

台灣優律思美學校

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The Basic Elements in Tone Eurythmy
音樂優律思美的基本元素



This presentation explores the basic elements of Tone Eurythmy—beat, rhythm, and pitch—and how they are not only heard but experienced through the body. The beat establishes a steady pulse, akin to the heartbeat of the music, while rhythm defines the temporal flow—moving both forward and backward in time. Pitch, on the other hand, introduces direction of up and down in space and breath. Together, these elements create a dynamic and living structure within the music.

These elements extend beyond sound, resonating in the cycles of nature, the changing seasons, and the rhythms of daily life. Long tones evoke calm and spaciousness, while short tones convey urgency and movement, reflecting the contrasting paces of urban and rural environments. By embodying these elements through Tone Eurythmy, a deeper connection is formed between music, movement, and soul itself.

這次示範教學的主題為音樂優律思美的基本元素，在準備的過程中，不斷回顧老師在課程中話語，透過不斷地整理，發現音樂的基本元素同時在我們的身體上也可以感受到。例如拍子就如同樂曲的心跳，不管旋律如何變化，都一直穩定維持著。節奏定義了時間的流動——在時間中既向前也向後移動。而音高則引入了空間上和下的方向和氣息。這些元素共同在音樂中創造出一個動態且充滿生命的結構。

音樂的基本元素不僅在音樂中，在我們的身體裡，在四季的交替、大自然中及生活中也處處可見。例如不同的節奏表達出多樣特殊的音樂個性，長音給人一種放鬆安靜的氛圍，短音則比較緊湊，給人窮追不捨的忙碌感覺，所以生活在大都市與郊區也會帶來完全不同的生活節奏。透過音樂優律思美具象化這些元素，音樂、移動的方式與感受之間便形成了更深層的連結。