

The Three-beat Pattern

For songs that have three beats per measure, use the three-beat pattern. Bring your arm down for the first beat, move your arm to the right for the second beat, and bring it back up to where you started for the third beat. Emphasize the little bounce on beat one and the dips on beats two and three. Each bounce and dip, shown by a circle on the diagram, is called an **ictus**. The ictus shows clearly where the beat is. Emphasizing the ictus makes your conducting easy to follow.

Practice the three-beat pattern a few times, making your movements smooth and even. Keep your shoulder and wrist still (the wrist bends only slightly to emphasize the beats) and let all the movement come from your elbow and forearm.

