

The (Tai) Chi of Conducting: Enhancing Conducting Artistry through the Practice of Tai Chi

TAI CHI

- The practice of “internal” martial art for health benefit and spiritual development
- Characterized by slow, deliberate practice of martial arts in flowing succession
- “Moving meditation” meant to stimulate the “qi” meridians in the body
- Developed in China, approximately 12th century A.D. but never documented

THREE ASPECTS

Physical	Mental	Spiritual
Pedagogy Force Weight/Balance Expression Exercises Breathing	Meditation Mindfulness Memory Group Mentality Development of Individual	Eight Heavenly Virtues: Sense of Shame Honour Sacrifice Propriety Trustworthiness Dedication Sibling Harmony Filial piety

CONDUCTING AND TAI CHI – CONNECTIONS

- Pedagogy
- Flow
- Gesture represents “other”
- Rhythm in Tai Chi
- Breath
- Passing energy within the group
- Expression
- Preparation
- Use of Space
- Ongoing Evaluation
- Conductor “fitness”