

Do More
with Less

衍化萬端

About me

- Music Teacher, Choir Conductor, Piano player
- Infinity Children School
- Internalize
- Dalcroze Teacher: Joseph Reiser
- Research

Dalcroze 達爾克羅茲

Steady Beat difficulty

Just hand

Whole Body

Sound = Movement



Dalcroze 達爾克羅茲

1. Eurhythmics 律動
2. Solfege 視唱練耳
3. Improvisation 即興

Start from movement
End with song



Dalcroze Educational Goals

Paying Attention
注意力

Turning Attention to Concentration
由注意力到专注力

Social Integration
社交凝聚力

Perceiving & Appreciating Nuance
感知和欣赏细微的差别

The World of Emile Jaques-Dalcroze

经验主义 Empiricism

Influences

Jean-Jaques Rousseau (1712-1778)

Johann Pestalozzi (1746-1827)

Emile Jaques-Dalcroze (1865-1950)

Influenced
by Dalcroze

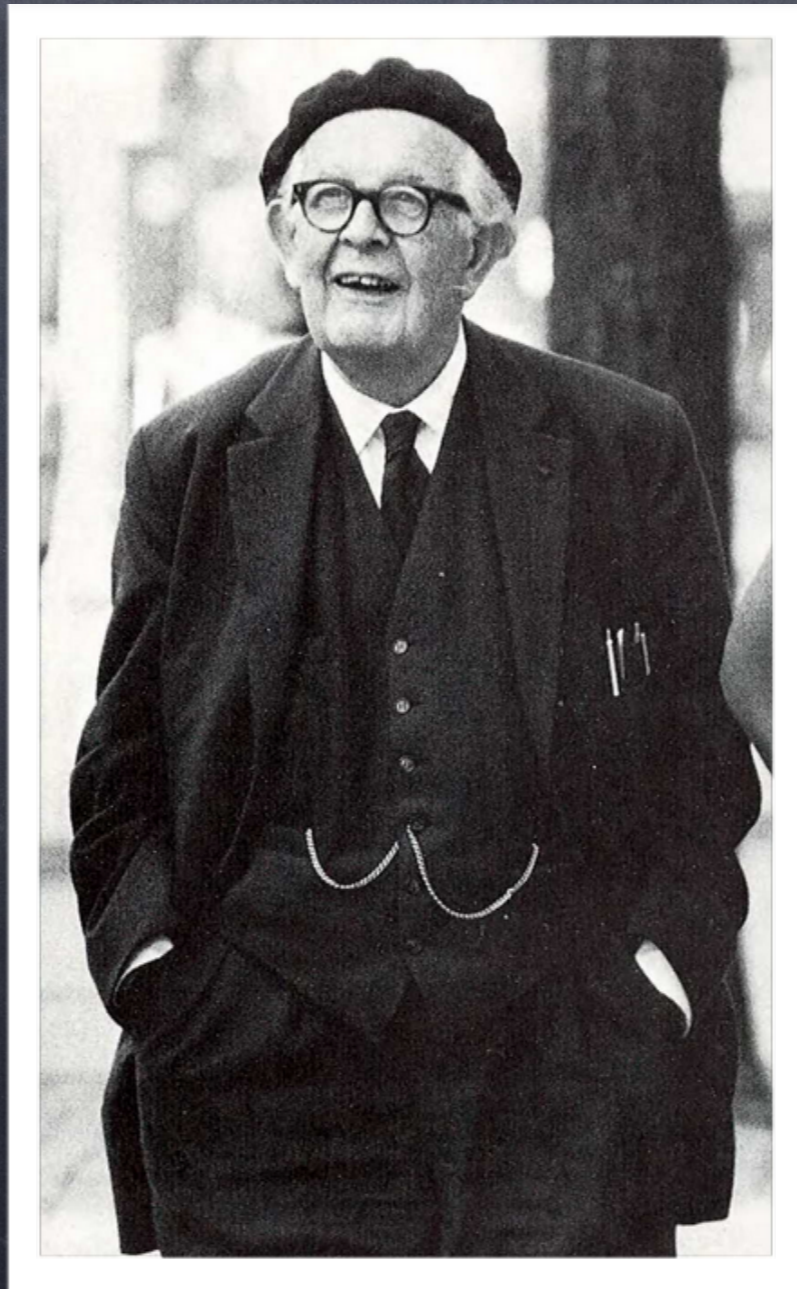
Carl Orff (1895-1982)

Zoltan Kodaly (1882-1967)

