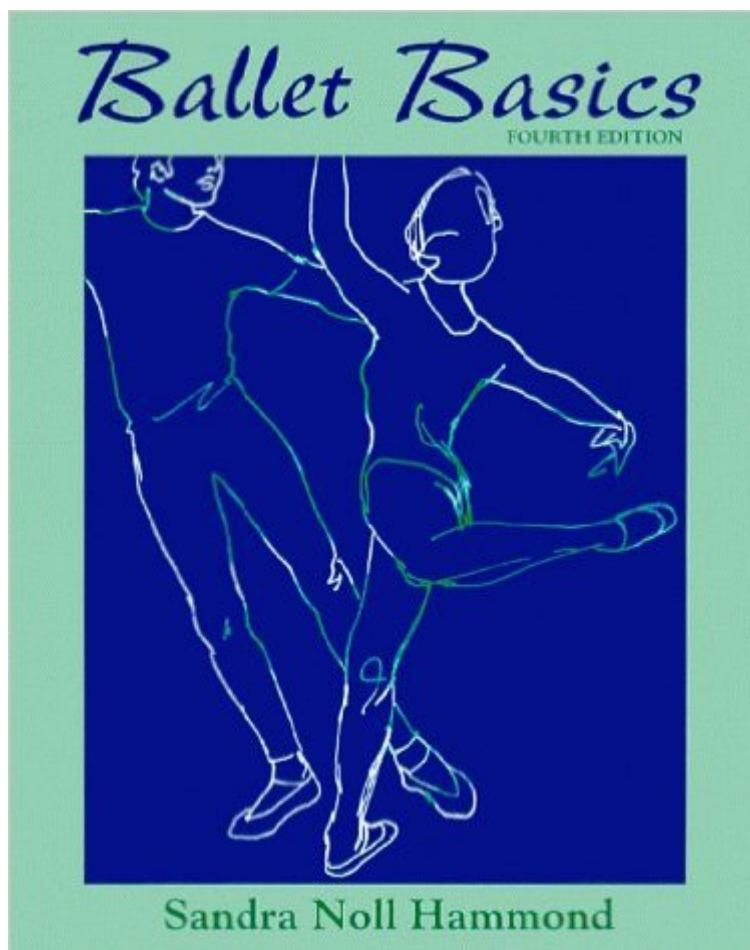


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# Ballet Basics



## Synopsis

Written for the adult beginner, Ballet Basics is a well-illustrated introduction to the fundamentals of ballet technique. The text also provides an overview of the history of ballet.

## Book Information

Paperback: 224 pages

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (17 customer reviews)

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## Customer Reviews

I have the 3rd edition of this book, which was required for a college Ballet I class. As a beginning, adult, male student, I found the book to be very detailed - which I like. She gives you illustrations of steps, with the French name & pronunciation, why your doing it (e.g. to stretch certain muscles), a description, etc..Initially, working at the barre (e.g. how to stand, plie', positions of the feet) Sandra gives correct & incorrect drawings. Of course, no book or video can replace being in class nor should it. With ballet you need a teacher to correct what your doing wrong so you can learn from it. Then having good books, videos, etc. as reference material helps you learn.The book is written for us beginner adults, not children and not the pro's, which is really nice. Since we don't have nearly the flexibility of them. It also includes some history in the back of the book. Illustrations show men as well as women. Also included is what to wear to class, what to expect in class, how you should act, etc..Get her other book once you get beyond the basics.

Finally a good ballet instruction book that's encouraging and doesn't talk down to adult beginners. The more ballet classes I take, the more I realize how well this book distills the important aspects of ballet. Sketches and photos showing correct (and incorrect) body positioning are appropriately

used. When I started ballet, I picked up a handful of books, and I always reached for this one when I had 10 minutes to learn a new tidbit. The brief history of ballet in the final chapter is added bonus. If you're an adult beginner, start with this book and the David Howard videos, plus a good teacher once or twice a week. You won't be auditioning for the American Ballet Theatre, but you'll become a proficient dancer pretty quickly.

This book provides a good solid basic technique overview. It has been used as a textbook at some colleges, and was highly recommended by my former headmistress. I found the text interesting and helpful, and the illustrations sufficient. Of course, no book can replace a talented instructor, but as a supplement to a dance program, this book is superior.

This book is helpful if you know absolutely nothing about dance, and need to learn for yourself or your beginning children. When teacher or student says a term, you will be able to know for sure what it means. It will warn against some of the most obvious wrong ways of doing things. It provides basic illustrations of the positions, movements, etc. that are defined. It will not explain which muscles to use to turn your feet out, or which to engage to hold your pelvis upright, or even how your arms should be rotated in order to obtain arms that look like the ones in the illustrations. For that, you will either need your instructor to explain these things in detail (if they are willing and able) or you will need another book or video to help you. It is useful as a basic book of definitions, but no further.

This resource is worth 5 stars - it is specifically for adults and is easy to read, easy to access. All steps are described and illustrated. Worth purchasing especially if you are a beginner.

I'm taking a beginner ballet course in college for my required physical ed and this book is really helping me to grasp the terms with its detailed illustrations and good explanations.

The book was in great condition. Definitely worth the buy, although a bit expensive. It is a small book, but overall pleased with the purchase.

Great product. Good condition. Am looking forward to using it for my current class as well as any future classes in ballet that I may take.

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