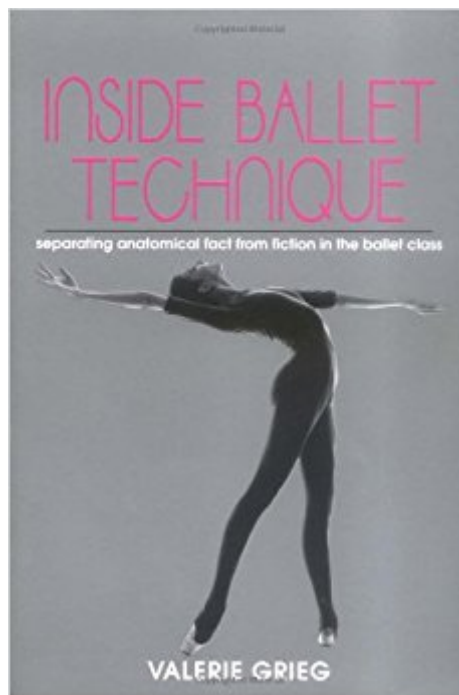




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# **Inside Ballet Technique: Separating Anatomical Fact From Fiction In The Ballet Class**



## Synopsis

A Dance Book Club main selection, this guide offers a general explanation of anatomy, kinesiology, and technique for ballet dancers, students, and teachers.

## Book Information

Paperback: 144 pages

Publisher: Princeton Book Company (May 1, 1994)

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 27 customer reviews

Best Sellers Rank: #68,804 in Books (See Top 100 in Books) #4 in Books > Arts &

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Dance > Classical

## Customer Reviews

The more knowledge the dancer - and the dancer's parents and teachers - has about the body as an instrument of artistic expression, the better the dancer. Inside Ballet Technique introduces the reader to the natural anatomical laws governing human movement and body mechanics, and relates them directly to the dancer's acquisition of technique in the daily ballet class. Easy to read, simply and clearly illustrated, Inside Ballet Technique provides a fresh perspective on the basic tenets of classical ballet, answering many questions that commonly persist in the minds of career-track students and dancers.

Loving this so far! The chapter about the spinal column has revolutionized the way I approach posture and the way I feel as I dance. I've been showing my ballet students some of the diagrams in this book. Beautifully written, too.

This book helped me understand more about elasticity and how muscles, joints and bones work together. It is a succinct volume, but it p"cks a punch."

Pretty good anatomy explanation connected to ballet practice.

Inside Ballet Technique by Valerie Grieg is an excellent overview of ballet for the curious as well as beginner & advanced students. An extensive bibliography is provided for those needing more information.

Very anatomical. I was slightly overwhelmed.

Excellent and easy to read book. Very helpful to my understanding of the connection between technique and health.

It is a good read.

A can only highly recommend this book. A real analysis , clear and uncomplicated for both teachers and dancers. A must reading and reference book.

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