



Descending Minor 7th

Why this matters	The descending minor 7th is one of the rarer leaps in vocal music. It's more common in bass lines, but it can surprise singers of all voice types. Because it's so infrequent, most singers don't practice it enough—and that leads to frequent overshooting, especially when it doesn't resolve to the tonic.
Daily Practice Plan – Just 2 Minutes a Day	<ol style="list-style-type: none"> 1. Choose a comfortable starting note in your upper-mid range. 2. Audiate the interval first. 3. Sing from the starting note down a minor 7th (Te-Do). 4. Check your pitch against a piano or other reference. 5. Record yourself and listen back. Are you landing cleanly? 6. Repeat in a few different keys or starting notes.
For Beginners	<p>This interval is tough—don't worry if it doesn't feel easy yet. If you're not confident, start with the ascending minor 7th first.</p> <p>✓ Tip: A correct ascending minor 7th will <i>want</i> to resolve down to the 6th scale degree. ✗ If it feels like it resolves up to the tonic, you likely sang a major 7th by mistake.</p>
Intermediate Variations	<p>1. Change the syllables - Practice the same interval using other descending pairs:</p> <p>La-Ti Sol-La Fa-Sol Mi-Fa Re-Me Do-Re: This forces your brain to process the interval in different tonal contexts and strengthens your solfège flexibility.</p> <p>2. Change your starting pitch</p> <p>Try launching the interval from different points in your range—not just from the top. This builds range flexibility and keeps your audiation sharp.</p>
Common Pitfalls to Watch For	<ul style="list-style-type: none"> • Overshooting to a Perfect Octave <ul style="list-style-type: none"> ○ A classic trap—this interval lands just shy of the octave. Don't let your muscle memory round it up. • Mismatch in Timbre or Intensity <ul style="list-style-type: none"> ○ These notes often sit in very different parts of the voice. Work for tonal consistency across the leap. • Guessing Instead of Hearing <ul style="list-style-type: none"> ○ Don't jump without thinking. Hear the interval in your mind first—audiation is everything.

Weekly Practice Log – Track Your Progress

Day	Practiced?	What Key(s)?	Challenge?	Notes
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

Reflection: What improved this week? What still needs work?



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