

Symphony for and from your Oesophagus

Open Photobooth on your computer. Open your mouth wide, tongue out flat, so you can see the back of your throat and your tonsils (if you have them). Practise the sounds/clicking noise that can be made at the back of your throat.

Sound one: making the back middle of your tongue pick up and drop. A similar movement as to when you swallow. 'The Hill' (H)

Sound two: tongue down to see as far down your throat as possible. A more vocal tone with no visible tongue or other movement. Sound production is from deep in throat from the vocal cords, softer and can vary from single plucks to more continual. 'the Tunnel' (T)

Sound three: The opposite of 'the hill' produced by making a dip in the tongue and short small inhale, 'The Valley' (V)

Practise Score:

H H H TTTTTTTT V H V H V V V V

Find the sounds in between and around this also. Create your own symphony performance.