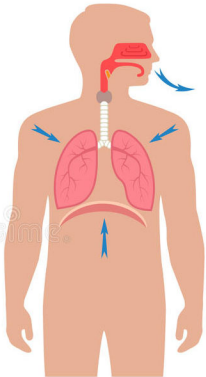
**Ballon thoracique (et non cage thoracique)**



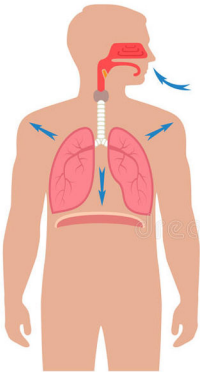
**Périnée = plancher pelvien**

*Pas la cage plutôt le*  
***ballon thoracique***



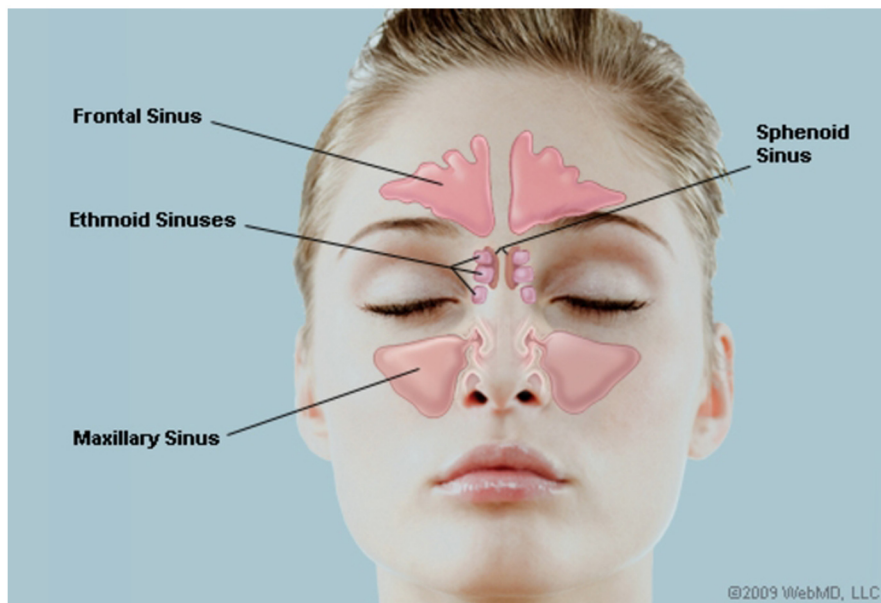
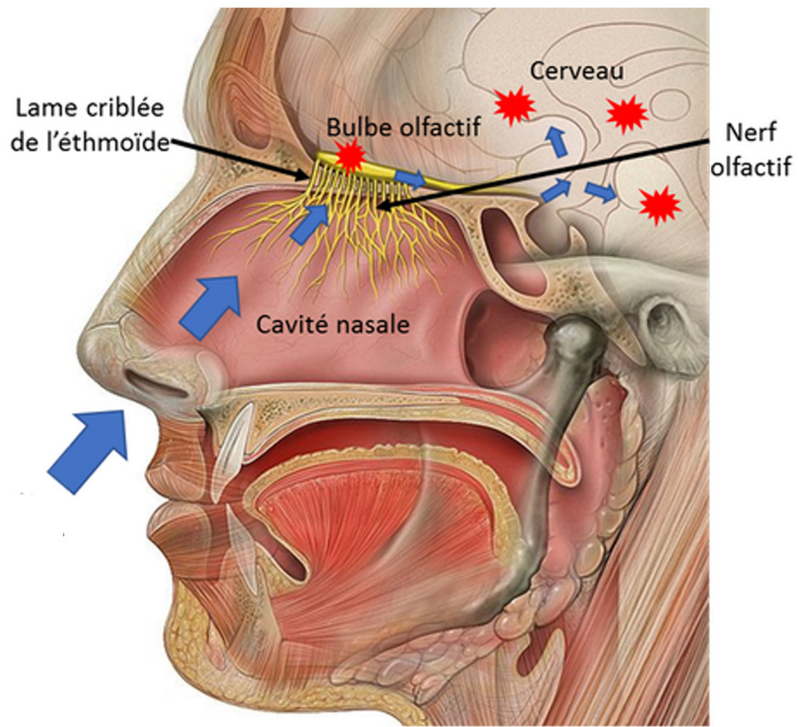


