

Patterns for Success Lesson 1:

1. Air
 - a. 3 breaths in – using arm like you are pulling your posture string, then relax the hand forward on the exhale
2. Neck stretch
 - a. Head down, then over
 - b. Like milk going into rice crispies
 - c. Head back(up), then over
3. Neck Stretch 2
 - a. Right arm over head to left ear, tilt head
 - b. Breathe, pull or extend stretch the head on the exhale
4. Shoulder Roll
 - a. Big arm circles, but just the shoulders
 - b. Focus on shoulder itself
5. Shoulder Stretch 2
 - a. Right Arm to left shoulder blade
 - b. Left arm to left elbow
 - c. Tilt at waist to left side
6. Arm Across, wrist roll

Conducting Principles

1. The four hinges – Practice isolating each
 - a. Shoulder
 - b. Elbow
 - c. Wrist
 - d. Finger
2. Moving up and down through time
 - a. Four counts up, Four counts down
 - b. Arms shoulder width apart
3. Moving arms side to side
 - a. Same exercise, different plane
4. Combine the planes–
 - a. left arm vertical, right arm horizontal, then vice versa
 - b. four counts up/out, four counts down/in
 - c. change counts
5. Staccato up
 - a. Right arm up staccato on one, left arm comes up for four.
 - b. Vice versa

Posture and Stance

1. Feet together
 - a. Toes together or apart, your choice (whatever your band does)
2. Find your center (Shoulders)
 - a. (Every great conductor has this)
 - b. Two inches below your rib cage
 - c. Breathing exercises from this position

3. Rotate arms forward (Elbows)
 - a. Shoulder width apart
4. Elevate wrist to show the palm (Wrist)
5. Fingers are like you are shaking hands (Fingers)
6. THE FOUR HINGES

Pattern

1. Arrow
2. Anticruces/Breath/Pickup
 - a. "Count 0"
 - b. One arm, "bounce a basketball"
 - c. Movement is not even, bounce up faster
 - d. Tap your left hand with your right while bouncing the ball
3. Checkpoint 1 – on the "and" of one is "hi"
4. Checkpoint 2 – Cheeseburger (or power rangers) & of 2
5. Checkpoint 3 – Thumbs up at checkpoint 3 – like your going to give a hug
6. Checkpoint 4 – High Five

Three-Four

1. Hi, Hug, High Five
 - a. No cheeseburger (sigh)

Two-Four

1. Hug, High Five

Five-four

1. Three plus two
2. Two plus three
3. Double Cheeseburger

Exercises:

1. Speak the alphabet while conducting 4/4
2. Through the meters
 - a. 5, 4, 3, 2, 1, 1, 2, 3, 4, 5
3. Combine these two exercises

Words of Wisdom:

When I see a conductor, I can tell you about the quality of a band almost immediately. Nervous or stressed conductor equals a mess of a band. Confident, poised conductor equals excellent performance

No one cares how much you know until they know how much you care

Be the best musician, work hard. You create the environment.