The importance of this thesis lies in the fact that it deals with the main conducting problems and how they are solved, by using Greek and Cypriot traditional music. Step by step, form the easiest and most fundamental to more complicated situations, the various conducting problems are explained through drawings and schemes, musical examples and relevant information. The main reasons for undertaking this task and subject have to do with organizing the material available and obtained through the course of the facultative study and present them in a matter most suitable to students and scholars interested not only in the art of conducting but also in the traditional music of Greece and Cyprus. By familiarizing with the existing bibliography and through extensive research, use of various software for recreating the music examples and careful design of the conducting patterns, an analytical textbook offering instructions and a meticulous anthology of relevant songs and compositions has been conceived. In this way and to whoever it may concern the thesis can become a guide to the rudiments of conducting and a pleasant, though precise manual concerning patterns and skills.