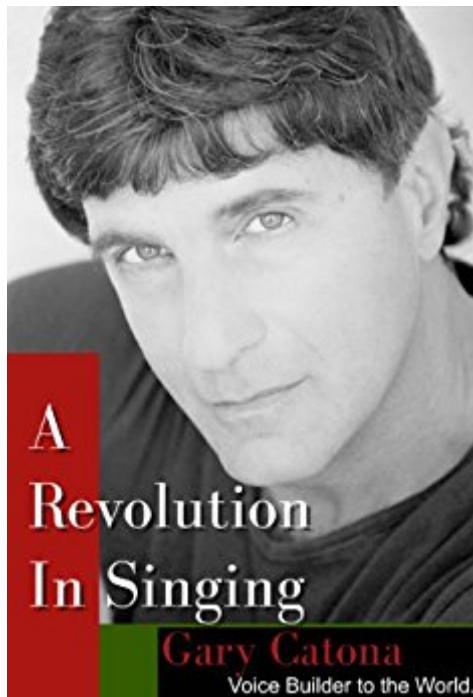


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# A Revolution In Singing



## Synopsis

SING from the diaphragm! Project your voice into your mask! Sing into your head cavity! Sing out of your forehead! WHAT?? After centuries of artful singing, voice teachers continue to teach theseâ "and otherâ "misguided techniques? And to make this situation even more ridiculous, not only has science shown these practices to have NO basis in reality, trying to learn them actually inhibits and even erodes vocal ability. This nonsense must end! Far too many singing students have been brainwashed by their teachers into believing in this harmful mythology and, as a result, have been taken, in short order, from artistic promise to vocal bankruptcy. Itâ ™s hard to fathom all the shattered dreams and abandoned careersâ "not to mention the incalculable loss of talent. Who knows how many Frank Sinatras, Ella Fitzgeralds, Luciano Pavorottis, and Stevie Wonders have been lost because of ruinous vocal training? As a voice student, I was one of the casualties of harmful instruction. â œReputableâ • and charismatic singing instructors convinced me that they possessed the key to achieving vocal excellence. But despite my determination to become a better singer, my voiceâ "once naturally strong and capableâ "was rendered weak, reedy, and wobbly. It was only after creating my voice-building systemâ "a program guided by reliable and tested scientific ideasâ "that I fully understood the errors of my teachersâ ™ ways and was able to build into my voice new power, resonance, and range. As I began teaching a wide range of singers, and observing the spectacular improvement in their vocal quality and vocal ability, I soon realized that introducing my revolutionary voice-building system to the world was going to be my lifeâ ™s mission. Over the past twenty years, I have had the privilege of building the voices of many of the greatest artists of our time; now I am making my voice-building system available to all singersâ "to both beginners and seasoned singers alike. A Revolution In Singing is the groundbreaking way to exceptional vocal power, beauty, and freedom; as well as a path to a deeper understanding of the soul of this wonderful art form. If you love great singing and want to arrive at new levels of vocal achievement, then you are in for wonderful adventure. This book will be your guide on the journey. Learn from it, apply it, and then sing your heart out!Gary Catona

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## **Customer Reviews**

Having extensively practiced with a multitude of singing programs and teachers, I came away learning more with each one. However, after reading through this book I realized that in order to further develop my voice I would have to unlearn all the information I accrued in the past - from lip bubbles and "NG," "MMM, and "Nay"-nasal sort of exercises, to singing in the mask and deploying diaphragm support. It became abruptly clear as to why I had never heard of Gary Catona - his system contradicted mainstream singing ideology so much it bordered on esoteric. The irony is that everyone can benefit from these simple exercises. Catona is one of the few modern voice teachers whose exercises reside solely in the five Italian vowels. This immediately gives him credibility in the current milieu. The system is comparable to weight-training in that your voice is a muscle to be coordinated and built, using weights (the vowels) to increase stress and become stronger. The only other vocal teacher I am aware of who uses his weight-training analogy is Anthony Frisell, who emphasizes a top-down falsetto method. Catona, on the other hand, deploys a bottom-up chest voice method whereby the singer sings from the back of the throat with a lowered larynx. (It is also interesting to note that Catona lost his voice as a result of falsetto training. Kindred spirits in ideology, polar opposites in execution - think Ralph Nader and Ron Paul.) The first time I practiced sliding these vowels in the back of my throat, I felt a vocal resonance, deepness, and power in my voice - speaking and singing alike - that I never experienced before. In my opinion, this experience is comparable to "the pump" so often spoken of in weight training - impressive to behold, but merely a temporary display.

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