

Bodybility

Abstract

The body produces music, sound, and stories in a laboratory that approaches sound as a source of creation with its guide. It is a workshop in which we will use and see the rhythm from different perspectives and we will create music only with our bodies. A few things about Body Percussion: Body percussion may be performed on its own or as an accompaniment to music and/or dance. Examples of countries' folk traditions that incorporate body percussion include Indonesian saman, Ethiopian armpit music, palmas in flamenco, and the hambone from the United States. Body percussion is a subset of "body music". Traditionally the four main body percussion sounds (in order from lowest pitch to highest pitch) are:
Stomping: Striking left, right, or both feet against the floor or other resonant surface

Patting: Patting either the left, right, or both thighs or cheeks with hands

Clapping hands together

Snapping fingers

However, there are numerous other possibilities including hitting the chest, whistling, slapping or flicking the cheeks with an open mouth, clicking with the tongue against the roof of the mouth, and grunting.

Keywords: Rhythm, Music, Body