

Gary Catona's

*Voice Builder*<sup>TM</sup>

For iPhone<sup>®</sup>, iPad<sup>®</sup>, & iPod touch<sup>®</sup>

## **USER GUIDE**

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# Overview

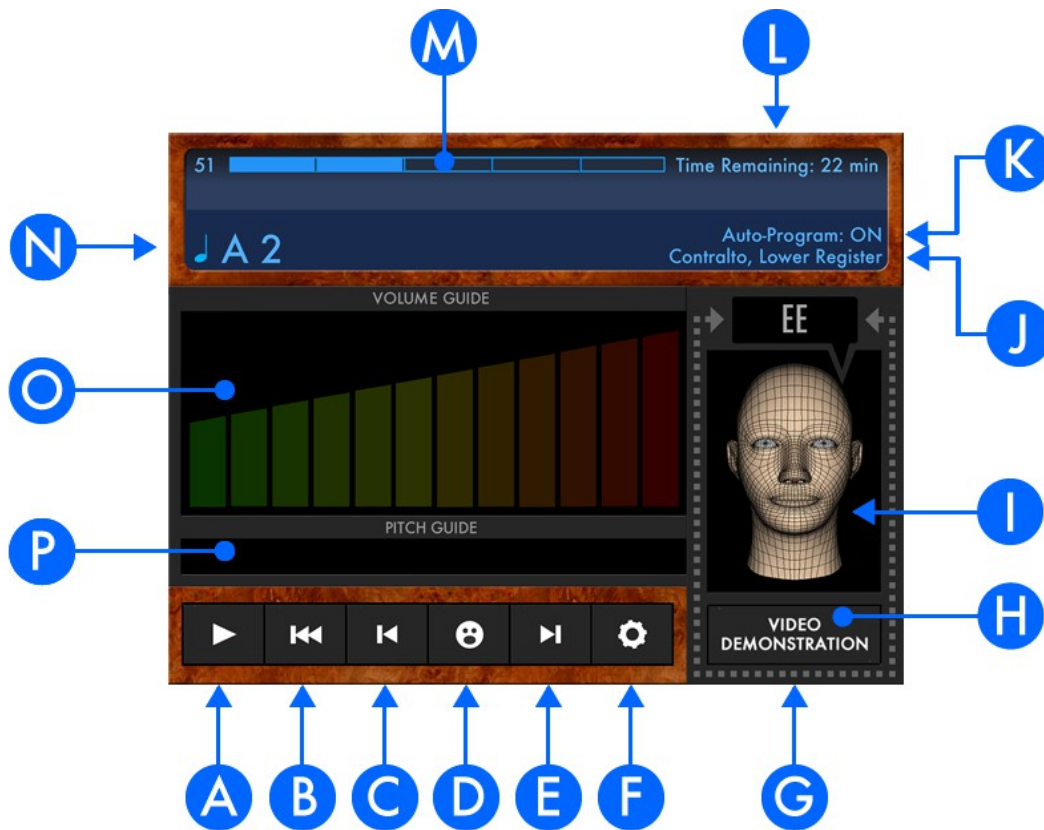
*Voice Builder*<sup>™</sup> is a breakthrough iOS application for bringing power, resonance, range, flexibility, and endurance to both the singing and speaking voice. It is the first application of its kind to be based on *The Catona Voice Building System*<sup>™</sup>, the revolutionary vocal exercise program for developing the muscles of the human voice.

The Catona Voice Building System is the brainchild of renowned voice builder Gary Catona, who has trained many of the world's most successful singers and entertainers, including:

- Whitney Houston
- Andrea Bocelli
- Babyface
- Sade
- Seal
- Usher
- Shakira
- Lenny Kravitz
- Tony Bennett
- Lionel Ritchie
- And many others

Long considered a well-guarded secret in the entertainment industry, Voice Builder now makes the Catona Voice Building System available to the world through an elegant, innovative, and intuitive application which is a joy to use, whether it be at home or on-the-go.

