

## SSM METHOD

### Introduction to body percussion

In recognition of the body as an instrument, we will develop coordination, concentration and creativity through the use of body percussion. Without forgetting the aesthetics of music and through elaborate sequences, games and creating rhythmic choreography, we will also work to strengthen different ways of learning, one of which being teamwork.

### Why SSM?

- **Signaling:** The sessions on this methodology are eminently practical and executed with instructions in real time.
- **Sequencing:** All exercises and activities are carefully systematized. The constant and regular sequence structures are, in learning, and in its final aesthetic result, critical for the control, planning, implementation and achievement of musical and extra-musical objectives.
- **Music:** The most important overall objective. It is the language with which we will express ourselves, create and feel throughout the learning process or during the playful experience.

### Fundamental principles and pedagogical justification

#### 1. Achieving self-esteem through self-realization by

- Planning and achieving goals
- participation in collective projects
- Intrapersonal development

#### 2. Strengthening interpersonal relationships

- Social integration
- Recognition of others
- Learning to respect and value

#### 3. Using the properties of rhythm and musical language

- Order, organization and impulse control

- Recognition and perception of body
- Development of creativity and aesthetic sense
- Rhythm as a teaching and therapeutic resource

## **Santi Serratosa López**

Professional musician (drums, music therapy, bodypercussion)

After graduating in Modern Music from L'AULA de Música Moderna at the Liceu Conservatory in 1999, Santi continued his studies as a drummer at the Drummers Collective in New York in 2001, and finally, attained a Masters in Music Therapy from the University Pompeu Fabra.

Currently active as a professional musician with groups Astrio and Gossos, Santi combines his profession career with music therapy and body percussion, a discipline in which he leads a big band, the SSM BigHand.