



NPS1004



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Metallics

A Gong Bath for Stage

BY: **Nathaniel Stottlemeyer**

EASY-MEDIUM, 5+ PLAYERS

INSTRUMENTATION:

GONGS, EFFECTS BELLS,
BURMA BELLS, BELL PLATES,
SINGING BOWLS

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Performance Notes:

Metallics is inspired by the tradition of using gongs for holistic sound therapy. In addition to sound therapy, the term “gong bath” is defined as sound meditation with gongs and may also be referred to as a sound massage. The observance of air movement from sounding gongs inspired the use of gongs for sound therapy. Air movement from gongs can be felt when in close proximity to sounding gongs, especially large gongs.

For Metallics, each movement is notated in a single table. Stylistic markings for each movement are noted above the table. Each table is to be read as a musical score, left to right. Each cell of the table includes tone/technique abbreviations for each instrument’s sound palette in addition to cell durations in seconds. Overall the piece is arhythmic. However, players should embrace naturally occurring rhythms in movements II and IV. Players should explore creative tones, however not in excess. Too many textures may create a sense of confusion or be interpreted as noise.

Sounds Palettes:

Player/Group A - Large Gongs (24”+)

- “FUN” - low, fundamental tone. Played by striking the gong in the center with a large mallet and modest stroke.
- “SHIM” - high, shimmering overtones. Usually best accomplished after sounding the fundamental. Played by striking the front of the gong near the edge with a modest stroke.
- “SCR” - scraping of the instrument with a coin, triangle beater, or other object.
- “BOW” - bowing the edge of the gong with a cello or bass bow. Requires the bow to have rosin applied.

Player/Group B - Effects Bells (Mounted cymbal-like bells on cymbal stands, played similarly to Turkish-style cymbals on a drumset)

- “BEAD” - striking the bell of the cymbal with the bead of the drumstick.
- “SHO” - striking the bell of the cymbal with the shoulder of the drumstick.
- “EDGE” - striking the edge of the cymbal with the shoulder of the drumstick.

Player/Group C - Burma Bells

- “FUN” - fundamental tone. Played by striking the bell in the center with a wood mallet and modest stroke.
- “EDGE” - striking the top to bottom edge of the bell with the shoulder of the mallet without spinning the bell.
- “SPIN” - striking the right or left edge of the bell with enough force to spin the bell.

Player/Group D - Bell Plates

- “FUN” - fundamental tone. Played by striking the plate in the center with a medium-soft mallet and modest stroke.
- “BEAD” - striking the plate with the bead of a drumstick.
- “EDGE” - striking the edge of the plate with the shoulder of a drumstick.

Player/Group E - Singing Bowls

- “STIR” - the characteristic “singing” tone. Sounded by the friction of the mallet being scraped against the edge of the bowl in stirring motion.
- “EDGE” - striking the edge of the bowl with the shoulder of the mallet.

Please note: This musical work is not intended to be used as a medical therapy of any kind. The sole purpose of this musical work is to entertain an audience.

Metallics

A Gong Bath for Stage

Nathaniel Stottlemyer

I.

Very Sparse

A	FUN SHIM (30s)		SCR BOW (30s)		FUN SHIM (30s)		█
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II.

Rhythmically (Slow Tempo)

A	FUN (20s)		SHIM (20s)		FUN (30s)		SCR (20s)		FUN - 1x (30s)		█
B	BEAD SHO (20s)		EDGE - 1x (30s)		EDGE (20s)		<i>rest</i> (10s)		BEAD (40s)		█
C	<i>rest</i> (30s)		SPIN (20s)		FUN (20s)		EDGE SPIN (40s)		<i>rest</i> (10s)		█
D	BEAD FUN (20s)		<i>rest</i> (10s)		FUN (30s)		<i>rest</i> (10s)		BEAD EDGE FUN (40s)		█

III.

Sparse

A	FUN SHIM (30s)		FUN BOW (30s)		BOW SHIM (20s)		█
D	<i>rest</i> (15s)		FUN BEAD EDGE (45s)		<i>rest</i> (20s)		█

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IV.

Rhythmically

B	<i>rest</i> (10s)	BEAD (20s)	BEAD SHO (20s)	EDGE - 1x (30s)	<i>rest</i> (10s)	EDGE - 1x (30s)
C	<i>rest</i> (10s)	SPIN (30s)	<i>rest</i> (20s)	FUN EDGE SPIN (30s)		SPIN - 1x (30s)
D	<i>rest</i> (20s)	BEAD EDGE (30s)	FUN (10s)	BEAD (40s)		FUN - 1x (20s)
E	STIR (20s)	EDGE (20s)	STIR (20s)	STIR EDGE (30s)		STIR (30s)

V.

Sparse

A	FUN SHIM SCR (30s)	FUN BOW (30s)	FUN (30s)
C	<i>rest</i> (15s)	FUN SPIN (30s)	EDGE (15s)
E	<i>rest</i> (15s)	STIR (30s)	EDGE (15s)