

REFRESHING YOUR CONDUCTING IN 15 MINUTES A DAY

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NBA/IGSMA Band Director Workshop
October 27, 2023

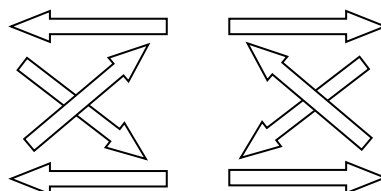
By spending 15 minutes per day in a structured routine, you can build and reinforce many of the skills necessary for effective physical conducting. This routine should draw from the four categories listed below. It is not necessary to do all the exercises each day. Selecting one or two exercises from each category will create a thorough and efficient practice session. Setting aside just a few minutes each day for physical practice, combined with developing a vivid aural image, will have a significant effect on what happens on the podium.

A. Balancing and Body Mapping: Warming Up

- The relationships between weight centers (DO DAILY)
 - *Torso Twist* – finding the center of gravity
- Identifying joints used for conducting
 1. *The Joints* (DO DAILY)
 - Collarbone – “The first joint”
 - Shoulder – a floating joint
 - Elbow – multiple directions of movement
 - Wrist, hand, and fingers – primary
 2. *Explore the Range of Motion and Find Your Stance* (CHOOSE ONE)
 - *Engagement and Opposition*
 - *The Swing*
 - *Reach for the Stars*

B. Delivery System: Building Blocks for Expression (CHOOSE TWO)

1. *Fundamental Wrist Exercise* –tip of the baton is LIFTED by the wrist
 - Preliminary: Slow up, fast down (wrist “flop”)
 - Step 1: Slow up, slow down (baton parallel to floor)
 - Step 2: 4 up, 4 down; 3 up, 3 down; 2-2, 1-1
2. *Paint the Wall and Beach Ball*
 - Fingertips draw the arm into motion, vertically or horizontally
 - Manipulate variables of speed and space
3. *Triangle Exercise* – draws joints into motion



4. *Independence*: RH maintains pulse (using wrist!), LH travels around the triangle

C. Beginnings – Middles – Ends: Being Specific (CHOOSE TWO)

1. *Showing “NOW”* – Single Sounds

- Your hands (1 or both) become the surface of an imaginary object with vivid texture, weight, and size
- Lift and drop this object: it falls and breaks open (shatters, bounces, etc.)
- Say “NOW” descriptively and portray this event with gesture

2. *Laban descriptors* – Use speed and space to create the illusion of various weights

- Descriptive terms create imagery, not choreography

Flick	Float
Dab	Glide
Slash	Press
Punch	Wring

3. *Cueing* of predetermined musical events

- Addressing a cue: Torso→Face/Eyes→Hand
 - Right Hand: maintain the beat; use a metronome; vary the tempo
 - Left Hand: travel to each cue using the Triangle exercise
 - Prepare each cue by lifting out of the travel path (“HOW”)
 - Sing your chosen sound as you portray all its characteristics physically (say “NOW”)
- Each left hand gesture conducts the “Single Sound” of the cue

D. The Aural Image in Flow: Improvisatory “Songs” (DO ONE SONG DAILY)

○ *Improvise a spontaneous and creative version of a children’s song*

- Avoid use of constant beat pattern – move freely with your imagination
- Be creative and sing aloud (try this with your group!)
- Engage the face expressively
- The goal is for your gestures and singing to match your imagination
 - Go Tell Aunt Rhodie
 - Twinkle, Twinkle, Little Star
 - London Bridge
 - My Country ‘tis of Thee
 - Row, Row, Row Your Boat

“Mastering music is more than learning technical skills. Practicing is about quality, not quantity. Some days I practice for hours; other days it will be just a few minutes.”

~ Yo-Yo Ma ~