

Ideas for Increasing Rhythmic Expansion in Your Chorus

EVERYONE IS RHYTHMIC!

We are just not playing on the same field.

That is OK! Why should we be? Use it to your advantage!

SHARE! LIVE! LEARN!

Spiral of Rhythmic Consciousness



Explore it!
Wear it!
Feel it!
Remember it!
Release it!
Become it!
Create it!

It is that point where muscle memory moves into another state and permeates everything we do on a sub-conscious level that we wish to achieve as performers.

1. Determine your chorus's overall level of rhythmic awareness.
2. Start where everyone will achieve success!
3. Provide periodic challenges with layering
 - Let it be ok to choose the easy or the challenging
 - Let the student experience harder levels but have the free choice to choose a successful place for them during layering work

During 3 Layer Rhythmic Pattern teacher encourages student exploration

Some examples of encouragement:

- Choose the easiest pattern for you
- Choose the toughest pattern for you
- Choose your favorite
- Choose the leftovers

4. Learn who's the glue!
5. Use the glue!
6. Never Single Out... anyone who is struggling
 - Stand by them and BE the glue
 - Send others that are the glue to stand by them
 - Partner up/ create groups
7. Let There Be Noise!
 - Allow time for un-inhibited exploration
 - That means everyone on their own at the same timeOther free exploration ideas:
 - In a group
 - With a partnerAlways relax the rules when possible
Finally, bring the group back together
HINT: Great for Choreography learning as well!!!!!!!
8. Have Fun and Play! No Judgment!
 - No pressure on them or yourselves as the instructors!
 - No Judgment!
9. Be Spontaneous!
 - Use these activities to break up long rehearsals
 - Use them as a pace changer
 - Surprise them
 - Don't plan them to death – same time every week gets BORING!
10. Give them choices!
 - Use silly challenges and you'll have fun too!
 - Super simple challenges
 - Easy sch-measy challenges
 - Gotta think about it a little ...
 - Triple dip challenge
 - Let them play! It's **all** about the PLAY!
11. Variety is the Spice of Life!
 - Free movement
 - Copy cat
 - Echo play
 - Echo play with Ostinato =a short repeating pattern
 - Body Percussion
 - Share the Leadership
 - Read
 - Clap

- Create
- Write
- Explore Meter
 - ❖ Move
 - ❖ Jump
 - ❖ Direct

12. Don't worry about the final product-that's what the whole concept of play is all about!

13. Challenge Yourself!

- Rhythmically
- Professionally
- Bridge these ideas into other areas of teaching!
- Play!

14. Always Remember the Spiral!

Rhythmic Expansion

Eurhythmic Exercise #1

Goal: Moving opposing sides of the body in two different meters at the same time.

(Starting at the same time)

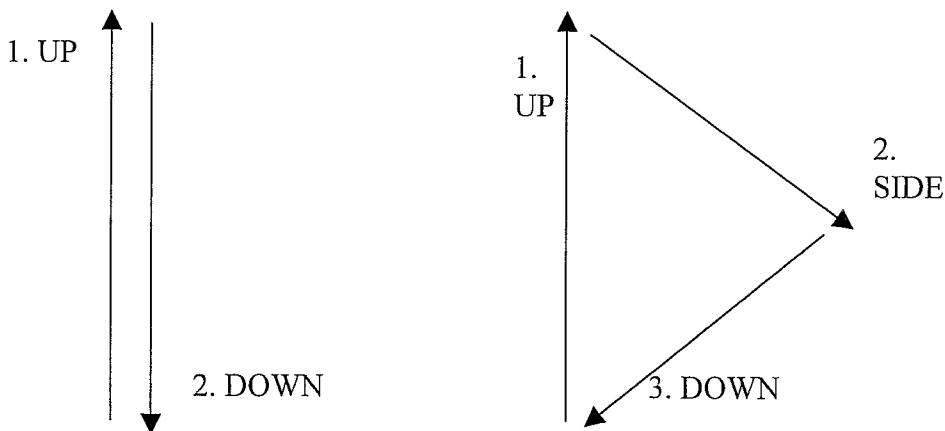
Left arm moves:

1. Up
2. Down
1. Up
2. Down
1. Up
2. Down
1. Up

Right arm moves

1. Up
2. Side
3. Down
1. Up
2. Side
3. Down
1. Up

Pattern creates the feel of 2 beats AGAINST 3 beats

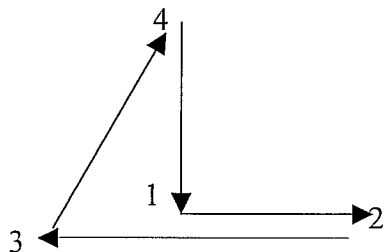


Eurhythmic Exercise #2

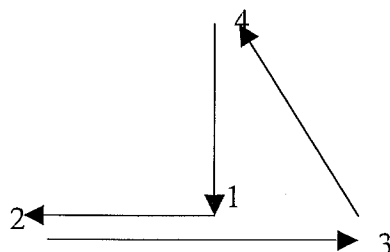
Goal: To have the upper body move against the lower body

(Starting at the same time)

