

Metric Balance in Music

50:48 Run Time - Complete

- 0:00** Introduction (Part 1)
3:22 Metric Balance - The Concept
3:48 Meters
Menuet - from Anna Magdalena Bach Notebook
Tchaikovsky Symphony #5, 3rd mvmt Valse / *Hradec Kralove Philharmonic*
Vivaldi Violin Concerto in a minor, 1st mvmt
Dvorak Serenade for Strings, mvmt 1 / *Janacek Philharmonic*
- 9:10** Notes
Articulations
Menuet - from Anna Magdalena Bach Notebook (2nd time)
- 14:55** Accents / Synchopation / Hemiola
17:30 Within the Beat
Vivaldi Violin Concerto in a minor, 1st mvmt 16th Notes
- Gustav Meier
- 20:24** Rests & Silence
21:15 Phrases & Periods
22:24 Hypermeter
22:35 Paragraph & Movement Structure
23:40 Introductions & Codas
Beethoven Symphony #5 1st mvmt-Coda/*Oconomowoc Chamber Orchestra*
- 27:00** Piece Structure
31:06 Practice Charts (Regular & Basic)
Mention of Dorothy Delay practice concept
- 31:35** How Far Down is Down? (Part 2)
Insights from Musical Mentors
Charles Bruck - One is Down (photos)
33:07 *Joseph Gifford* - Empty on Downbeat, Fill with new life on upbeat
33:40 *Frantisek Vajnar* - speed of ictus and upward motion (photo)
34:18 *Otakar Trhlik* - the vision of the character/'fantasie' of the music (photo)
35:12 *Barbara Streisand* - each note has value
- 36:32** Synthesizing the Micro & Macro (Part 3)
Blanton Alspaugh, Recording Engineer
- 41:31** Physicalizing 'Weight' in Your Music (Part 4) Concept Exercise
& Photo Sequence
- 47:32** *Joseph Gifford* - Concepts re Music & Life
- 48:50** Closing
49:21 Credits
Beethoven Symphony #5 2nd mvmt / Oconomowoc Chamber Orchestra

<https://youtu.be/oLwUsNPPQyo>

Note - all music listed above are excerpts