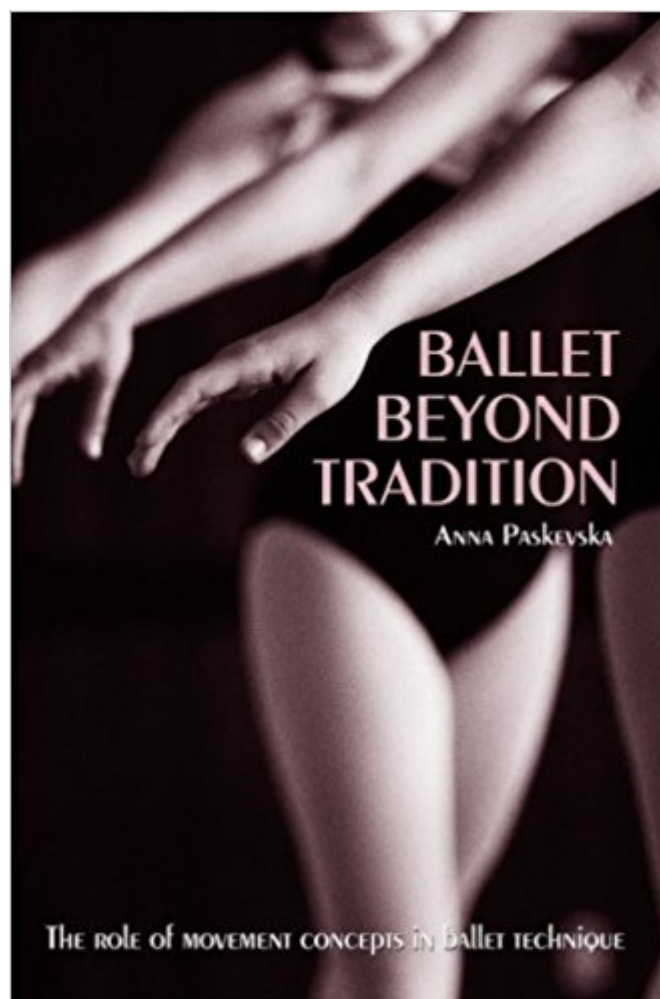


The book was found

# Ballet Beyond Tradition



## Synopsis

For nearly a century, the training of ballet and modern dancers has followed two divergent paths. Modern practitioners felt ballet was artificial and injurious to the body; ballet teachers felt that modern dancers lacked the rigorous discipline and control that comes only from years of progressive training. *Ballet Beyond Tradition* seeks to reconcile these age-old conflicts and bring a new awareness to ballet teachers of the importance of a holistic training regimen that draws on the best that modern dance and movement-studies offers.

## Book Information

Paperback: 200 pages

Publisher: Routledge (October 28, 2004)

Language: English

ISBN-10: 0415970180

ISBN-13: 978-0415970181

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #261,104 in Books (See Top 100 in Books) #12 in [Books > Arts & Photography > Performing Arts > Dance > Ballet](#) #21 in [Books > Arts & Photography > Music > Musical Genres > Dance](#) #69 in [Books > Textbooks > Humanities > Performing Arts > Dance](#)

## Customer Reviews

"There are many ballet teachers who are revisiting the classical vocabulary in light of other movement techniques...yoga, martial arts, Pilates, Alexander Technique, Bartenieff Fundamentals....I applaud [this book's effort to enlighten ballet teachers into realizing that basic movement principles and attention to developmental aspects of teaching are important."-Melanie Bales, Ohio State University

Anna Paskevskaja is the author of one of the best-regarded books on kinesiology and dance, *Both Sides of the Mirror*, first published in 1982, and issued in a 2nd edition in 1992. She also is the author of *Ballet: From the First Plié to Mastery*, a syllabus for ballet teaching (Routledge, 2002). She is past Chair of the Dance Department at the Chicago Academy of Arts.

Every ballet teacher and student should read this book. At \$95 for the hardcover book, it's

overpriced. I bought the kindle version for a quarter of that and it worked just fine. The purpose of the book is to bring the basic principles one finds in Lewis's book *The Illustrated Dance Technique* of Jose Limon to the ballet class. Those principles are good because they are more descriptive of what a student should sense and feel while working in class than are the French terms that make up the ballet vocabulary. At least that's the case for those of us who don't speak French. Paskevskaya introduces each principle and discusses how each applies to different movements in ballet class. Particularly helpful is her presentation of an actual class where each movement is broken down in terms of the various principles. Although the writing is overly academic and contains some of the silly notions about human physiology that one often hears in the ballet world, these are relatively minor. I've read the book three times and find myself increasingly thinking of the principles in my own ballet and modern classes. I urge other students to buy the book and do the same.

[Download to continue reading...](#)

Ballet Beyond Tradition Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class Ballet 101: A Complete Guide to Learning and Loving the Ballet Ballet Barre & Center Combinations: Volume II: Music (Ballet Barre and Center Combinations) Cute Dance Journal Ballet: Lined Notebook for Girls, Perfect Gift for Dancers, Teachers ~ Unique Inspirational Quote Diary for Dance Students, Teacher~ Jazz, Ballet, Tap, Hip Hop, Irish Dance Ballet for Life: Exercises and Inspiration from the World of Ballet Beautiful Creative Ballet Teaching: Technique and Artistry for the 21st Century Ballet Dancer The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet The Secret of the Ballet Book: (Kids Fantasy Books, Ballerina Fiction) (Kids Mystery, Girls Books Ages 9-12, Ballet Stories, Dance Books, Kids Books, Kids Fantasy Books Ages 9-12) BALLET SUITE FROM THE BOLT OP27A (BALLET SUITE NO5 FOR ORCH) SCORE Hope in a Ballet Shoe: Orphaned by war, saved by ballet: an extraordinary true story Teaching Ballet Creatively: A pre ballet primer El Ballet Folklórico de México de Amalia Hernández/ Amalia Hernández Folklórico Ballet of Mexico (Spanish Edition) Nutcracker Nation: How an Old World Ballet Became a Christmas Tradition in the New World Infinity: Beyond the Beyond the Beyond The Human Tradition in Modern Japan (The Human Tradition around the World series) The Human Tradition in Premodern China (The Human Tradition around the World series) The Human Tradition in Colonial Latin America (The Human Tradition around the World series) Biblical Interpretation in the Anabaptist Tradition (Studies in the Believers Church Tradition)

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)