

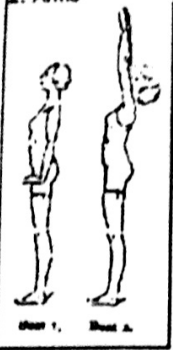
May 2005
Try this:
Jaques-Dalcroze's Arm Beats

This one's a real challenge!

Jaques-Dalcroze's original method books include two volumes of "Rhythmique," then translated as "Rhythmic Movement." Among other skills and subjects explored, Jaques patterns are introduced, over eight chapters, as physical experiences in meters of 2, 3, 4, 5, 6, 7, 8, and 9. The arm beats are standard fare in many Eurhythmics class; were new to me. So I decided to memorize them - a task I found surprisingly difficult! For one thing, there's a lot of page-flipping involved, so here are the patterns in seq. In analyzing them afterward, we'll discover where the real difficulties lie.

In each meter, Jaques-Dalcroze presents the arm beats first, and then the corresponding leg movements are given under the heading "Analysis of Note Values." So I present them but combined. Take your time learning and practicing each from memory.

2: Arms

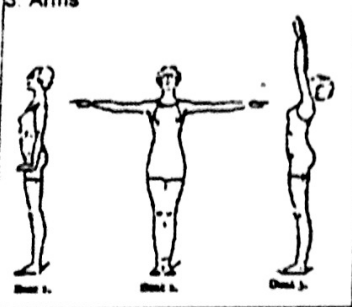


2: With Legs

Not pictured in text, but described thus:

"On beat 1, step; on beat 2, bend the supporting leg. The free next step."

3: Arms

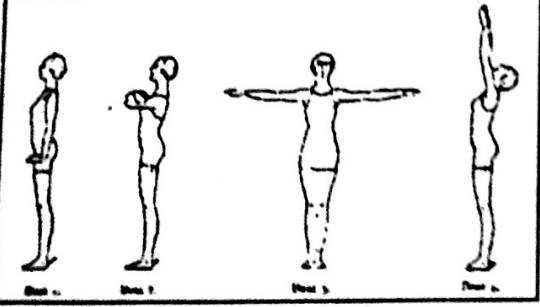


3: With Legs



3: Description: "Beat 1, the step; Beat 2, cross the free leg over the supporting leg; Beat 3, resume position 1. The free leg makes the fresh step. The arms beat 3. On opposite direction from that of the crossed leg."

4: Arms

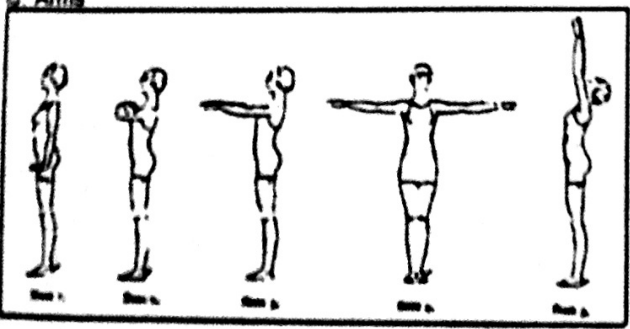


4: With Legs



4: Description: "From 4 to 1: The step. From 1 to 2: The free leg is lightly crossed over the supporting leg. From 2 to 3: The free leg is stretched out sideways. From 3 to 4: The step."

5: Arms



5: With Legs

