

EVALUATION FORM II

Complete the self-evaluation below. Leave those elements blank that are basically correct; use + for very good elements and - for those that need improving.

 | x Dynamics

 | x Dead Beat

 - | - Accents

Posture—Arm/Hand Positioning

<u> </u> + <u> </u> +	proper foot position	<u> </u>	upper arm forward
<u> </u>	knees relaxed	<u> </u>	elbow lifted
<u> </u>	straight spine	<u> </u>	forearm—upper arm angle
<u> </u>	sternum up	<u> </u>	forearm extended
<u> </u>	shoulders back/down	<u> </u>	proper hand position
<u> </u> - <u> </u>	head high	<u> </u>	fingers naturally curved

Preparation

<u> </u>	mental set	<u> </u>	correct tempo
<u> </u> + <u> </u> +	group scan	<u> </u>	correct dynamic level
<u> </u>	smooth preparatory gesture	<u> </u> - <u> </u>	correct articulation
<u> </u> + <u> </u> +	rhythmic breathing motion	<u> </u> - <u> </u>	clear ictus
<u> </u> + <u> </u> +	eye contact	<u> </u> - <u> </u>	confident and assuring demeanor

Four Pattern and Releases

<u> </u>	vertical plane location	<u> </u> - <u> </u>	pattern clarity
<u> </u>	vertical plane amplitude	<u> </u>	internal releases
<u> </u>	horizontal plane location	<u> </u> - <u> </u>	final release
<u> </u>	horizontal breadth	<u> </u>	release preparation
<u> </u> - <u> </u>	clear ictus on each beat	<u> </u>	communication

Baton Grip and Use

<u> </u>	proper contact points	<u> </u>	baton on vertical plane
<u> </u>	natural curve of fingers	<u> </u>	ictus at baton tip
<u> </u> - <u> </u>	correct direction of baton	<u> </u>	ictus on horizontal plane

Evaluation Summary. Summarize your conducting evaluation in narrative form. Write one paragraph summarizing the positive elements of your conducting and one paragraph on those elements that need improving.

Summarize positive elements:

Footing was ok on both, although it looked like my knees were relaxed I know that they were shaking. I Still see that I am nodding my head, it is know where near as bad but it is there. I was standing straight. I had good dynamics I thought but still need a little work. I did a very good group scan, had good eye contact and rhythmic breathing was very noticeable but i think i missed one. Dynamics were very noticeable on ode as well as the dead beat. In all I feel there is marked improvement from the previous video.

Summarize those elements in need of improvement:

Dynamic were a little lax on my country, Accents were still off, I didn't really see them on My Country, and It was still hard to tell the difference on Ode. I just wasn't smooth enough on the regular beats thus my accents were over kill and missing in spots. I continue to bob my head, it is less but still there. My demeanor of humorous instead of confident. Articulation is better but still needs work, especially on two. Ictus clarity was suffering as well, sometimes it was too much other times too little. In my final releases is seem to be doing some weird thing with the baton. next time i need to wear a looser shirt or lose weight.