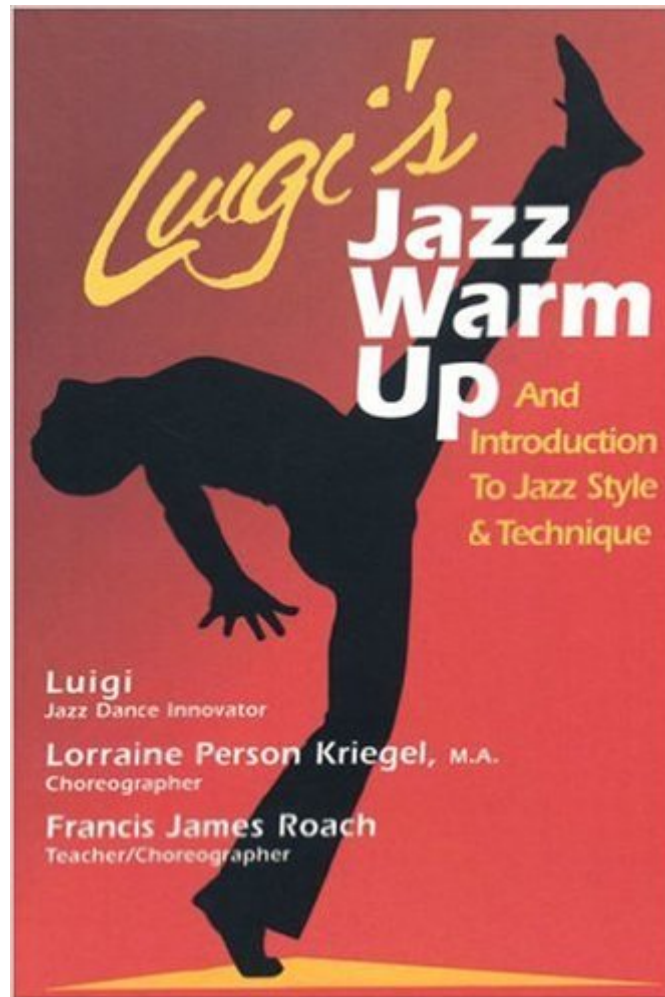


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# Luigi's Jazz Warm Up: An Introduction To Jazz Style & Technique



## Synopsis

For the beginning or intermediate student of any age, this complete body warmup also provides an introduction to Luigi's lyrical jazz style. Developed over a 45 year period of teaching, Luigi's pioneering method is based on anatomically sound principles, using center and floor work exclusively. He believes that students should learn how to support and control themselves totally from within and find the feeling of using space as a barre.

## Book Information

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## Customer Reviews

I thought this book was great! Luigi's personal and professional story is truly inspirational. All aspects of this book was well written. I found the content of this book a tremendous help. I highly recommend it to those such as myself who have never taken a dance class, but are interested in signing up for class and need to prepare in advance for flexibility, strength, etc. The book is easy to follow; the photographs give plenty of visual detail and the descriptions are specifically written to be easily followed by a novice. The exercises in this book condition the body wonderfully in preparation for dance.

As a former dancer, now teacher and choreographer, I have been dancing and teaching Luigi's style for many years (without reading his book). I was taught by an American dancer, so when I recently read the book, I was surprised how well known the exercises and not less Luigi's philosophy was to me. The book is a perfect way to learn jazz, diff. steps (lots of small photographs) and not to forget

his brilliant idea: "take the barre with you" out on the floor. The most complete jazz system I've ever trained. The book is easy read, easy to follow even for beginners, and not to forget - a perfect way to get strong, long and smooth muscles. I can only recommend the book - a fine supplement to related books and videos.

Luigi is a miracle. His dance technique grew out of his self-rehabilitation from a paralysis caused by head trauma. The injury forced him to discover how to stand, walk, and dance with perfect balance and alignment...or he wouldn't have been able to stand, walk, or dance at all. That knowledge has been refined into a jazz dance technique that is CORRECT. It won't hurt the body, and it will actually heal many muscle and joint problems. And it looks absolutely beautiful! This book does an excellent job of explaining not only Luigi's technique, but also Luigi's philosophy that underlies the technique. It should be in the library of every dancer, and of anyone interested in proper body alignment and movement.

The book is complex and takes a very long time to plow through the detail, making it useful only as a reference for those who have already memorized the movements. It will not be of any use to someone of dance background who does not live in New York City and is trying to self-learn the technique. The Luigi Jazz Center in New York used to offer a DVD of the exercises but does not do that any longer. The "CD" of the master jazz class advertised in the book is nothing more than an AUDIO CD, it does NOT demonstrate the master jazz class. This jazz technique is already in serious decline, and without visual aids will go the way of the dodo. It will be a shame for this lovely technique to be lost.

The Luigi Technique is both beautiful and therapeutic. You cannot hurt yourself doing Luigi's warm-up and feel so good afterward. The book is imbued with Luigi's spirit and clearly shows the warm-up. Luigi was still dancing the combinations and teaching 12 classes a week at age 84. And that is because of his warm-up which helped recover him from his horrific accident. I recommend the book to everyone interested in dance.

Have had this on my wishlist since forever and no one ever got it for me so I ordered it for myself this year. I'm 68 now (would have been nice to have way back) but still believe in the method and expect great things from myself now that I have this. These are all warm-up movements, many done on the floor. My goal is to become more flexible & I truly believe this will do the trick. Used this

method a long time ago with great results.

The book was published about 20 years ago. The information in it was already "old" at that time. Anyone who had taken jazz or modern dance classes in the 60's had probably been exposed to some type of Luigi technique through their local dance teacher. This is an indication of Luigi's impact on the field of dance instruction, but there is no reason to buy the book. The illustrations of the positions and movements are line drawings in black and white. This makes it very difficult (if not impossible) for one to understand what to do. Now You Tube videos of dance instruction are ubiquitous. If the book were revised to contain a DVD, or marketed only as a DVD, it might have some value for the modern audience. But that is unlikely to happen, as Luigi has passed away. He was a giant in the field of jazz dance technique, having defined the field, and many dancers and actors benefitted from his training.

This book explains very clearly the warm up exercises of the Luigi technique. This technique allows you to dance Jazz from the inside, what you learn here can be applied to ballet, modern dance, or any other technique plus to your daily life. The pictures and explanations are easy to understand, but it requires time to learn each exercise. If you have been in a Luigi class before this book will help you remember the exercises.

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