EXPIRATION



INSPIRATION



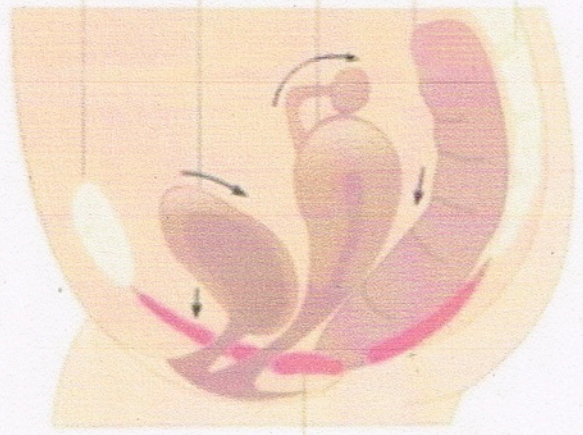


pubis vessie utérus rectum colonne

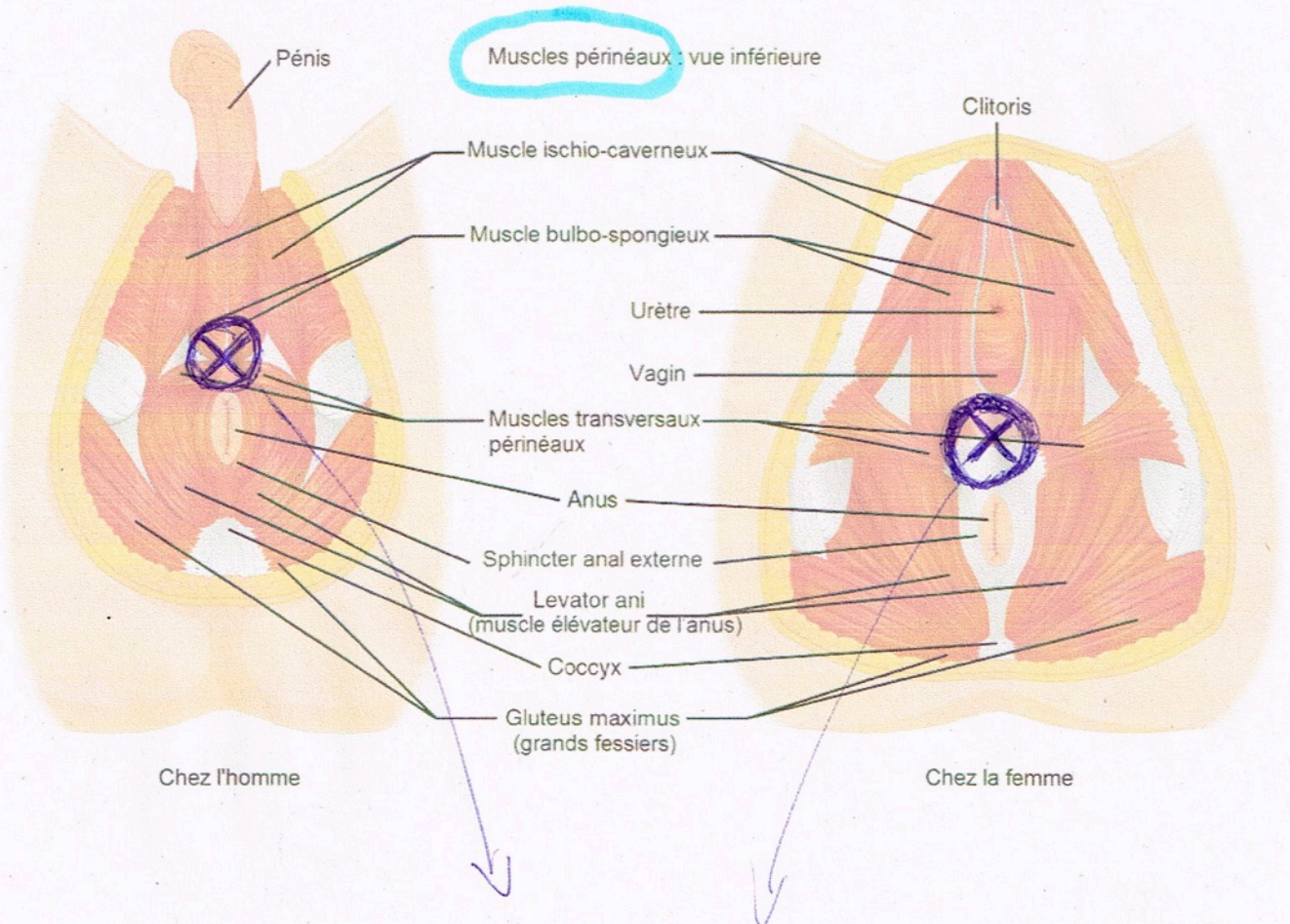


