

## What is the Dalcroze approach?

“Dalcroze Eurhythmics is a process for awakening, developing and refining innate musicality through rhythmic movement, ear-training and improvisation.” (Carnegie Mellon University)

### Guidelines for Movement

<ul style="list-style-type: none"><li>● Move freely through space</li><li>● Walk lightly and buoyantly</li><li>● Move in different directions from your neighbor and explore the full space of the room</li><li>● Move with musicality/musical intent</li><li>● Strive for precision</li></ul>	<ul style="list-style-type: none"><li>● Show duration - practice continuing your motion through the duration of the note</li><li>● Faster tempos require smaller movements; slower tempos allow for bigger movements</li><li>● Release inhibitions</li></ul>
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### Who is Emile Jaques-Dalcroze?

- Emile Jaques-Dalcroze (1865-1950)
  - Swiss, but grew up in Vienna
  - Studied at Geneva Conservatory, Comédie Française, Paris Conservatory
    - Studied with Anton Bruckner, Leo Delibes, and Matthis Lussy
  - 1892: Became professor at Geneva Conservatory
  - Eventually opened a school near Dresden

### Dalcroze Method

- Three Components
  - Eurhythmics - rhythm structure and expression through movement
  - Solfege - pitch, scale, tonality using aural comprehension and vocal improvisation
  - Improvisation - developing form and meaning
- Experience Before Analysis
- Spiral of Learning (learning - moving - feeling - sensing - analyzing - reading - writing - improvising - performance)

### Movement is not an end in itself

Dalcroze developed **Rules of Expression** (subcategories: nuance, phrasing, accentuation) based off Mathais Lussy’s treatises on expressive performance. These are suggestions, not ironclad rules and should be utilized/disregarded as appropriate.

- Fundamental Concepts - expressive meanings and a deep connection to arts and human activities
- Techniques Incorporated - rhythmic movement, aural training, and physical, vocal and instrumental improvisation
- Music shapes the students’ task - tempo, dynamics, texture, phrase structure, and style
- Body is the instrument - performance and perception based