

# Colorado State University

## Eurhythmics Newsletter

VOLUME 1, ISSUE #1

WINTER 2016

### COURSE

INSTRUCTORS:

FRITZ ANDERS

BONNIE JACOBI

### Movement Card Lesson

Fritz Anders



**Preparation:** With simple card stock, make some stick figures in different positions, alone, and with a partner.. The following example uses 12 unique cards.

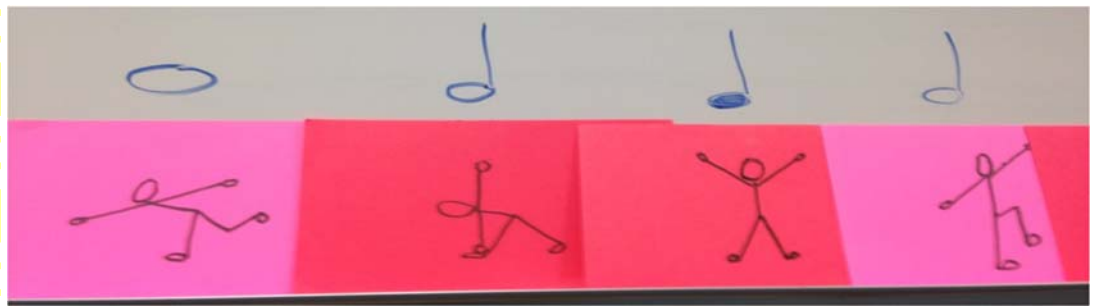
**Objective:** To demonstrate the sustained whole note and/or long durations.

#### Activities:

1. Teacher points randomly to a different card and the students 'take that pose'.
2. 'Morph' from one position to the next using whole notes.
3. Perform the cards backwards, retrograde.
4. Perform forward but skip every other card. Backwards, skip every two cards...
5. Move and vocalize, on a neutral syllable/phonememisis, each card & position.
6. When the teacher says 'hip' or 'skip', skip a card.
7. When the teacher says 'hop!' or 'back', repeat a card. Two 'hops!' – go back two cards etc.
8. Perform with improvised music or a recording of 'Canon in D' by Pachelbel.
9. With a partner: Partner 'A' moves the first card and 'freezes' while 'B' moves the second card and 'freezes' while 'A' moves the third...
10. On the cue 'uh oh', movement ceases, but, the reading of the cards continue. When 'uh oh' is said again, the students resume moving, keeping place, showing exactly where they were reading.
11. Try all the above with half notes and different durations.
12. Try with a sequence such as: whole, half, whole, half notes, or, whole, half, quarter...
13. After first experiencing thoroughly through movement, place a sequence on the edge of the white board with the actual durations above the cards and perform with the posted durations.
14. Move the durations and sing the ascending and descending scale. (For a more advanced activity, add a flat or sharp before one of the durations.)
15. Take away the movement cards and have the students move (and sing) just to the posted durations using movement improvisation. **[Assessment—follows on p.2]**

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## Did you know...



...that Dalcroze used the Yin-Yang symbol on the building of his Institute in Hellerau to signify the balance of eurhythmics?



**Congratulations to the following students who successfully completed MU 524 in Summer 2016:**

- ◆ Priscilla Bessick
- ◆ Stephanie Fida
- ◆ Julia Hayes
- ◆ Dianne Klinkerfues
- ◆ Oren Logan
- ◆ Diana Malacalza
- ◆ Grace Pomeleo
- ◆ Marcelyn Smale
- ◆ Jacqueline Valdez
- ◆ Mark Weber

## Hanya Holm (1893-1992), former pupil of Dalcroze

*From Visions of Modern Dance*

“Even a walk has to be practiced. There are a thousand walks.

If you don’t know which walk to do, you will just wobble and walk as best you can, but nothing will be created by it.

A walk without characteristic is as good as nonexistent, it is pitiful. It would be better to lower the curtain and go home.”



### Some Collections of Character Pieces for Use in Instruction with Children

B. Jacobi

- *Piano Pieces for Children*, Béla Bartók
- *The Children's Corner*, Claude Debussy
- *Solo Piano Books*, Dianne Goolkasian Rahbee
- *Children's Book*, Alexander Gretchaninoff
- *Lyric Pieces*, Edvard Grieg
- *Etudes*, Cornelius Gurlitt
- *Preludes, Melodious Studies*, Stephen Heller
- *Songs Without Words*, Felix Mendelssohn
- *Preludes, et al.*, Samuel Maykapar
- *Album for the Young*, Robert Schumann

### Eurhythmics Flash Mob in Brussels, Belgium

October 2014

[Click here to check it out!](#)

Note the specific ways people are showing aspects of the music as it unfolds!

*Movement Card Lesson (continued from page 1)*

**Assessment: A.** Student performs ‘eurhythmically’, demonstrating sustained flow and connection between the movements, with élan: vigorous spirit or enthusiasm. Aesthetically pleasing.

