

Body Music Training Notes

Pass a Clap - Pass a Sh

Participants stand/sit in a circle. Leader passes a 'clap' around the circle, like a Mexican wave, encouraging the group to pass it as fast as possible. Leader then passes a 'sh', with a finger action, the opposite direction. Now the leaders tries passing a 'clap' and a 'sh' at the same time and in opposite direction.

This game is supporting participants to be able to focus on two different things at the same time.

Walk the Grid

Participants stand in a circle. They then take 2 steps in and 2 steps out always alternating right left creating an imaginary grid/square shape. Step 1 in right represents beat 1, step 2 in left = beat 2, step 3 out right = beat 3, step 4 out left = beat 4. Participants continue this keeping a steady beat, this could be done to someone playing an instrument or to recorded music.

The leader then asks participants to clap on different beats eg. 'Clap on beat 1'. You could choose 2 beats for each cycle of the grid or ask the group to change numbers for each cycle. The group are then asked to keep walking the grid but this time shouting out the 'ands' in between the numbers eg. '1 and 2 and 3 and 4 and'. Now ask the group to clap on the 'and' of 1, then the 'and' of 2 etc.

Extension: Ask the participants to choose either a number 1/2/3/4 or the 'and' of a number eg '1 and'. After a count of 4 the group will then start walking the grid and clapping on their different numbers. Ask the group to walk around the room keeping their clap in right space. Ask the group to find other people clapping in the same space as them. Ask the group to get back into a circle with the beats going around clockwise. This is all done without stopping/losing the beat.

This activity is great at developing motor-coordination and understanding syncopation.

Beat 1 Tag

Choose a piece of music for the group to listen to which has a steady beat. This could be favourite tune from group. Ask the group to feel the beat and see if they can shout out/clap on beat 1. Demonstrate to the group where beat 1 is by counting out the beats for them. Now ask the group to walk around the room but they are only allowed to step on beat 1. Now play a game of tag but with the group only moving on beat 1. For more advanced group see if they can step on different numbers. Try Music with different time signatures.

This activity is based on Dalcroze ideas around using movement to embody different musical concepts.

Ta Ta Kidi Doom

Participants stand/sit in a circle. The leader sets a steady tempo and passes a clap around the circle accompanied by the vocal sound 'ta'. In musical terms this is the equivalent of a crotchet. If someone does a double accompanied by the sound 'kidi' then you change directions. 'Kidi' is the equivalent of clapping two quavers. You can also add the sound 'doom' to a clap instead of 'ta' which will then miss a person as 'doom' is the equivalent of two beats or a minim. If you choose to make the game more competitive then you can say people are out if they slow down, speed up or clap in the wrong space.

This game is a fun way of developing the groups ability to feel the beat and understand rhythm. It also supports the group to be able to read rhythm notation.

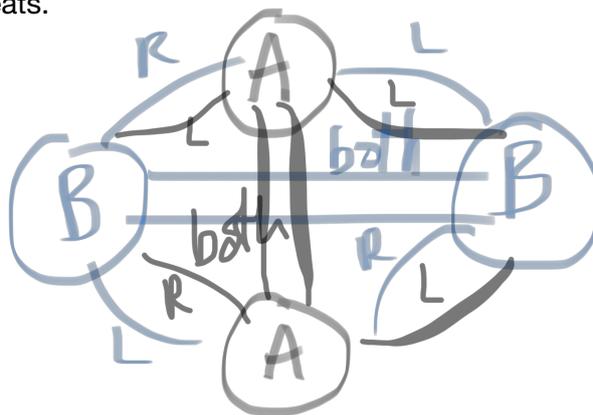
Yo Yo Sushi

In this game the group stands in a circle and the leader passes sounds around the circle keeping a steady beat. The leader might start by setting a steady beat and then passing a clap around. Once a sound is introduced the groups needs to keep passing it around like food going round the conveyor belt at 'Yo Yo Sushi'. The leader then sees how many sounds they can introduce to the circle without people losing them. What tends to happen is that people are so busy concentrating on the sound they have passed that they miss the next sound coming towards them. Try passing around days of the week, months, counting. It can also be fun to try pass around a scale singing 1-5 or do, re, mi etc. This can be a great way of exploring harmony.

As well as supporting pulse within a group, this game is about developing the executive function skill called 'working memory'. **Working memory** is a cognitive system with a limited capacity that is responsible for temporarily **holding information** available for processing.

Louisiana Mudslap

This is an 8 beat body percussion pattern from the USA. The pattern is clever as when it's performed in a group 4 it acts like a canon creating an interlocking rhythm and hand clap. Beat 1. stamp stamp, 2. Slap slap (pat thighs), 3. Clap, 4. Right hand, 5. Clap, 6. Both hands, 7. Clap, 8. Left hand. In pairs you slap your partners right hand, both hands and left hand. In groups of 4 you stand opposite your partner with the pair crossing. First pairs starts off and the second pair start after 4 beats.



