Body Percussion Webinar Cristian Mejia

What is Body Percussion?

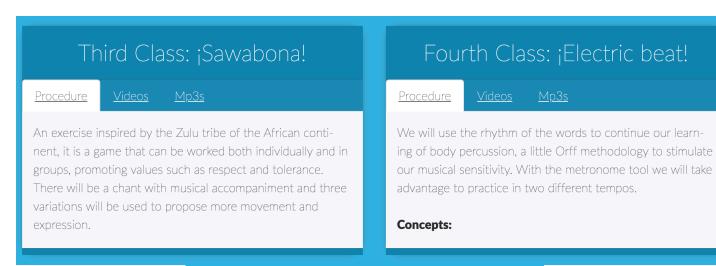
Body percussion is the cultural practice and artistic discipline where music is performed throughout the body. Different techniques of percussion are used on the body, coordinated displacements, vocal sounds, corporal expression, nonverbal communication.

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.

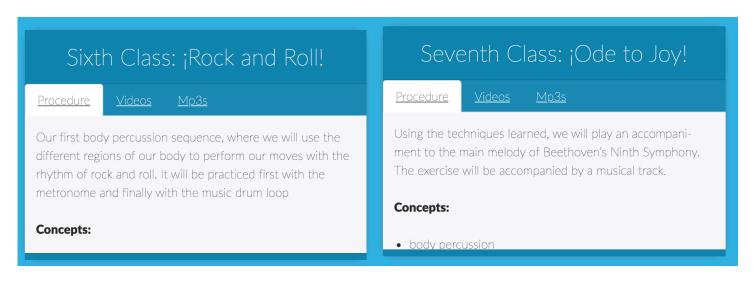
The first 5 lessons are most appropriate for lower elementary:

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:





Lessons 6-13 are more approriate for upper elementary:



Eighth Class: Stomp Loud!

Procedure

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

Concepts:

Ninth Class: Butterfly Clap

Procedure

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!

<u>Procedure</u>

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

Twelfth Class: Afro Beat!

Videos

Lesson 12: ¡Afro Beat!

Eleventh Class: ¡Bonus!

Procedure

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:

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 proviced by the Indonesian Ministry of Education. On this trip, he carried out studeis 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