plancher pelvien normal

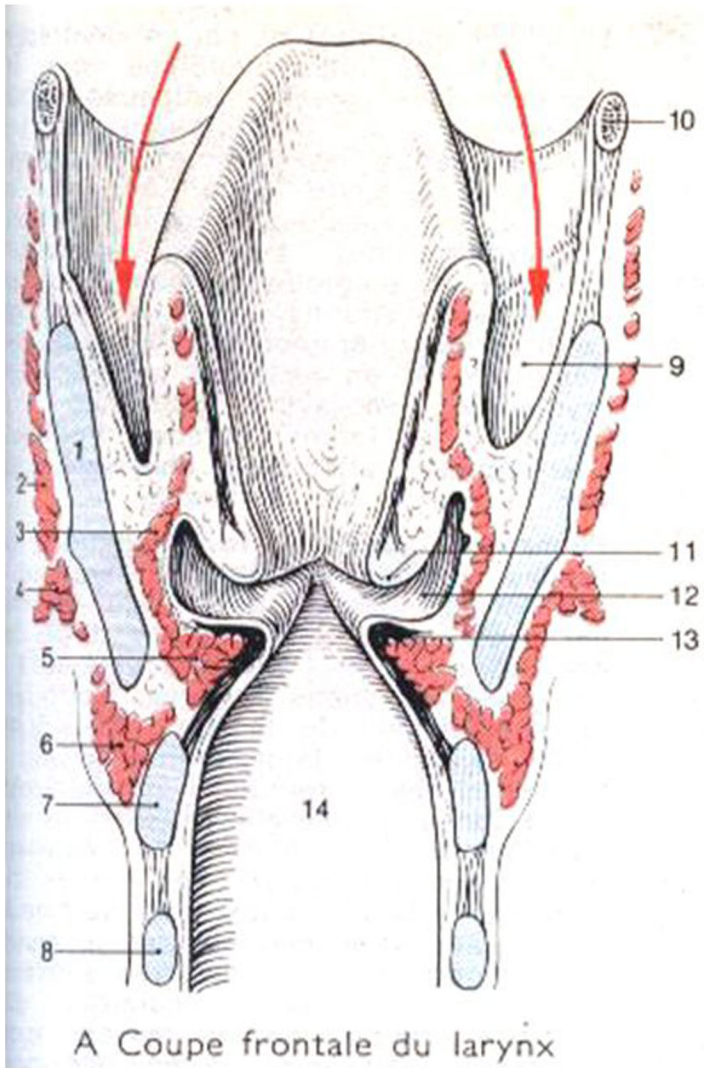
pubis vessie utérus rectum colonne



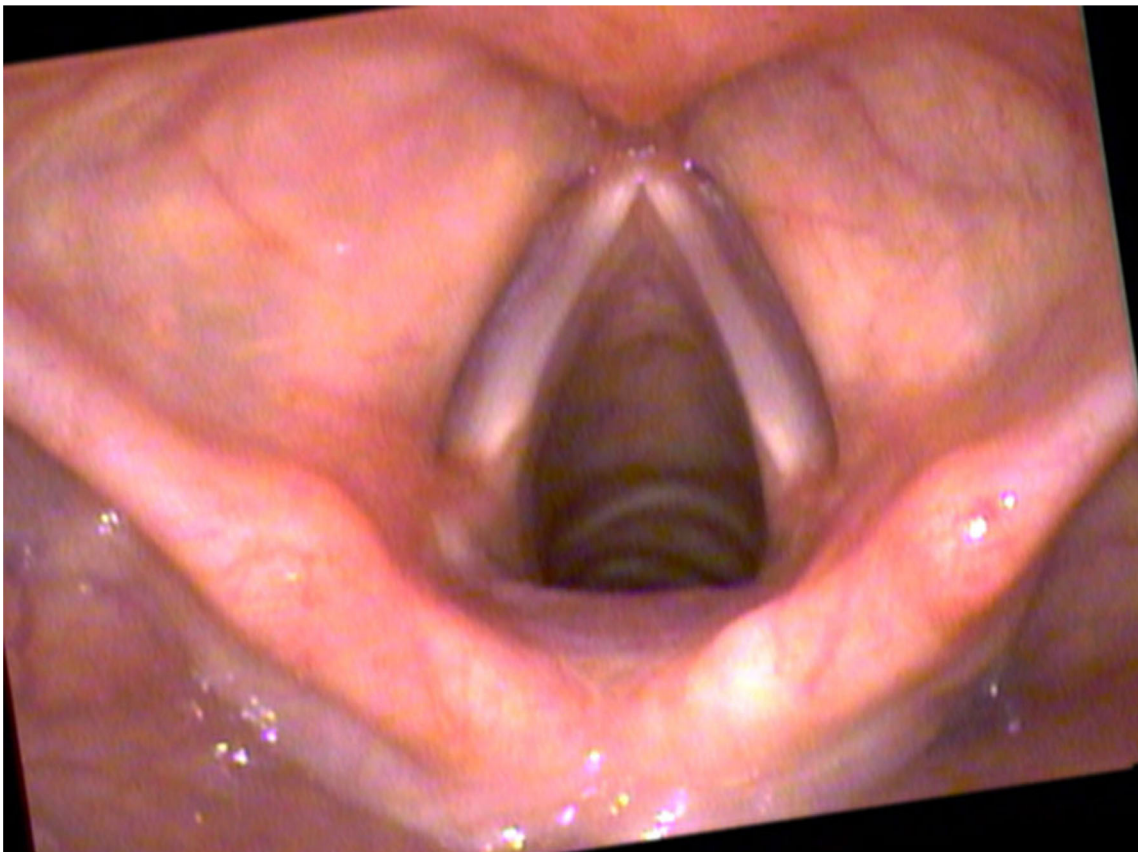