# Description of Features



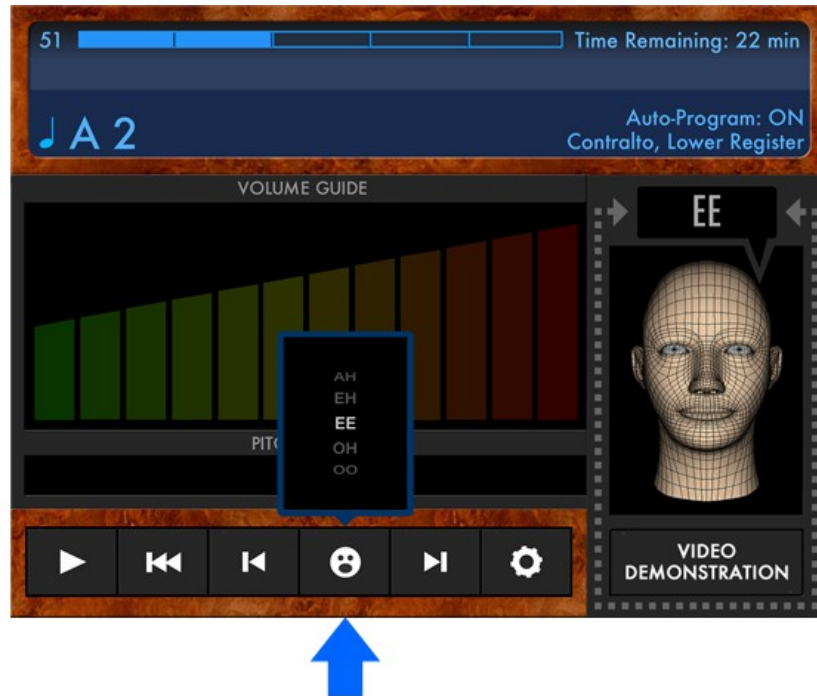
**Fig. 1 - Main Screen**

**A - Play Button:** Tapping the *Play Button* begins the playback of vocal exercises. It will also stop any vocal exercise that's currently playing.

**B - Skip Back Button:** Tapping the *Skip Back Button* will reset to the beginning vocal exercise in a Voice Building Session.

**C - Back Button:** Tapping the *Back Button* will skip backwards through the vocal exercises one at a time. If held down, the *Back Button* will fast-rewind through the vocal exercises in a Voice Building Session.

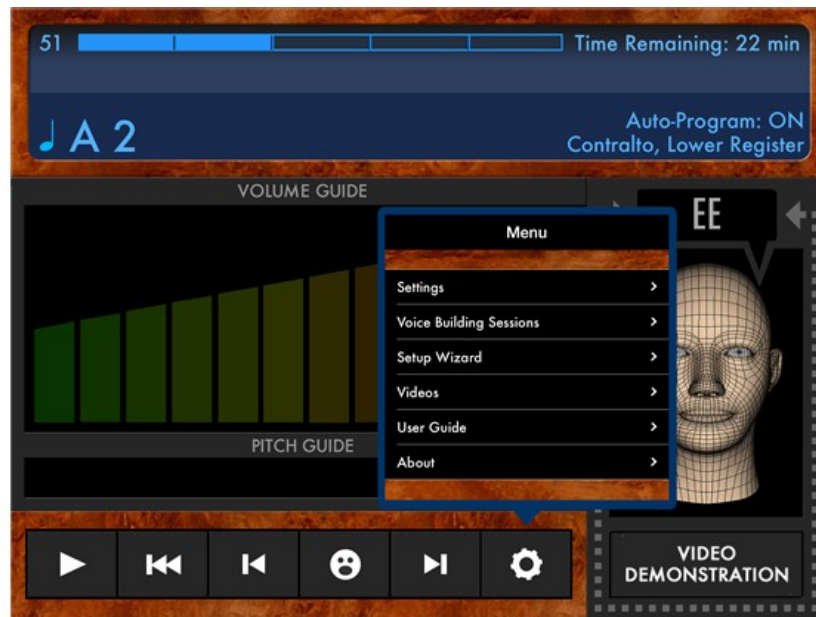
**D - Vowel Sound Button:** Tapping the *Vowel Sound Button* will display a menu of vowel sounds. Selecting a vowel sound from the menu will jump to the beginning vocal exercise of the selected vowel sound in a Voice Building Session (see Fig. 2 below).



**Fig. 2 - Vowel Sound Button**

**E - Forward Button:** Tapping the *Forward Button* will skip forward through the vocal exercises one at a time. If held down, the *Forward Button* will fast-forward through the vocal exercises in a Voice Building Session.

**F - Main Menu Button:** Tapping the *Main Menu Button* will present the Main Menu, which include the following menu items (see Fig. 3 below):



**Fig. 3 - Main Menu**

- **Settings:** Tapping Settings will present the Settings Menu, whereby the following features can be turned on or off:
  - **Auto Program:** Controls the automatic playback of vocal exercises.
  - **Voice Command Audio:** Controls the playback of the audio commands during vocal exercises. Note that the voice commands will still flash on the Main Screen even with the command audio turned off.
  - **Tone Audio:** mutes the playback of the neutral tone during vocal exercises. Note that the key sounds which precede the vocal exercises are not muted.
  - **Voice Building Tips:** These appear every time the application is launched.