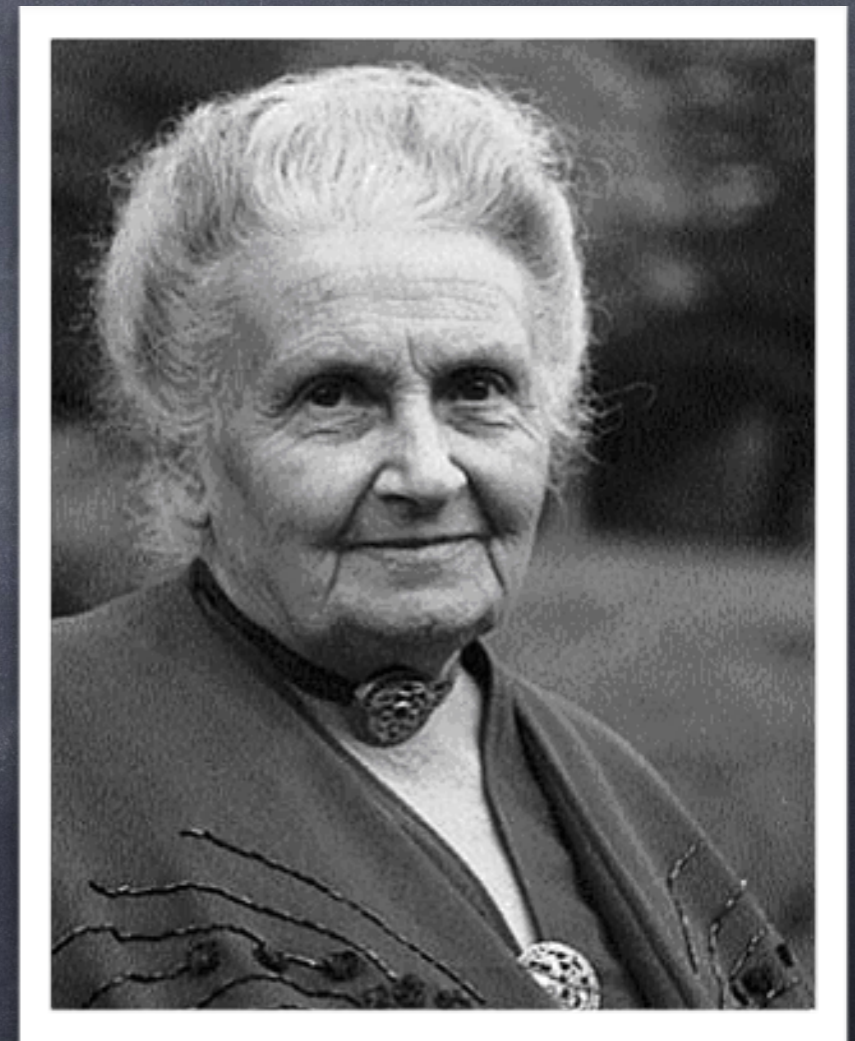
Dalcroze
(July 6, 1865
- July 1,
1950)



Jean Piaget
(Aug 9, 1896 -
Sep 16, 1980)



Montessori
(Aug 31, 1870
- May 6, 1952)



Montessori Method

★ Maccheroni

蒙特梭利課程中的音樂老師

★ Build new
knowledge: sensory
experiences

學習知識必須透過感官而獲得

★ Self-growth :
interaction with the
environment
involving the unity
of body and mind

自我成長必須是需要整個身
體和思想與環境互動

Montessori Method

★ Visited the school in
Hellerau, Germany

參觀達爾克羅茲在海勒勞的
學校

★ Rhythmic exercises
were incorporated
into the curriculum

將節奏練習放在蒙特梭利的
課程當中

Dr. Montessori is not approaching music as a subject, with a history, and a literature,The older children in the school at Barcelona are taught on the Dalcroze method. M. Dalcroze tells me that the Montessori children are the quickest of all children to pick up eurhythmics.

音樂不是一門帶有歷史和文學科目.....一些在巴塞羅納的學生在使用達爾克羅茲的方法。達爾克羅茲說道蒙特梭利的學生能夠很快掌握律動的技巧

Radice, S. (c1920). *The new children, talks with Dr. Maria Montessori*, 91.

"This was proof to us that sensorial preparation must precede these exercises, and furthermore, that the only difficulty Dalcroze movements encounter in children arises from insufficient sensory preparation in the children themselves."

這證明瞭感官的預備必須在這些練習之前，另外，在達爾克羅茲的運動當中，兒童中遇到的唯一困難就是源於孩子本身的感覺準備不足。

Montessori, M. (1965b). *The Montessori Elementary Material*, 360.

Continuous Lesson

One subject but just
change once at a time



Jogging



Jogging



Jogging



Jogging



Jogging



Walk



Jogging



Walk



Run-a little



Jogging



Run-a little



Jogging



Jogging



Walk



Jogging



Walk

C D E C C D E C E F G E F G
 Do Re Mi Do Do Re Mi Do Mi Fa So Mi Fa So
 1 2 3 1 1 2 3 1 3 4 5 3 4 5

5

G A G F E C G A G F E C C G C C G C
 So La So Fa Mi Do So La So Fa Mi Do Do So Do Do So Do
 5 6 5 4 3 1 5 6 5 4 3 1 1 5 1 1 5 1

不同的方法

- | | |
|--|---------------|
| 1. Pulse | 節拍 |
| 2. Rhythm | 節奏 |
| 3. Accent | 強音 |
| 4. Syncopation | 切分音 |
| 5. Fine Motor Skills | 小肌肉運動 |
| 6. Gross Motor Skills | 大肌肉運動 |
| 7. Steady Tempo | 穩定速度 |
| 8. Unsteady Tempo (Accelerando Ritardando) | 不穩定速度 (加速、減慢) |

10. Legato
11. Staccato
12. Vocal Changes
13. Forte
14. Piano
15. crescendo
16. diminuendo
17. Melody contour
18. Body Orchestration
19. Canon
20. Improvisation

連奏
跳奏
不同演唱方法
強
弱
漸強
減弱
旋律走向
身體配器
輪唱
即興

天時

Sensitive Period 敏感期

地利

Environment 環境

人和

Caregiver 照顧者

To transfer the gift of music
during the creative period
of the child's life, the teacher
must be able to create a
favorable environment, to
provide the child with the
materials and the freedom
of life and to cooperate.

Montessori, *The Advanced Montessori Method—The
Montessori Elementary Material* 309.

Thank you