

HEALTHY CONDUCTING

Developing good habits can help you minimize aches and pains and enjoy a lifetime of conducting.

Core conducting: focus is on speed of movement through space, using your core as a focal point; whether it is the ictus, a pattern, prep beats, cues, gesture of syncopations, or fermatas.

1. Moving away from Patterns

- Expressive Gestures
- Pulse/Ictus

2. Patterns

- Core conducting
- Start and end at the core
- Focus is on the space between the beats

3. Cues (and stuff)

- Utilize core movement
- Center of Gravity

4. Equipment

- Stool
- Podium
- Microphone
- Stand
- Supports
- Baton
- Score Size

5. Score Study

6. Other considerations
