



JUMP RHYTHM JAZZ PROJECT  
Billy Siegenfeld, Artistic Director

## Jump Rhythm Technique™:

### Six Action-Ideas

By Billy Siegenfeld

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In Jump Rhythm Technique, the goal is *full-bodied rhythm-making* – learning how to use the alignment concept of Standing Down Straight™ to transform the moving body, accompanied by the scat-singing voice, into a dynamically expressive, rhythm-accurate percussion instrument. Six action-ideas move us toward that goal...

#### 1. Being on the beat.

Using a quality of motion called *swing-bounce* allows the body to get grounded and pulse as a unit both *downward* and *on* the beat. It allows the body's weight to shift clearly, transforming simple actions like walking or hopping into time-precise movement.

#### 2. Making clear rhythmic accents.

Beating out a precisely timed accent involves transforming an extremity of the body into a *drumbeater* and making an actual or imaginary surface the *drumhead*. These drumheads are the surfaces against which the dancer plays rhythms.

#### 3. Using the voice rhythmically.

Vocalizing rhythm, or *scat-singing*, clarifies body rhythm by helping to ground the body and express emotion.



#### 4. Understanding musical concepts.

The ability to analyze and physicalize musical concepts such as quarter-notes, eighth-notes and sixteenth-notes or energy qualities like *staccato* or *sforzando* allows the dancer to be a more dynamic and versatile performer.

#### 5. Understanding anatomical concepts.

This involves learning about the bones of the skeleton, the muscles that move them, and how the skeleton's architecture, when aligned, gives clues about how to move efficiently and injury-free.

#### 6. Expressing energy.

Jump Rhythm Technique emphasizes dancing that focuses on turning the body into an articulator of energy rather than of shape. It can also strengthen any type of dancing performed to metrical music.

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