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Titolo	Ballet : from the first plie to mastery : an eight-year course / / Anna Paskevskaja
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ISBN	0-203-46231-9 1-283-96822-3 1-136-61298-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (193 p.)
Disciplina	792.8/071
Soggetti	Ballet dancing - Study and teaching Ballet dancing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes discography.
Nota di bibliografia	Includes bibliographical references and discography.
Nota di contenuto	pt. 1. Use and benefits of classical training -- pt. 2. Lessons.
Sommario/riassunto	Ballet: From the First Plie to Mastery is designed as a complement to a beginning student's ballet training. The book opens with a brief description of the benefits of ballet training to young dancers, and then introduces fundamentals and precepts of the technique. Clear photographs show exactly how to execute each movement. Then an eight-year course is presented, taking the student from age 5 or 6 through the teen years, outlining exactly what is to be taught and how it is to be performed. A glossary, bibliography, and discography close the book. Young girls-and increasingly boys-are d