Beat	1	2	3	4	5	6	7	8
Pair A	Stamp stamp	Slap slap	Clap	Right	Clap	Both	Clap	Left
Pair B	Clap	Both	Clap	Left	Stamp stamp	Slap slap	Clap	Right

Once groups have mastered the pattern you can then choreograph the pattern to work with larger groups in multiples of 4. It can also be nice and make the activity more comfortable to teach it in pairs and then ask the group to come up with their own compositions or ideas of how it could work in a group of 4.

Barbatuque Body Percussion Style

<https://youtu.be/ljfvWmIPrGo>

Barbatuque are a Brazilian Body Music Performance ensemble. They have a unique style based around chest sounds, clicks and claps.

Basic Samba

Beat	1	2	3	4	5	6	7	8
Right hand	Chest		Click		Chest		Click	
Left Hand		Click		Chest		Click		Chest

Funk groove

Beat	1	2	3	4	5	6	7	8
Right hand	Chest		Click		Slap thigh		Click	
Left Hand		Click		Chest		Click		Chest

Once participants have learned the basics it can be nice to try and recreate a popular tune only using body percussion sounds.

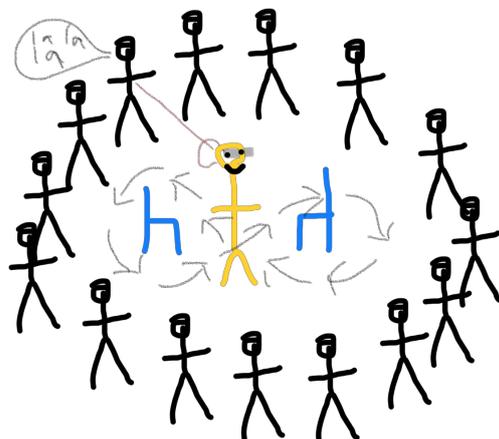
Follow the sound

Participants get into pairs. They agree a vocal sound. This could be a word/phrase or a sound effect. It could be inspired by a theme such as the name of a favourite TV Programme. One partner closes their eyes and is guided around the room by the other partner by them saying their word/sound. Every time you hear the sound you take one step towards where the sound is coming from. With multiple partners playing at the same time an interesting soundscape is created.

This game is great at supporting reluctant singers to use their voices. Start with a word, then a sound effect, then introduce humming a favourite tune.

Figure of 8 version

Same concept as above but this time the group stand in a circle around some obstacles. One of the participants is asked to volunteer to be blindfolded in the middle of the circle. The group then needs to guide the blindfolded participant around the objects in a figure of 8 taking it in turns to make their sound. This game involves team work and also supports soloing as only one voice should be heard at a time to safely guide the blindfolded participants. Also, because the focus is on the blindfolded participant, people around the edge tend to forget they are soloing.



Plasticine Person

Vocal warm up. Take an imaginary plasticine person made with your hands on a journey with each part of the story accompanied by a sound.

Composition extension task: ask participants to get into small groups of about 4. Get them to create a story only using vocal sounds. Think about structure by creating an intro, a middle section and an end. Groups should perform their piece with the rest of the group trying to guess the story. A fun task is to try recreating a film or a famous scene from a film.

Beatbox basics

Use the link for a great beatbox tutorial by Beat Boxer, Tyte.

<https://youtu.be/ZicbR5608sg>

123 Bradford

In this game you have a partner and take it in turns to say numbers up to 3. Person A says 1, person B says 2, person A says 3 and person B says 1 and so on. You keep counting until someone makes a mistake. Try speeding up the count. You can then replace different numbers with a sound. Instead of saying number try clapping or you could use the game to practice beat box sounds: instead of 1 make a B sound, 2 make a T sound and 3 make a K sound.

Beatbox Notation Sequencer

This is a fun way of exploring beat box sounds and create beat box patterns. On pieces of paper write down different beatbox sounds, B T K pf Ts. You will need multiple pieces of paper for each sound. Lay them out in a grid of 4 by 4 randomly and as a group try beatboxing the pattern keeping a steady pulse as you read each sound. The group can now take it in turns to swap sounds around but the group must keep reading through grid keeping a steady beat.

Vocal Orchestra/Circle Songs

Stand in a circle. One person takes the responsibility of being leader. The leader demonstrates a sound they would like the group to make. The group should keep this sound going. The leader will then give different sounds to sections around the circle. You could try building up soundscapes using percussive vocal sounds or you could start to introduce tonality and harmony. You could explore groove or the sounds could be totally free from time. Once a nice soundscape or piece has been created it can be nice to move around the room keeping your sounds going whilst listening to how they are placed against other sounds. It can be nice to close your eyes and then see if you can locate other people making the same sound as you.