**Tending to the 10%**
Revisiting, Refreshing, and Reinvigorating Conducting Technique
Midwest Clinic 2007
Scott A. Stewart, Emory University (Atlanta, GA)

**Introduction, Principles, and Caveats**

**Body Unawareness**
Promoting relaxation and eliminating tension  
Stretches, breathing, carriage  
The conducting frame, planes, and motion

**Grotesque Gross Motoring and Overconducting** ("It’s all in the wrist")
The baton  
Terminology: ictus, takt, rebound, travel  
The preparatory position and preparatory beat  
The use of the WRIST  
Focal point conducting, patterns

**Integrating Movement from Your Non-Musical Life**
The Left Hand Isn’t Right  
Habit  
About Face  
It’s delightful, it’s delicious, it’s desensitized...

PARIS
IN THE
THE DARK
RECOMMENDED TEXTS on CONDUCTING TECHNIQUE


OTHER RECOMMENDED READING


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Wave the stick until the music segues, then turn around and bow.