- **Voice Building Sessions:** A Voice Building Session can be selected directly by tapping this menu item. The Voice Building Sessions are sorted into the following categories for both lower and upper registers (voices):
  - Male Singing Voice
    - Bass
    - Baritone
    - Tenor
  - Male Speaking Voice
  - Female Singing Voice
    - Contralto
    - Mezzo Soprano (Non-Operatic)
    - Mezzo Soprano (Operatic)
    - Soprano (Non-Operatic)
    - Soprano (Operatic)
  - Female Speaking Voice
  
- **Setup Wizard:** Tapping the Setup Wizard menu item will guide you in selecting the correct Voice Building Session. *Please note that the Setup Wizard is only a guide, and it may be necessary to try other Voice Building Sessions in order to find the one best suited for you.*
  
- **Videos:** Brings up a list of videos, which includes the tutorial video as well as the demonstration videos, which display upon tapping the *Video Demonstration Button* (see below).
  
- **User Guide:** Displays the User Guide bundled with the application. **Note:** *For the latest version of the User Guide, please visit [www.VoiceBuilderApp.com](http://www.VoiceBuilderApp.com).*



**G - Video Demonstration Button:** Tapping this button will play a short video of Gary Catona performing a sample vocal exercise in the current vowel sound. Once the video is visible, tapping anywhere on the screen will close the video and return to the Main Screen.

**H - Vowel Window:** The *Vowel Window* consists of the Head Figure (see "I" below) as well as the *Video Demonstration Button*. It displays the current vowel sound, which flashes during the playback of a vocal exercise.

**I - Head Figure:** This displays the proper facial configuration for each vowel sound. *When performing vocal exercises, it is EXTREMELY IMPORTANT that you match your facial configuration to that of the Head Figure.*

**J - Voice Building Session Indicator:** This displays the current Voice Building Session.

**K - Auto Program Indicator:** Displays whether Auto Program is set to on or off.

**L - Time Remaining Indicator:** Displays the time remaining to complete an entire Voice Building Session.

**M - Progress Indicator:** Displays the location of the current vocal exercise in a Voice Building Session.

**N - Key Indicator:** Displays the key of the current vocal exercise.

**O - Volume Guide:** This guides you in vocalizing at the correct volume during a vocal exercise. As the bars rise from left to right, gradually increase your volume, and vocalize back and down into

the lower part of your throat. When all the bars are displayed, vocalize at maximum volume until the end of the vocal exercise (at which point the bars reset to zero).

**P - Pitch Guide:** This guides you in vocalizing at the correct pitch during a vocal exercise. As the Pitch Guide slides from left to right, gradually increase your pitch (called a "glissando"). Likewise, decrease your pitch as the Pitch Guide Slides from right to left.

## How to Use Voice Builder

To get started with Voice Builder, it is necessary to select a Voice Building Session. This is done by following the easy step-by-step Setup Wizard, which you'll see upon launching the application for the first time. The Setup Wizard can be revisited at any time in the Main Menu of the application.

You can also select a Voice Building Session directly, by selecting *Voice Building Sessions* in the *Main Menu*.

To perform a vocal exercise, simply press the *Play Button*. You will hear a rising, then falling tone. You will also notice one of five vowel sounds sound indicated on the right of the screen.

***The objective is to vocalize the vowel sound indicated on the screen, while matching your voice's pitch and volume as best as your can to the tone that your hear.***

The *Volume Guide*, *Pitch Guide*, and *Vowel Window* are visual aids that will help you in performing the vocal exercises correctly. If you need further assistance, the *Video Demonstration Button*, which will play a short video with Gary Catona himself performing a

vocal exercise in the current vowel sound.

You will see and hear commands during the playback of vocal exercises, which are meant to further assist you in performing the vocal exercises correctly. You can turn off the audio playback of the commands under *Settings* in the *Main Menu*.

After completing a vocal exercise, Voice Builder will automatically advance to the next vocal exercise. This feature is called *Auto Program*. Although it is recommended to leave *Auto Program* set to on, this feature can also be turned off under *Settings* in the *Main Menu*, which will permit you to perform the vocal exercises in any order that you please.