Both hands conduct in 4/4 time signature simultaneously

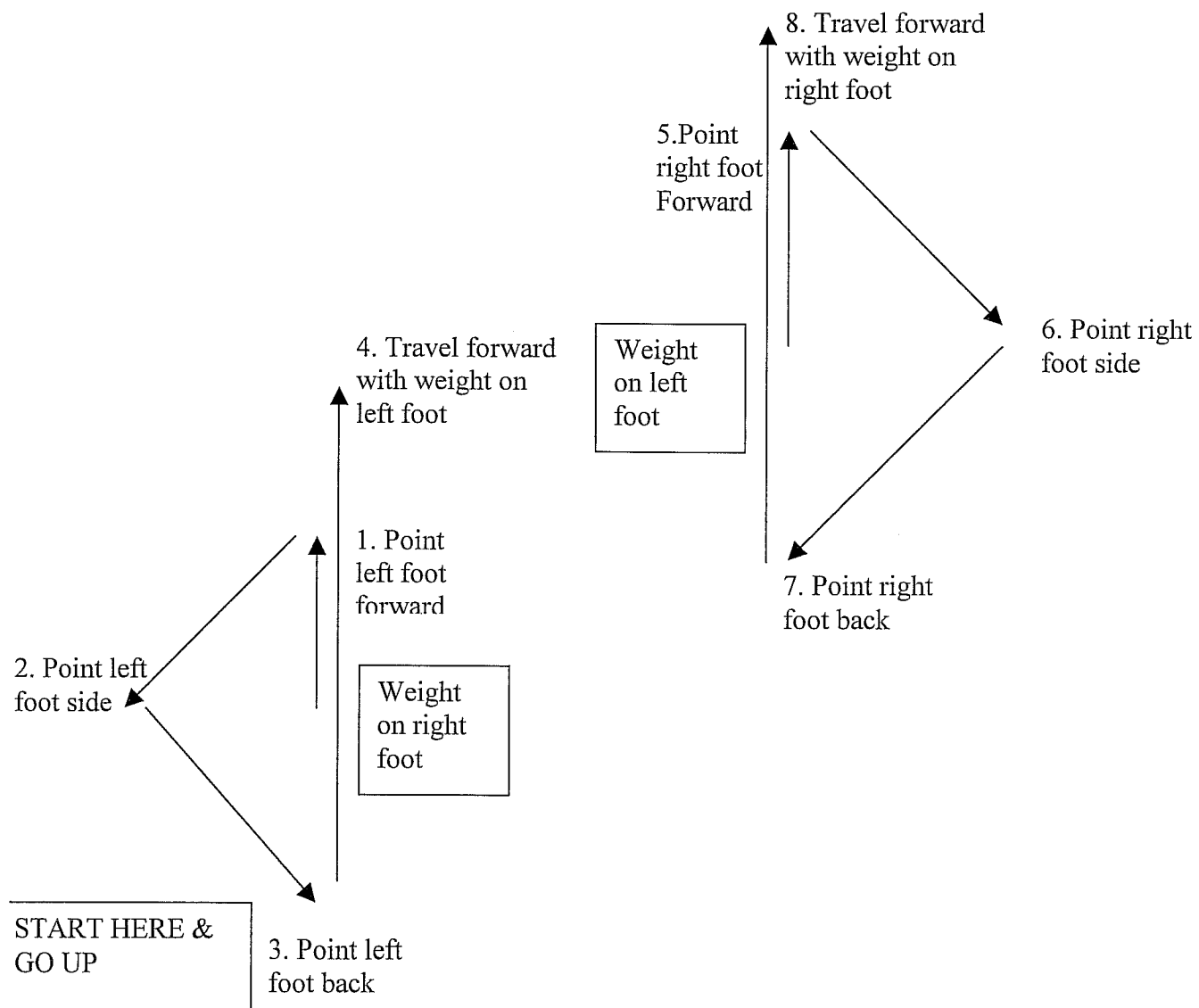


Left Hand





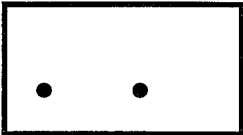
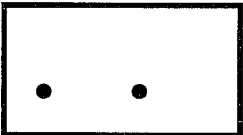
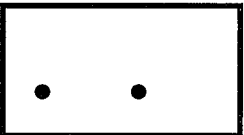
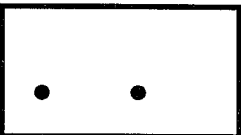
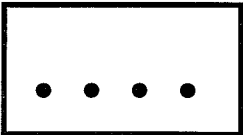
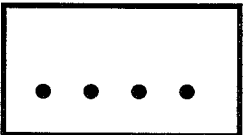
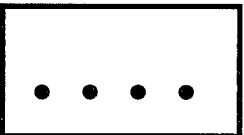
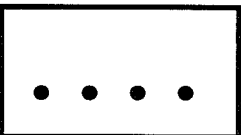


Right Hand

Move one leg at a time as you are conducting with both hands simultaneously






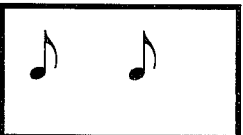





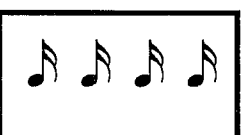


I

Walk				
Jog-ging				
Real-ly run-ning				

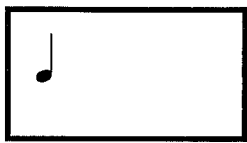


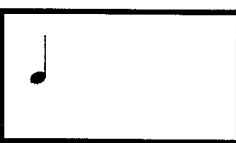








Each rectangle represents one beat

II

Walk				
Jog-ging				
Real-ly run-ning				

III

Mixed Example

IV

Create a New Rhythmic Pattern - Student driven.

