



Beat Boxing 1 (The three basic sounds)

Presenter:

I'm going to show you how to make three basic beat boxing sounds.
The first is the bass drum B B B B (ACTION)

First, find a space and stand with your back straight. (ACTION)
Position your feet slightly apart facing five minutes to one. (ACTION)
Then exhale for four beats emptying the lungs, breathe in for four beats feeling your ribs expand and then make the bass drum sound. Easy!

Now, watch and join in with this exercise.

SHOT OF KIDS doing the exercise with ED counting. (ACTION).

This time keep your mouth closed and push the air outwards.
This creates a louder punchier sound. B B B B (ACTION).
Notice that you aren't actually saying the letter 'B' just the action with the mouth.

Now, watch and join in with this exercise.
Remember to exhale for 4 beats and inhale for 4 before making the sound.
Ready?

SHOT OF KIDS doing the exercise with ED counting. (ACTION).

Excellent and relax!

(fade out and in)

The second sound, the snare drum is created with a combination of three letters – P , S and H.
To create the sound you keep the mouth closed and push the air outwards, so it sounds like this - 'Psh', 'Psh', 'Psh', 'Psh'. (ACTION)

Now, watch and join in with this exercise.
Remember to breathe out for 4 beats and in for 4 before making the sound.
Ready?

SHOT OF KIDS doing the exercise with ED counting. (ACTION).

Great work!

(fade out and in)

The third sound, the high hat, is created using two letter T and S.
To create the sound, place the tip of your tongue behind your front teeth and say Ts.



So it sounds like this ‘Ts’, ‘Ts’, ‘Ts’, ‘Ts’. (ACTION)

Now, watch and join in with this exercise.

Rememmmber to breathe out for 4 beats and in for 4 before making the sound.

Ready?

SHOT OF KIDS doing the exercise with ED counting. (ACTION).

Excellent and relax.