plancher pelvien affaibli

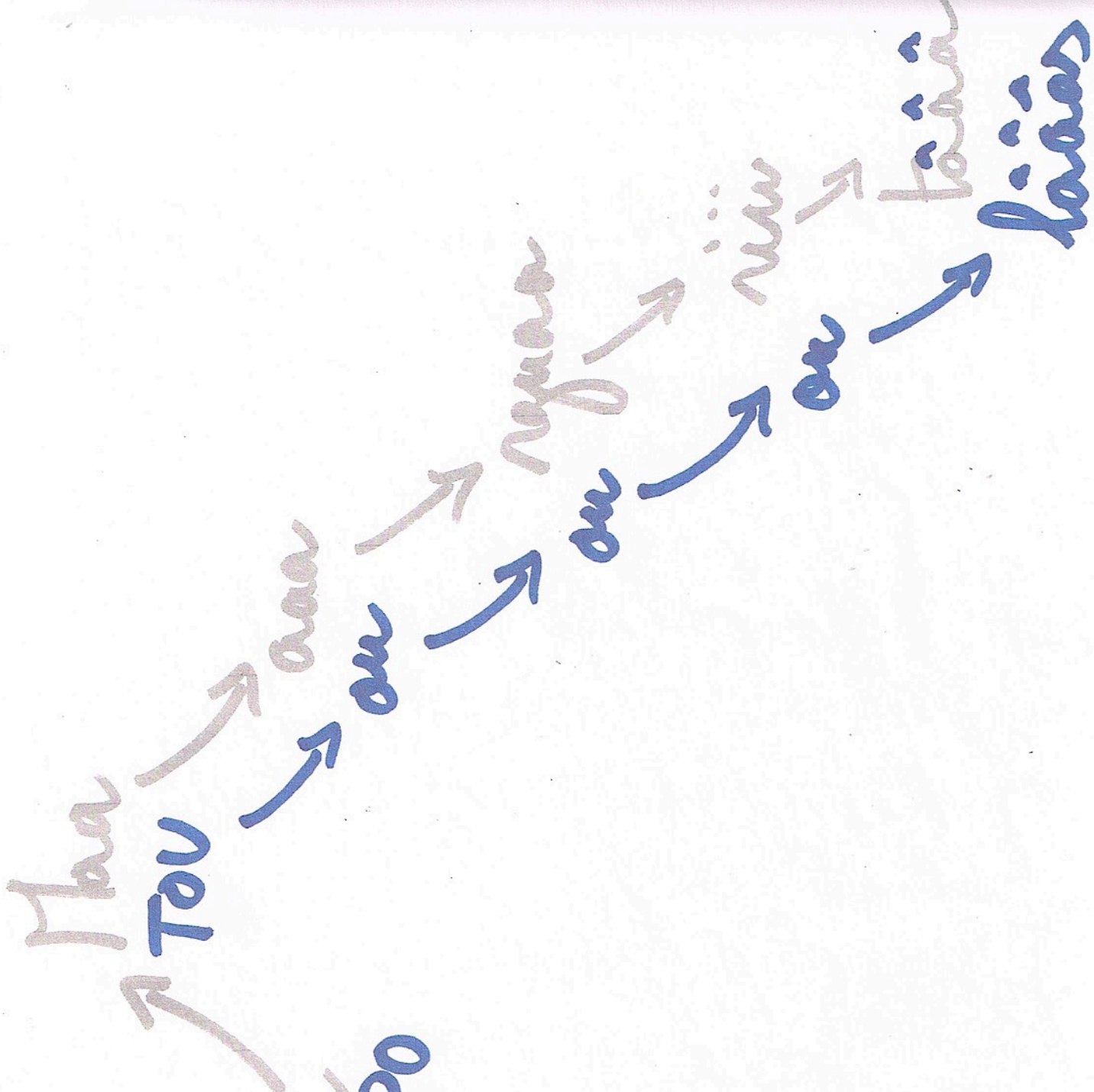


ZONE "POINT" A CONTRACTER



Plis vocaux (cordes vocales)





