

[from *The T² Manual: The Dalcroze Professional Certificate and Dalcroze License*](#)
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1.1 Goals of Dalcroze Education

Dalcroze Education provides an experiential way of understanding music through the body. It addresses the structural elements of music (including, but not limited to beat, rhythm, meter, texture, phrase, and form) and aesthetic elements of music (including, but not limited to nuance, dynamics, tempo, articulation, and affect). As students gain control of their bodies, precision and accuracy are improved. As the connection between the ear and the body becomes more developed, students become freer to express creatively, both physically and musically at one's instrument.



Dalcroze Education addresses the following:

- Musicianship
 - Musical expression and understanding
 - Active listening and inner hearing
 - Music literacy
 - Aural memory
 - Visual memory
 - Sight reading and dictation
 - Choreography as related to music composition
- The body as an instrument of learning and expression
 - The senses: aural (musical and verbal), visual, tactile, proprioceptive/kinesthetic
 - Kinesthetic memory
 - Motor control: coordination, balance, posture, and flexibility
 - Spatial awareness
 - Weight, quality, and intention as it relates to musical meaning, precision, and economy
 - Movement vocabulary and technique
- Improvisation
 - Imagination, creative expression, and adaptability
 - Spontaneous synthesis and exploration of learned materials: music theory in action
 - Multiple contexts that espouse joy and the spirit of play through social interaction
 - Musical (piano, voice, or other instrument)
 - Solo, ensemble
 - Movement
 - Pedagogy: teachers improvise on their lesson plans based on the students' responses

1.2 The 5 Branches of Dalcroze Education Teacher Training

Core Branches

1. Eurhythmics
2. Solfège
3. Improvisation

Applied Branches

4. Plastique Animée
5. Pedagogy

1.3 Principles, Strategies, and Techniques of a Dalcroze Education

Principles of a Dalcroze Education

(*Méthode Jaques-Dalcroze*): An Education through and into Music

1. Music as the Motivator, Stimulator, and Regulator
2. Movement as the Means for Learning (Body as Instrument)
3. Active Listening
4. Adaptation
5. Relationships of Time, Space, & Energy
6. Discovery-based Learning
7. Experience before Analysis
8. Use of Imagination, Improvisation, and Invention
9. Spirit of Play
10. Social Interaction

Dalcroze Education Strategies and Techniques:

For Achieving Internalization of the Music and Movement Subjects
(For use in all branches of Dalcroze Education)

[Click here to access articles from the DSA Journal, Dalcroze Connections, detailing many of these concepts, or use the QR code on the right!](#)

- Association and Dissociation
 - Re-association and Automatisation
- Inhibition and Incitation/Excitation
- Quick Reaction (Verbal, Aural/Musical, Tactile, Visual)
- Canon
- Follow
- Series/Sequence/Systemization
- Relationships of Time, Space, and Energy
- Spatial Orientation/Exploration
- Improvisation
- Plastique Animée (as process)
- Social Interaction/Group Exercises



Learn more! Please visit: www.dalcrozeusa.org