**B:** Student performs mostly ‘eurhythmically’, mostly demonstrating sustained flow and connection between the movements, with a few ‘arrhythmias’.

**B-/C:** Student performs ‘errhythmically’, demonstrating most of the movement but lacking sustained flow, with multiple ‘arrhythmias’.

## Upcoming Events For Spring & Summer 2017

### Dalcroze Activities for Grades 4-6

#### Using Plastique Animée

- ◆ Friday, Jan 6: Fritz Anders, JEFFCO

### Colorado Music Educators Association Conference

January 25-28, 2017

Colorado Springs, CO

Dalcroze Eurhythmics sessions:

- ◆ Thursday, Jan 26, 10am, 2pm, David Frego
- ◆ Friday, Jan. 27, 8am, 2pm, David Frego

Also:

- ◆ Saturday, Jan 28, 9 a.m.: "Jack Be Nimble! Teaching 6/8 to Children," Bonnie Jacobi & CSU students

### Professional Development Workshop at Colorado State University, Fort Collins, CO

"Dare to Dabble with Dalcroze Eurhythmics" - copresented by Fritz Anders & Bonnie Jacobi

- ◆ **Saturday, April 29, 2017**
- ◆ 8:30 a.m.— 12 p.m.
- ◆ Instrumental Rehearsal Hall, University Center for the Arts
- ◆ \$30 for teachers in the field.
- ◆ Former MU 524 students receive a \$5 discount!

### OTHER:

#### Regional Organization of Colorado Kodály Educators

- ◆ **Saturday, Feb 25, 2017**
- ◆ 9 a.m.— 3:30 p.m.: Andy Paney
- ◆ **April Workshop TBA** (rescheduled from Fall)

#### Rocky Mountain Orff Chapter

- ◆ **Saturday, Jan 14, 2017**
- ◆ 8:15 a.m.— 3 p.m.: Andrew Ellingsen
- ◆ **Saturday, Mar 11, 2017**
- ◆ 8:15 a.m.— 3 p.m.: Sofia Lopez-Ibor

### The Colorado Kodály Institute

July 15-29 2017

University Center for  
the Arts at  
Colorado State  
University  
Fort Collins, CO

Summer-Residency  
M.M. Music Education  
degree and  
Certificate –Track  
Available

## Taken MU 524 Dalcroze Eurhythmics at CSU, and interested in pursuing your Certificate??

### STEPS YOU CAN TAKE:

- ◆ Contact Fritz Anders in January 2017 to plan out your course calendar for skills testing.
- ◆ Download and print out the skill requirements on the AES website [here](#) so you can be actively working on them in preparation to test.

<http://www.americaneurhythmics.org/>



### FRITZ ANDERS —INSTRUCTOR, MASTER TEACHING ARTIST

Fritz Anders teaches Eurhythmics for the JEFFCO School District in Denver, Colorado, where he is a Music Specialist at Green Gables Elementary School. Additionally, Fritz serves as Organist and Choir Director at St. Gabriel's Episcopal Church in Denver, Colorado. Formerly, Fritz taught both music and dance in Santa Fe, New Mexico (ballet and modern/Horton technique at Santa Fe High School). Fritz earned his Graduate Certification in Dalcroze Eurhythmics from the Juilliard School in New York City and is a Master Teaching Artist for the American Eurhythmics Society. He has taught Eurhythmics throughout the western United States for over twenty years and is highly sought-after as a Master Class and Pedagogy Workshop Clinician throughout the United States and the world. Within Colorado, he frequently presents curriculum workshops within the JEFFCO School District and serves on the summer music education faculty at Colorado State University.



### BONNIE JACOBI—INSTRUCTOR

Bonnie is Associate Professor of Music Education at Colorado State University. For over twenty years, she taught music to children throughout Florida, Massachusetts, New Jersey, and Texas. She has directed thirteen children's choirs and in 2008 founded the Meadows Community Youth Chorus in Dallas for children without music in their schools. Bonnie holds a D.M.A. in Music Education from the University of Houston, and is a classically trained dancer who danced formerly with the Austin Contemporary Ballet. She holds a Dalcroze Certificate from the American Eurhythmics Society and has trained at The Juilliard School's Abramson-Dalcroze Institute, Carnegie-Mellon University's International Dalcroze Institute, and The Dalcroze School of the Rockies. Bonnie also holds National Kodály Certification and serves on the Editorial Board of *Music Educators Journal*. In 2012, she started the Dalcroze Eurhythmics course at Colorado State University so that teachers could cross-train and bring this approach to children in their classrooms.

*Save the date!*

The next MU 524  
Dalcroze  
Eurhythmics  
course at CSU  
will be offered in  
June 2018.

*More info to  
come...*

