

“The Kinesiology of Conducting – How Movement Elicits Musical Response”

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Sunday, November 10, 3:00pm/BCC South Main Hall 1

I. Introductions

II. What is Kinesiology?

III. Mechanics of Conducting

IV. The First Language

V. Efficient Movement

VI. Laban Gestures

VII. Force Multipliers

VIII. No “i” in Baton

IX. Control

X. Sensory vs. Motor

XI. The Independent Ensemble

XII. Wrap Up

XIII. Questions

Laban Efforts (Gestures)

Float

Category: restrained, obscure, light

Types of Music: light legato, ethereal sounds, impressionist chords, music with little harmonic drive

Traditional: even prep, little if any ictus, even rebound

Alternate Approaches: conduct with only air resistance, reduced use of direct beat pattern

Practice: a feather floating, making bubbles with a wand, spraying air freshener

Glide

Category: restrained, direct, light

Types of Music: legato, flowing, linear music

Traditional: even prep, minimal ictus, even rebound

Alternate Approaches: drive 20 mph around the pattern, conduct underwater

Practice: picking up a flower, spreading peanut butter on bread, erasing a dry erase board

Flick

Category: quick, obscure, light

Types of Music: detached, short styles, staccato

Traditional: quick prep speeds to a clear ictus, rebound quickly speeds away and has complete stop of motion

Alternate Approaches: dotting an “i”, quick wrist motion

Practice: flick water off fingers, touching a hot iron, throwing a frisbee, dusting lint off clothes

Dab

Category: quick, direct, light

Types of Music: pulsing, rhythmic style, need for clarity

Traditional: small prep to a precise & clear ictus, rebound slightly slows from ictus without stopping motion

Alternate Approaches: playing with a yoyo, bouncing a ball

Practice: wet paint, throwing darts, typing, tapping on window

Slash

Category: quick, obscure, heavy

Types of Music: extremes of romantic expression, intensely pulling styles, a sudden *tenuto* on a *forte* chord

Traditional: quick prep speeds to a clear ictus, rebound releases away from ictus

Alternate Approaches: “swashbuckling” with a sword

Practice: cutting through a jungle with a machete, casting a fishing line, racquetball swing

Punch

Category: quick, direct, heavy

Types of Music: extremely heavy, accented music

Traditional: prep quickly speeds to a precise heavy ictus

Alternate Approaches: driving a nail with your fist, same motion as dab but with extreme weight

Practice: working out on a punching bag, applauding loudly, plumping a pillow

Press

Category: restrained, direct, heavy

Types of Music: intensely pulling music, crescendos and decrescendos

Traditional: prep leads to light ictus, rebound relaxes away from ictus

Alternate Approaches: conduct in cold molasses, wrist leads and tip of hand or baton follows

Practice: raising a stuck window, pushing a child on a swing, pressing a button of a vending machine, ironing

Wring

Category: restrained, obscure, heavy

Types of Music: extremes of romantic expression in pulling music, extreme crescendo and decrescendo

Traditional: prep intensely leads to a clear ictus, rebound intensely relaxes away from ictus.

Alternate Approaches: conduct in extremely cold molasses, wrist leads & tip of hand or baton follows with great intensity, indefinite use of beat pattern

Practice: wringing a hand towel, twisting a bottle cap, hula hoop motion

Movement Perimeters

Direct	<<<<<<	(Space)	>>>>>>	Obscure
Light	<<<<<<	(Weight)	>>>>>>	Heavy
Quick	<<<<<<	(Time)	>>>>>>	Restrained
Expansive	<<<<<<	(Flow)	>>>>>>	Narrowing
Free	<<<<<<	(Effort)	>>>>>>	Bound
Growing	<<<<<<	(Horizontal)	>>>>>>	Shrinking
Rising	<<<<<<	(Vertical)	>>>>>>	Descending
Advancing	<<<<<<	(Sagital)	>>>>>>	Receding

Action:	Float	Glide	Flick	Dab
Speed:	Restrained	Restrained	Quick	Quick
Space:	Obscure	Direct	Obscure	Direct
Weight:	Light	Light	Light	Light

Action:	Punch	Slash	Press	Wring
Speed:	Quick	Quick	Restrained	Restrained
Space:	Direct	Obscure	Direct	Obscure
Weight:	Heavy	Heavy	Heavy	Heavy