Creating, Reading and Clapping in 4's

V

Create a New Rhythmic Pattern - Student driven.

Creating, Reading and Clapping in 2's

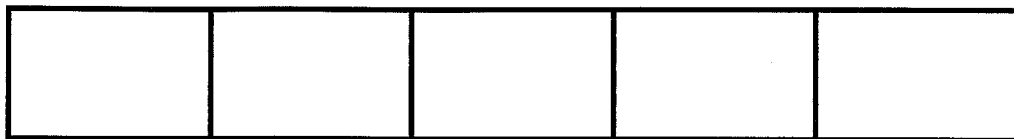
VI

Create a New Rhythmic Pattern - Student driven.

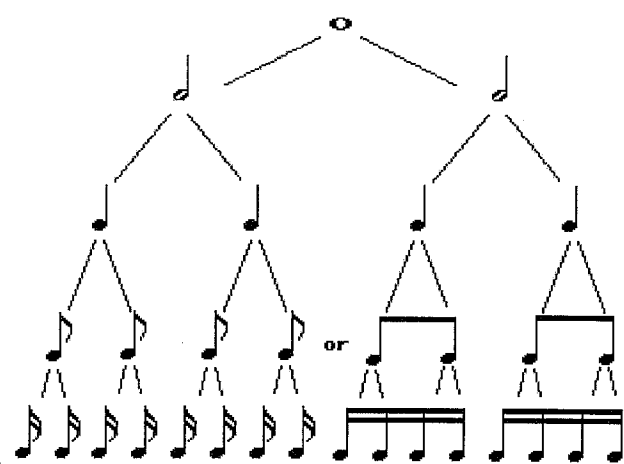
Creating, Reading and Clapping in 3's

Create a New Rhythmic Pattern - Student driven.

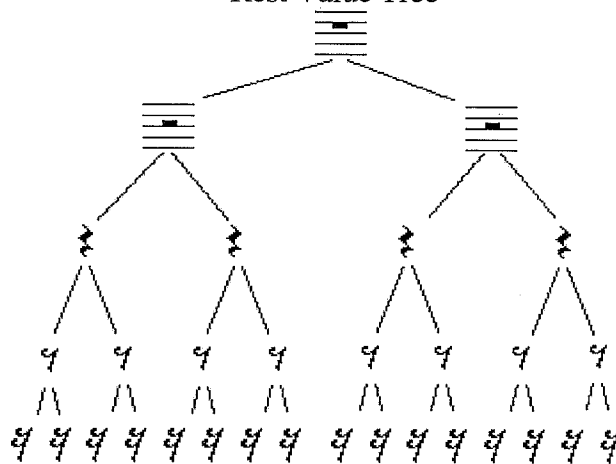
Creating, Reading and Clapping in 5's



Note Value Tree



Rest Value Tree



- Any note or rest value is equal in duration to two notes of the next smaller value.

Example: 1 whole note or rest is equal in duration to

- 2 Half Notes or Rests
- 4 Quarter Notes or Rests
- 8 Eighth Notes or Rests
- 16 Sixteenth Notes or Rests
- 32 Thirty-Second Notes or Rests (*three flags*)
- 64 Sixty-Fourth Notes or Rests (*four flags*)

Dotted Notes and Rests

When a dot is placed to the right of any of these notes or rests the dot is worth half of the note or rests value.

Sources, Resources & Further Study

Sources:

Elementary Harmony, Third Edition, Robert W. Ottman, 1983 Prentice-Hall

Arrangers Guide, Sweet Adeline International, 1991

MiBAC Music Lessons- Music Software, Theory References,

http://www.mibac.com/Pages/Theory/Main_Theory.htm

Resources (Great Charts!):

Essential Dictionary of Music Theory,

L.C. Harnsberger, Alfred Publishing Co., Inc.

Other Links and Contact info for Charla Esser

www.myspace.com/musicAngeliX

Visit this site for a listen!!!!

AngeliX is the collaborative force of **Fab Soutus** and **Charla Esser** together creating **Original Music and Lyrics**. Featuring the **voice of Charla Esser** and the instrumental backgrounds of Fab Soutus.

www.myspace.com/RumorsQuartet

Visit this site for a listen!!!!

Rumors, 1999 SAI Quartet Champions

Charla Esser, Tenor

Judy Baxter, Lead

Dale Syverson, Baritone

Peggy Gram, Bass

www.myspace.com/TheArtofCharlaEsser

Original Pendants and Amulets, created by Charla Esser

Gem Stones & Crystals in Silver & Gold