



## An Introduction To Dalcroze Eurhythmics

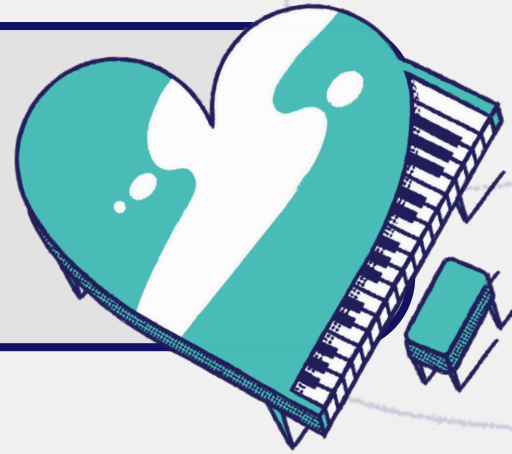
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## Understanding Dalcroze Eurhythmics in Australia

Dalcroze Eurhythmics is a unique approach to music education that isn't as well-known in Australia as other methods like Kodály and Orff. Although few Australian teachers are trained in Dalcroze, many recognize its value for teaching music to children. The confusion around Dalcroze is understandable — there simply aren't enough practitioners to spread the word. People often picture young girls skipping with hoops when they hear "Dalcroze," but this approach offers much more.

## The Importance of Dalcroze Eurhythmics

The Dalcroze method, developed by Swiss musician Emile Jaques-Dalcroze in the early 1900s, focuses on rhythm as the core element of music.

It combines movement with music education, helping students understand rhythm through their natural body movements. This technique is essential for developing a deep musical understanding.

## Dalcroze's Discoveries

Emile Jaques-Dalcroze (1865-1950) noticed that many students, despite being technically skilled, struggled with timing and rhythm. He coined the term "musical arhythmism" for these issues, which are still common today. Dalcroze became dissatisfied with traditional teaching methods and created Eurhythmics, which involves moving to music to enhance learning. This approach helps students perform music accurately and expressively.

## Learning Through Movement

Moving to music allows students to feel and understand musical concepts physically. For example, a student might step to the beat of a crotchet or minim pulse, using their body to grasp the length and continuity of the beat. This kinesthetic learning — learning through body movement — makes musical concepts more intuitive and memorable.

## Practical Applications in the Classroom

In a Dalcroze classroom, students explore music through movement. They might use scarves to visualize phrasing or gallop to feel compound rhythms. This hands-on approach engages multiple senses, helping students form a comprehensive understanding of music. The proprioceptive system, which monitors body position, plays a crucial role in this learning process, providing essential information for controlling movement in time and space.

## Benefits of Dalcroze Training

Traditional music training often focuses on fine motor skills needed to play instruments. Dalcroze Eurhythmics, however, uses the whole body to explore music. Students in Dalcroze classes engage in rhythmic movement, ear training, and improvisation, experiencing musical concepts through their entire bodies. This holistic approach enhances their ability to perform with accuracy and expression.

## The Value of Dalcroze Eurhythmics

Music teachers should consider incorporating Dalcroze Eurhythmics into their teaching. This method not only develops musical skills but also fosters a deeper connection between the mind, body, and music. By embracing Dalcroze, we can offer students an exciting, innovative, and effective way to learn music.

If we don't explore and understand the Dalcroze approach, we miss out on a valuable educational tool. Bringing Dalcroze Eurhythmics into schools and music programs could greatly benefit our students and musicians.



Learn more about Dalcroze  
in Tim's podcast episode  
with Paula.

[Click here to listen](#)