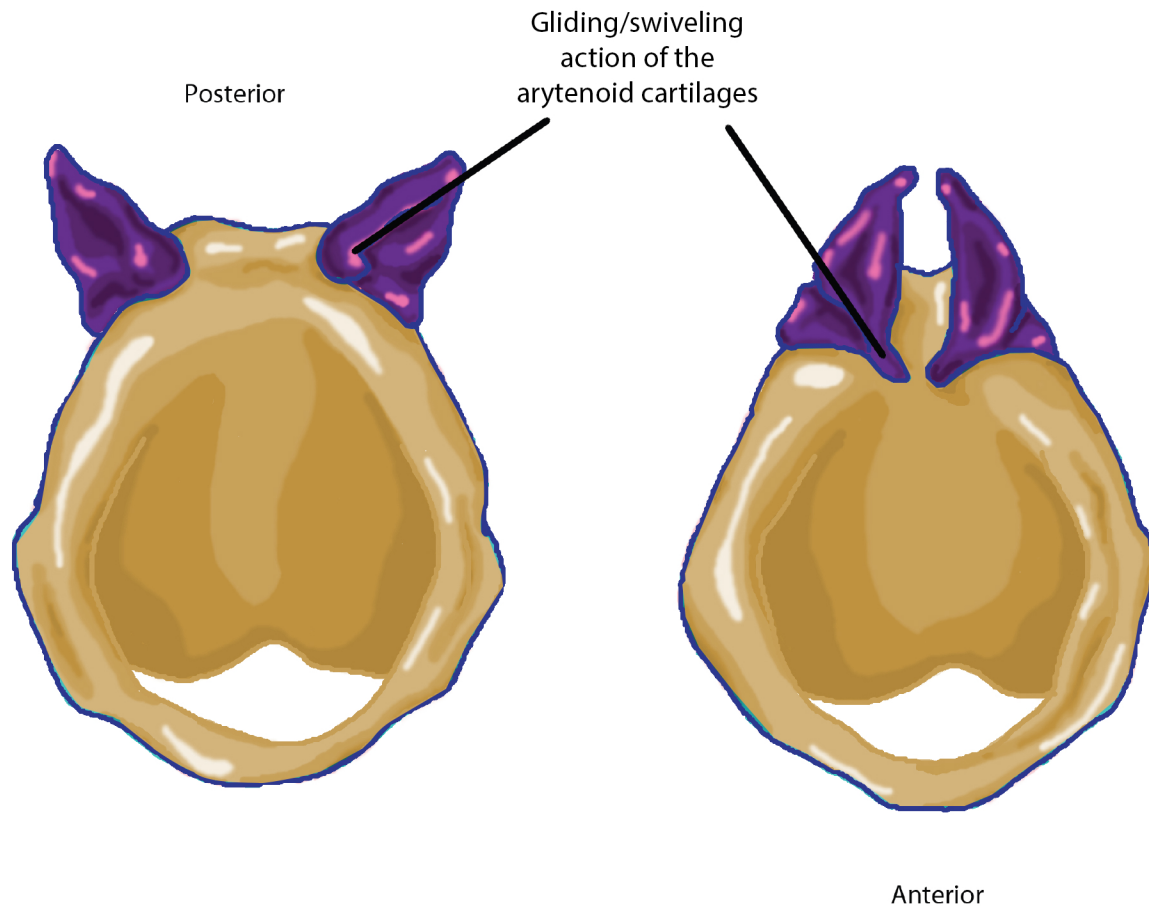


Arytenoid Cartilages Resting on Cricoid Cartilage



The arytenoid cartilages swivel and glide toward and away from one another, drawing the attached vocal folds open and closed as they move. The folds adduct (draw toward one another) to initiate phonation (speaking or singing). They abduct (draw away from one another) to inhale and exhale air (respiration). When a singer is too breathy, there is insufficient adduction of the vocal folds.

For more information about how your voice works please visit www.singlikeastar.com

