

## **Traditional African Music History**

In traditional African culture, every life aspect has specific music to accompany the telling of a story. That is why learning traditional African music is to simultaneously learn and embrace all of a given culture.

Call and response: playing traditional African music helps to increase the way people focus. Also, it challenges people's brains and allows the process of doing and thinking about many things at the same time.

Traditional drumming is a powerful tool for helping participants to communicate, tell stories and learn about traditional daily life in Africa before the influence of colonization.

Before the telephone was invented African people used drums to communicate, tell stories and express their emotions and feelings. The griot (story teller) sends the Royal court's messages to the population. Originally, traditional instrument were used to send a message to relatives and friends whereas, nowadays people use modern technology such as: cell phones, email, and mail delivered to communicate.

African people believe rhythm is natural in their bodies. Rhythm is a primal form of communication and is very rooted in them. Traditional African music is what binds the community together.

Traditional music is an essential component of African dance. The energy of the drum forms an important triad of music, dance and song that is very important in African tradition. There is a certain heartbeat that you feel when you connect with the rhythm of the drum.