aaa PO

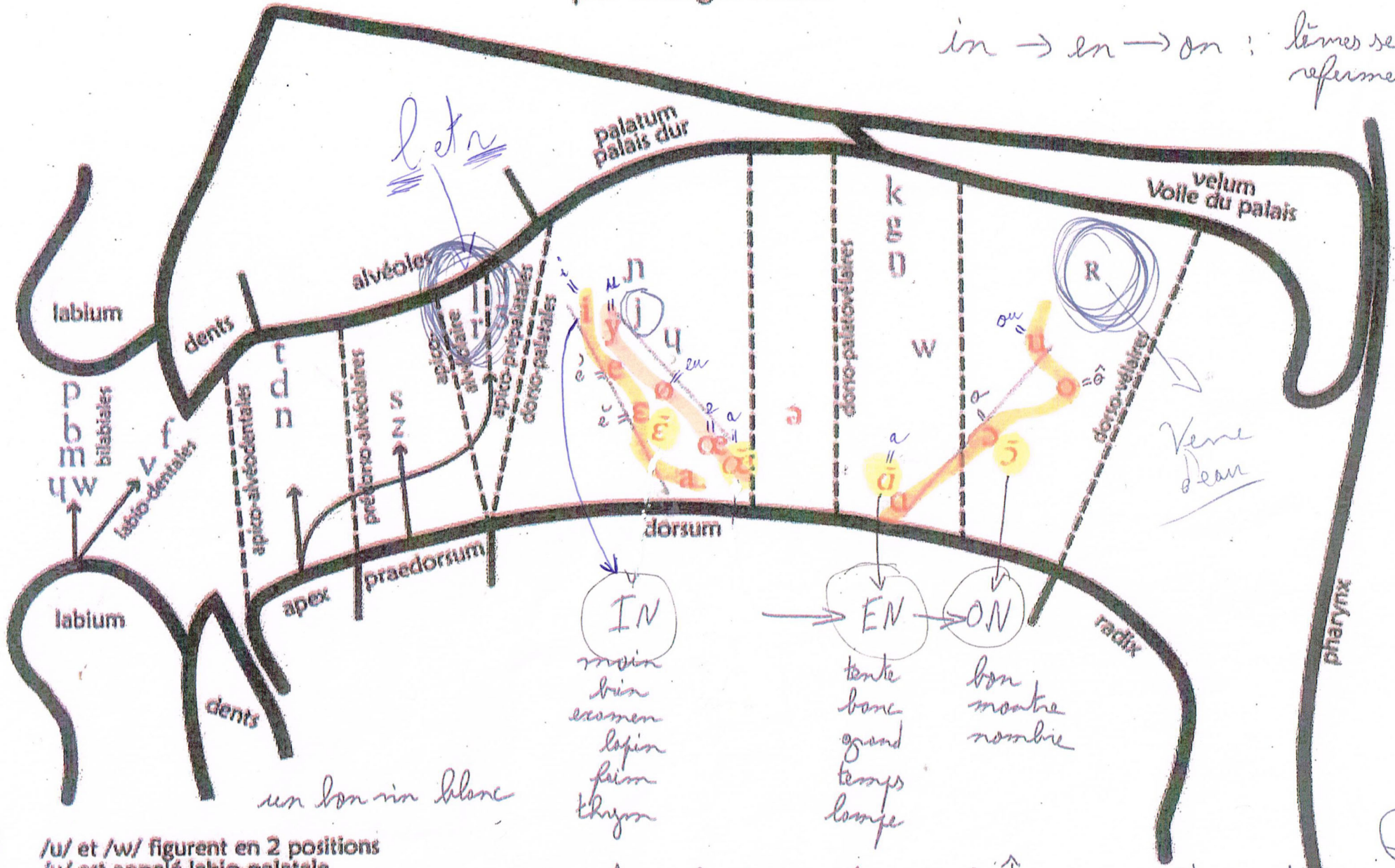
Za Ni

... ni MÉ

POA

# REPRESENTATION SCHEMATIQUE DES ZONES ARTICULATOIRES par Georges Straka

*in → en → on : lames se referment*



*un bon in blanc*

IN	EN	ON
<i>main</i>	<i>tente</i>	<i>bon</i>
<i>bin</i>	<i>bone</i>	<i>montre</i>
<i>examen</i>	<i>grand</i>	<i>nombre</i>
<i>lapin</i>	<i>temps</i>	
<i>faim</i>	<i>longe</i>	
<i>thyon</i>		

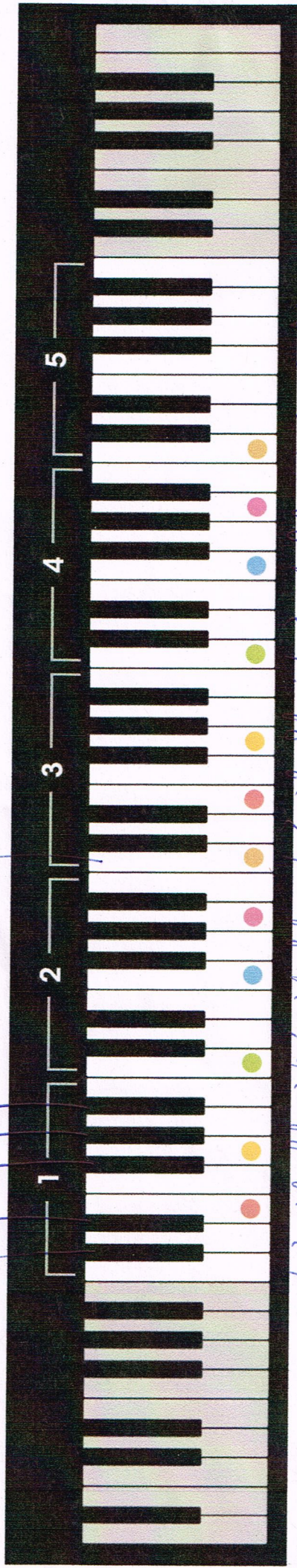
**/u/ et /w/ figurent en 2 positions**  
**/u/ est appelé labio-palatale**  
**/w/ est appelé labio-vélaire**  
**Les flèches indiquent le mouvement de l'apex**

*↑ voile du palais s'abaisse ⇒ de l'air sort du nez*

*i*      *a*      *ô*

do# = do#  
 do# = do#  
 do# = do#  
 do# = do#

D-3



do ré mi fa sol la si do ré mi fa sol la si do ré mi fa sol la si do ré mi fa sol la si  
 E1                      BASSE                      E3

G1                      BARYTON                      G3

C2                      TENOR                      C4

F2                      ALTO CLASSIQUE                      F4

A2                      MEZZO CLASSIQUE                      A4

C3                      SOPRANO CLASSIQUE                      C5

Territure =

Echelle de sons qui peuvent être émis

amplitude

par une voix sans difficulté