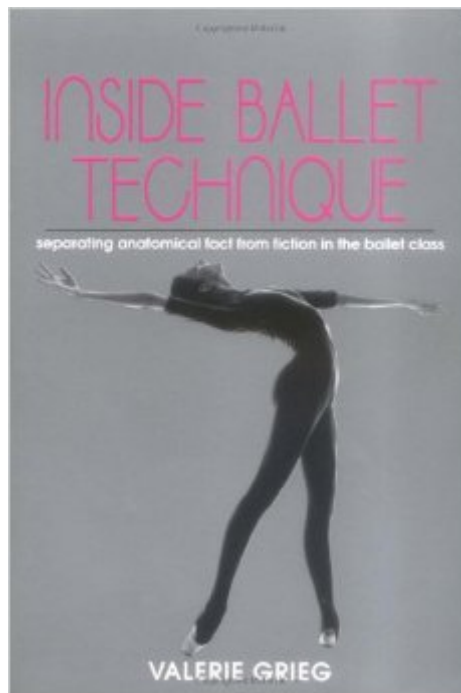


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# Inside Ballet Technique: Separating Anatomical Fact From Fiction In The Ballet Class



## 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

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (24 customer reviews)

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## Customer Reviews

The introduction to this book promises to answer the questions that plague ballet dancers & teachers as they attempt a mastery of the technique - particularly the controversial ones, & the ones that create more questions. It has no photos, but plenty of accurate illustrations. The author uses both common ballet expressions as well as anatomically correct terms to explain what the body is doing internally when tasked with ballet movement or placement. How much are the gluteals involved in turnout? What muscles are used in grand battements devant? How high can the leg be lifted in any direction without tilting or compromising the hips? What is pliable and able to change in the body with training, and what is permanent structure? All of these and much more are clearly addressed, so as to set the reader's mind at ease in technical understanding, & rid the mind of hang-ups that impede progress. I recommend that all teachers, as well as mature or intermediate level students read this thoroughly.

I am a young dancer and both my teacher and I have benefited from this book. Not only does it have certain tips, but it teaches dancers about their main asset.... their bodies. The portion about the pelvis not only helped my placement, but everything else benefited from that. My turns were better

and so were my balances.

I was assigned this book in college for Dance Pedagogy and found it to be a great resource to understanding anatomy as it relates to dance. It gave me many new insights into alignment, the foot and the hip flexor and not only opened up new possibilities as an instructor, but as a dancer as well.

So many dancers unfortunately go directly from high school into ballet companies, without ever completing their education. Then, when their careers end at an early age, they go into teaching without any education in kinesiology, anatomy, or even pedagogy. Thus, they unwittingly promulgate myths and fallacies they were told over the years, without any understanding of what they are saying. For example, many teachers do not know the purpose of many barre exercises; they only do them because their teacher did them. This book is indispensable for anyone studying ballet for the first time (including adults), and especially for ballet teachers.

Well researched and referenced and very well written in an almost conversational type tone. I'm a folk based dancer and would recommend this to not just ballet dancers but anyone interested in debunking some of the movement myths we get fed in the dance world that are misleading and sometimes downright dangerous. The book is set out in a logical manner which makes the material easily digestible and the writing is non pretentious, making it accessible to those that may not be up with all the proper anatomical terms associated with dance kinesiology.

A well written guide for dancing correctly. The only problem with it is that it is not written for convenience or quick reference. Inside Ballet Technique is what every dancer and teacher should know. Buy it, read it and share it

I am a novice dancer and I found this book extremely helpful in learning what to do and what not to do. I've already seen an improvement in my form and ability.

Ballet is being taught incorrectly all over the world today except for in a few great institutions such as the Royal Ballet School. Valerie Grieg has brought to light the lies that fill so many ballet classrooms today. She explains the technique of ballet simply and clearly and why and how it works. As a student of ballet, I have been incredibly fortunate to have had a teacher who cares about the technique immensely, and it is comforting to know that people such as Grieg still care

about the art's technique! If you are either a teacher or student of ballet, this book is a must read! You will benefit greatly from what Grieg has to say.

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