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Leigh Howard Stevens

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Method of Movement for Marimba with 590 Exercises Leigh Howard Stevens
Perhaps the most in depth publication on the art of four mallet marimba playing, Method of Movement contains 15 chapters filled with 590 exercises, photographs and detailed diagrams. A must study for any serious marimbist. Brief Review In Mr. Stevens' own words: Through this book the author attempts to shed bright light into one dark corner of the marimbist's art: the mechanical principles of good technique. This text and its author is the most comprehensive analysis of the "Steven's" four-mallet marimba technique. It's an essential workbook for all students and performers who practice the "Steven's" grip and has placed itself firmly in the lists of standard repertoire and resources. The book features hundreds of exercises, discussions about the grip and the concepts surrounding muscle movement, as well as pictures and diagrams of the grip and its implementation. Through this book the author attempts to shed bright light into one dark corner of the marimbist's art: the mechanical principles of good technique. The author believes inadequate to the demands made of the marimbist by contemporary music efficiency of movement. This is the area the Method of movement presumes to enlighten.

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