

Body Percussion Webinar

Cristian Mejia



What is Body Percussion?

Body percussion is the cultural practice and artistic discipline where music is performed throughout the body. Different techniques of percussion are used on the body, coordinated displacements, vocal sounds, corporal expression, nonverbal communication.

Benefits of the Practice of Body Percussion

- Cognitive stimulation, greater communication of the cerebral hemispheres.
- Socio-affective area: the union and bond of the group is fostered, respect, tolerance, values, and intra- and inter-personal formation.
- Coordination and physical dexterity work.
- It can be run with or without musical instruments at any desired time and place.
- It is physical exercise that will enhance health and quality of life.
- Being also a style of dance, it gives a great conception of space and movement.
- During a pandemic, this is a wonderful musical activity that students can do virtually or in-person in distance classrooms.

The first 5 lessons are most appropriate for lower elementary:

First Class: Activation

[Procedure](#)

[Videos](#)

[Mp3s](#)

We will perform a physical warm-up to prepare our body and activate our body percussion. Tips and basic advices will be given to have a healthy practice (always remember to drink water, take care your body, rest ...) A rock and roll drum loop will be used to accompany the pulse and movements.

Concepts:

Second Class: The Animals

[Procedure](#)

[Videos](#)

[Mp3s](#)

We are going to compare some mother nature animals with the different sounds and techniques of body percussion. This exercise will be performed both a cappella and with musical accompaniment.

Concepts:

Third Class: ¡Sawabona!

[Procedure](#)

[Videos](#)

[Mp3s](#)

An exercise inspired by the Zulu tribe of the African continent, it is a game that can be worked both individually and in groups, promoting values such as respect and tolerance. There will be a chant with musical accompaniment and three variations will be used to propose more movement and expression.

Fourth Class: ¡Electric beat!

[Procedure](#)

[Videos](#)

[Mp3s](#)

We will use the rhythm of the words to continue our learning of body percussion, a little Orff methodology to stimulate our musical sensitivity. With the metronome tool we will take advantage to practice in two different tempos.

Concepts:

Fifth class: ¡My, Fa, Sol!

[Procedure](#)

[Videos](#)

[Mp3s](#)

We will begin to connect the upper region with the middle region: from the chest to the thighs in the form of a body roll. We are going to sing from C note to G note, each small hit to the body will make a musical note. The exercise will be accompanied by a musical track.

Concepts:

Lessons 6-13 are more appropriate for upper elementary:

Sixth Class: ¡Rock and Roll!

[Procedure](#)

[Videos](#)

[Mp3s](#)

Our first body percussion sequence, where we will use the different regions of our body to perform our moves with the rhythm of rock and roll. It will be practiced first with the metronome and finally with the music drum loop

Concepts:

Seventh Class: ¡Ode to Joy!

[Procedure](#)

[Videos](#)

[Mp3s](#)

Using the techniques learned, we will play an accompaniment to the main melody of Beethoven's Ninth Symphony. The exercise will be accompanied by a musical track.

Concepts:

- body percussion

Eighth Class: Stomp Loud!

[Procedure](#)

[Videos](#)

[Mp3s](#)

In this class we will focus on the lower region and the stomp technique, we will perform lateral movements and jumps. There will be a rock and roll drum loop to accompany the class.

Concepts:

Ninth Class: Butterfly Clap

[Procedure](#)

[Videos](#)

[Mp3s](#)

A practice about the use of the butterfly clap as a rhythmic tool in body percussion. We will make a mixed sequence that uses this technique. The exercise will be performed accompanied by rock and roll drum loop

Concepts:

Tenth Class: ¡Combo!

[Procedure](#)

[Videos](#)

[Mp3s](#)

In our last class we will make a sequence that combines the techniques learned, a challenge for our coordination. We will be accompanied by the rhythm of rock and roll.

Concepts:

- dance and movement

Eleventh Class: ¡Bonus!

[Procedure](#)

[Videos](#)

[Mp3s](#)

A parting gift, the rock rhythm with finger snaps in the upper region. We will make a comparison of the musical drums with the body percussion and its sounds. The exercise will be performed accompanied by rock and roll drum loop

Concepts:

Twelfth Class: Afro Beat!

[Videos](#)

Lesson 12: ¡Afro Beat!

Thirteenth Class: ¡Body Percussion Tutorial!

[Videos](#)

Lesson 13: ¡Body Percussion Tutorial!

About the Author: Cristian Mejia



Musician from Costa Rica (Central America), licentiate degree in music education, singer-songwriter, guitarist, music composer and body percussionist.

He was honored with the Darmasiswa scholarship provided by the Indonesian Ministry of Education. On this trip, he carried out studies of ethnomusic and extensive research and fieldwork on the islands of Bli, Java and Sumatra; studying the body percussion practices present in the different tribes.

**Feel the beat of life! Music and movement together, joy and health...
the world of Body Percussion**