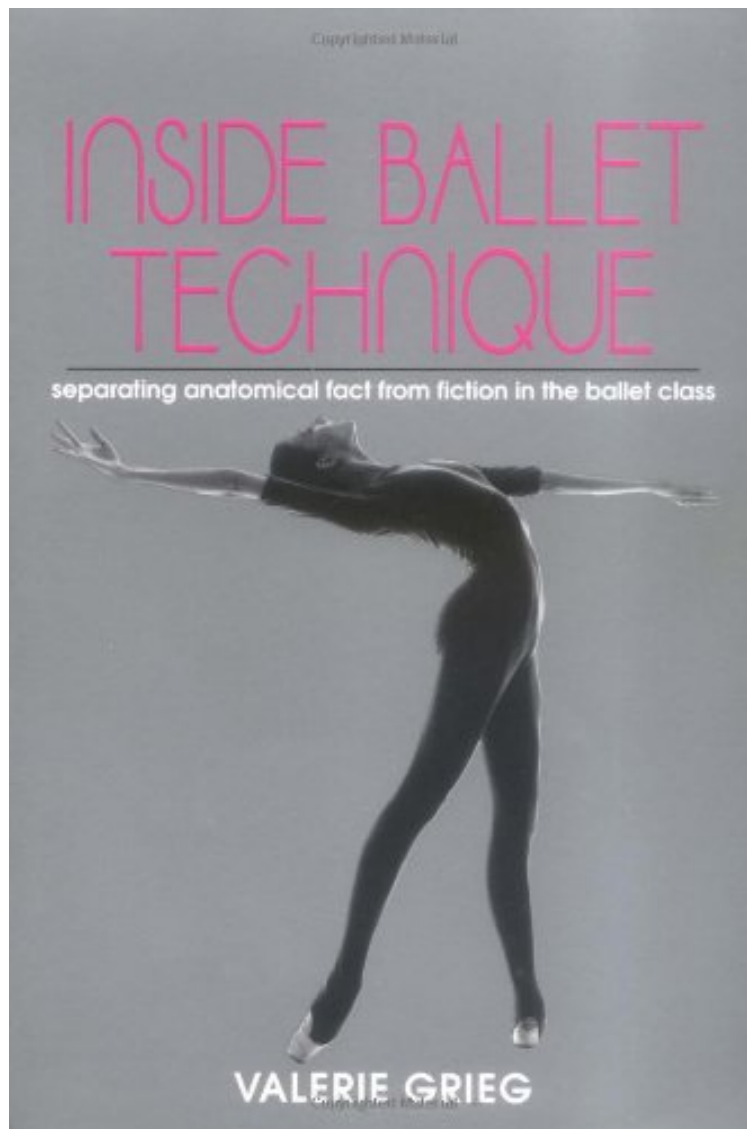


(Ebook pdf) Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class

## Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class

Valerie Grieg

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

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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.