# Voice Builder on Apple TV

***If you have access to an Apple TV, you now have a new and exciting option for building your voice! You can send Voice Builder to your Apple TV, and control everything from your iOS device. Voice Building has never been so much fun!***

*Even though this works on any iOS 7 Device, it is best to use an iPhone 5 (or later) or an iPod touch (5<sup>th</sup> gen), since these devices have the same 16:9 aspect ratio as most HDTVs available on the market.*

To use Voice Builder on your Apple TV, you will need the following:

- iPhone 4S (or later), iPad 2 (or later), iPad mini, or iPod touch (5<sup>th</sup> generation).
- Apple TV (2<sup>nd</sup> or 3<sup>rd</sup> generation)
- Wi-Fi (802.11 a/g/n) network

To use Voice Builder on your Apple TV:

1. Connect your iOS device and your Apple TV to the same Wi-Fi network.
2. Swipe up from the bottom of your screen to access **Control Center**.
3. Tap **AirPlay**. You should now see available Apple TVs.
4. Tap **Apple TV**, then tap **Mirroring**. Once enabled, Voice Builder will be mirrored on your Apple TV.

# The Catona Voice Building System

## Introduction

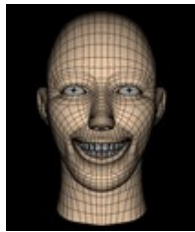
The five vowel sounds used in The Catona Voice Building System:



**AH**



**EH**



**EE**



**OH**



**OO**

- **AH** - as in the word "father." Drop your jaw, but keep a broad smile with both the top and bottom teeth showing.
- **EH** - as in the word "set." Teeth should open slightly for high notes.
- **EE** - as in the word "beet." This is the same position as the EH vowel, with a broad smile with a relaxed overbite. Teeth should open slightly for high notes.
- **OH** - as is the word "ought." Drop your jaw, and keep your lips relaxed.
- **OO** - as in the word "boot." This is the same position as the OH vowel, except with very tight, pursed, lips. However, lips should be relaxed for high notes.

*Note to singers: The Voice Building Sessions for singers are divided into lower and upper registers. Unlike in the lower register, the upper register vocal exercises use various combinations of the five vowel sounds:*

**EE-AH-EE**

**EE-EH-EE**

**EE-EE-EE (or EE)**

**EE-OH-EE**

**EE-OO-EE**

**OO-AH-OO**

**OO-EH-OO**

**OO-EE-OO**

**OO-OH-OO**

**OO-OO-OO (or OO)**

*Once your lower register feels and sounds sufficiently strong, you may consider adding the corresponding upper register Voice Building Session to your routine. You'll be given the option to do this each time you finish the lower register exercises.*

The ideal voice building routine involves working through 20 minutes or more of a Voice Building Session, three times a week, with a one to two-day break between sessions. Since most Voice Building Sessions are longer than 20 minutes, you may want to stop and resume your session later. Voice Builder will remember the exact location of the exercise where you left off, even if you quit the application. Please note that it's fine if you're unable to devote 20 minutes or more per session, since any time devoted to voice building will yield positive results, which in many cases will be noticeable almost immediately.

## Key Points:

1. Voice builder was created to build both the singing and speaking voice.
2. Make sure you're seated in a comfortable chair, in a relaxed, upright position.
3. Make sure your mouth, lips, and jaw are in the right positions for the particular vowel that you are using.
4. Always initiate your voice building exercises strongly, and increase the volume of your voice as much as you can as you slide up a vocal exercise, and retain maximum volume as you slide down a vocal exercise.
5. Always "sing back," which means moving your voice back and down into the lower part of your throat as you slide your voice up a vocal exercise, and retain the same back and down position as you slide down a vocal exercise.
6. Vocal fatigue is a normal and expected part of building your voice. If vocal fatigue sets in, rest your voice until your voice feels and sounds normal, and then resume your normal voice building routine.
7. Vocal cracking, vocal fluttering, vocal tremoring, loss of breath, vocal tickling, coughing, and lowering of vocal pitch are also normal and expected developments of building your voice. When they occur, please continue with your normal voice building routine.

8. Don't be concerned about doing the voice building exercises perfectly. It's more important to focus on getting better at building your voice each time you use Voice Builder. No one does the voice building exercises correctly at first. Mastery takes time! Nevertheless, you will notice your voice building even after the first few sessions.
  
9. Finally, always keep in mind that just by trying to build your voice, you'll be making progress -- that is, the more you use Voice builder, the better you will become at building power, resonance, flexibility, range, and endurance into your voice.