



**Texas Bandmasters Association  
Convention/Clinic July 20-22, 2023**

**A Director's Guide to Modern Band  
Visuals: 5 Skills You Can Build Your  
Whole Show Off Of**

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**Demo Group: J. M. Hanks HS Band,  
El Paso**

**Sponsor: UDB**

A Director's Guide to

# MODERN BAND VISUALS

5 Foundational Skills to Create an  
Impressive and Captivating Show!

*by: Michael Rosales*





"In this session, I will demonstrate the significant impact of 5 fundamental skills on the creation of band visual choreography.

Additionally, I will underline the crucial role of introducing basic movement fundamentals to students at an early stage."

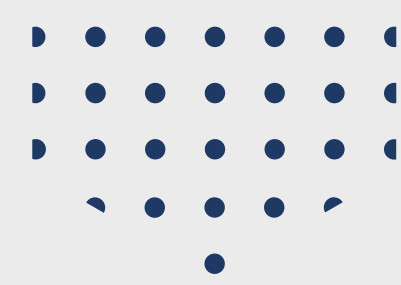


# INVEST TIME ON FUNDAMENTALS

Investing time in dance fundamentals during the early part of the marching band season is crucial for several reasons. Firstly, dance is an integral component of the overall visual performance of a marching band. By mastering the fundamentals of dance, such as posture, coordination, and rhythm, band members can enhance their overall visual presentation on the field. Additionally, dance fundamentals provide a strong foundation for more complex choreography and formations later in the season.

In today's presentation, we will focus on 5 simple Skills you can introduce to your students and show you how you can take combinations of these skills to create different visual moments.





# TAKE FIVE!!!

HERE ARE THE **5 SKILLS** WE WILL BE WORKING ON TODAY:

## 1. Plié

This word simply means “to bend”, “bent” or “bending”.

This may be done in all positions while ensuring that the knees are going directly over the toes for support. There are 2 kinds of pliés:

- Demi: This is a small bend at the knee while keeping heels to the floor or ground.
- Grand: This a large bend at the knee in which heels are raised off the ground, making sure that knees are traveling directly over the toes and following the turnout. Heels do NOT come off the ground in second position.



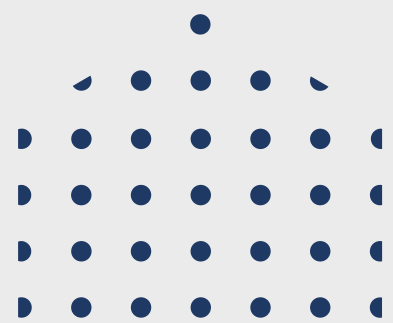


## 2. Tendu

This word literally translates as “stretched”.

Tendu is the action of stretching one foot away from the body but the tip of the toe remains on the floor as the performer’s foot arches.

This is also a great exercise to get the students to understand leg placement, balance, hip rotation awareness and control.



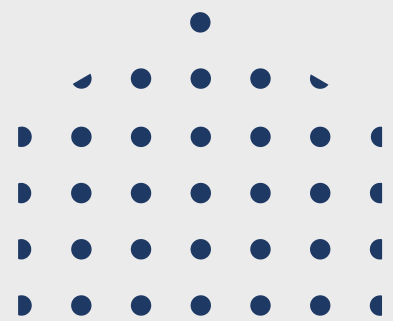


### **3. Forced Arch**

A position where the heel is raised, knee is bent and the weight is pushed (forced) over the first and second metatarsal (first and second toe).

Commonly used in Marching band during lunge positions.

Engaging in forced arch exercises help to strengthen the muscles in the foot and ankle, improving stability and balance. It also increases flexibility in the foot and ankle joints.



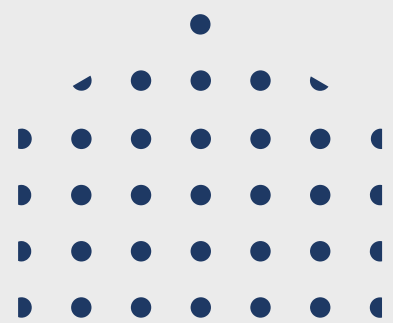


## 4. Side Lunge

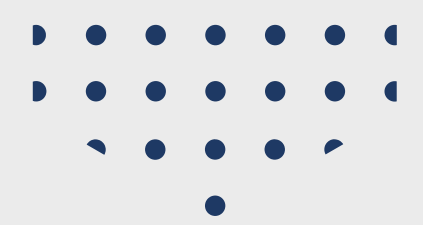
While in second position, the performer will bend one leg while keeping the other leg straight, causing the performer's weight to shift to one side.

We can also add a **tilt** by leaning the torso towards the bent leg for an added stretch.

Some benefits of these in exercises include; strengthening the lower body, enhanced hip mobility, activation of the core, improvement of lateral movement patterns and enhanced balance and coordination.







## 5. Improv

When exposed holistically, movement improvisation helps students grow into their technique, artistry and overall well-being as performers. There are many benefits to incorporating improvisation to your students' movement training, regardless of age and experience. Improv exercises help performers to:

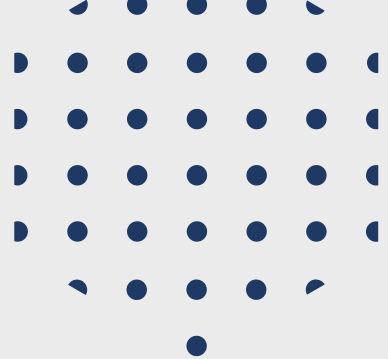
- Develop self-awareness as they explore movement that feels good to them and their bodies
- Become empowered through the process of making choices and developing confidence
- Self-expression and emotional release, helping to improve their well-being in and out of rehearsals
- Be freed from the idea of being perfect which is so common in training for our activity, enabling them to find joy through movement





***\*OUR GUEST STUDENTS FROM HANKS H.S. BAND WILL  
NOW PERFORM A TECHNIQUE EXERCISE I'VE  
DESIGNED TO HELP CURATE OUR VISUAL MOMENTS.***





## ***NOW, LET'S PLAY!***

In this portion of the class, we will take a few common sets that we see in Marching Band shows and show you how we can easily incorporate the fundamentals that the students have already learned and worked on.

\*Obviously, these ideas will vary based on tempo, whether they are playing or not and what other events are happening visually on the field.



FOR A FREE DIGITAL COPY OF OUR **“MOVEMENT” FOR MARCHING BANDS: A DIRECTOR’S HANDBOOK** WHICH CONTAINS ADDITIONAL RESOURCES IN:

- DANCE TERMINOLOGY AND EXPLANATIONS
- IDEAS ON STRETCH AND STRENGTHENING
- IMPROV AND ACTING EXERCISES
- CHOREOGRAPHY GUIDE AND MORE!!!

SCAN AND FILL OUT THIS FORM AND WE WILL EMAIL YOU A COPY!



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