

Metric Balance in Music

50:48 Run Time - Complete

0:00	Introduction (Part 1)
3:22	<u>Metric Balance - The Concept</u>
3:48	Meters Menuet - from Anna Magdalena Bach Notebook Tchaikovsky Symphony #5, 3rd mvmt Valse / <i>Hradec Kralove Philharmonic</i> Vivaldi Violin Concerto in a minor, 1st mvmt Dvorak Serenade for Strings, mvmt 1 / <i>Janacek Philharmonic</i>
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/ <i>Oconomowoc Chamber Orchestra</i>
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) <u>Insights from Musical Mentors</u> <i>Charles Bruck</i> - One is Down (photos)
33:07	<i>Joseph Gifford</i> - Empty on Downbeat, Fill with new life on upbeat
33:40	<i>Frantisek Vajnar</i> - speed of ictus and upward motion (photo)
34:18	<i>Otakar Trhlik</i> - the vision of the character/'fantasie' of the music (photo)
35:12	<i>Barbara Streisand</i> - each note has value 36:32
	<u>Synthesizing the Micro & Macro (Part 3)</u> <i>Blanton Alspaugh, Recording Engineer</i>
41:31	<u>Physicalizing 'Weight' in Your Music (Part 4)</u> Concept Exercise & Photo Sequence
47:32	<i>Joseph Gifford</i> - Concepts re Music & Life
48:50	Closing
49:21	Credits Beethoven Symphony #5 2nd mvmt / <i>Oconomowoc Chamber Orchestra</i>

<https://youtu.be/oLwUsNPPQyo>

Note - all music listed above are excerpts