After watching your video of the “posture check + three & five beats” tasks, assess your first time in front of the class “ensemble.” Start becoming familiar with your appearance in front of an ensemble. The amount of details in your answers should fill the blank space provided for each question.

1. **Describe your physical appearance** in regards to the basic ready-position of conducting. Check each of these items — feet, knees, hips, chest, arms, wrists, hands, head, and face.

2. **Describe the appearance of your demeanor.** What emotion, mood, or character do you portray facing the ensemble — confident, confused, posed, scared, puzzled, dominating, pleasant, etc?

3. **Describe the precision and clarity of your prep beats gestures.** Could you follow your gestures while watching yourself with the sound muted?

4. **Describe the variety of your gestures for the three isolated beats.** Were these gestures as varied as you expected them to be?

5. **Describe the clarity of your phrasing gestures for the five connected beats.** Could you see your intended phrase while watching yourself with the sound muted?