

M 1 Classical Dance 1

Training

Classical training based on the Russian Method: barre, center work and jumps. Floor barre will be included.

Floor barre

Floor barre is ideal for discovering mistakes and self-correction of them due to the fact that in floor barre gravity is not as hard on the joints. This way physical structure can be changed, the body becomes more defined, muscles will be extended and get longer. The en dehors (turn out) will be maximized; flexibility, posture, balance and muscle tone as well as perception are trained. This will have a positive influence on all dance styles.

Point work (women)

Basic training is to strengthen balance, legs and feet and practice for example relevés in 1., 2., 4., 5. position, pas echappé / with turns and endings on one foot. Furthermore, technique for pirouettes in 4. and 5. position en dehors and en dedans will be taught, as well as turns through the diagonal and relevés on one leg.

Special training for men

This special training for male dancers is designed to develop strength and coordination which are necessary to master the repertoire of classical and contemporary dance, such as working on turns in grand poses, multiple pirouettes with different starts en dehors and en dedans, grand tour à la seconde. Developing the technique in battu landing on two feet and on one foot as well as working on big jumps for elevation and ballon.

Pas de Deux (men)

Elements of classical and neo-classical partnering such as supported poses, balance and off-balance, turns, lifts and the appropriate coordination between partners will be explored. We will work on classical and neo-classical repertoire.