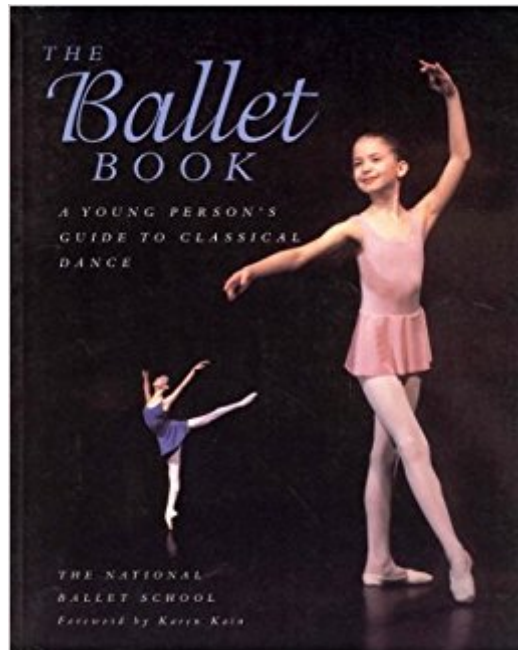




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# The Ballet Book: A Young Person's Guide To Classical Dance



## Synopsis

The Ballet Book is produced in conjunction with Toronto's National Ballet School and is a definitive instructional resource for children who are beginning to explore the possibilities and delights of ballet. The introduction was written by Karen Kain. Lavishly illustrated with charming black and white photographs of students in action, supplemented by explanatory text, The Ballet Book illustrates in detail the positioning of the arms and the feet, barre work, pointe work, alignment, classical ballet poses, attitudes, allegros, batteries and arabesques. Deborah Bowes also discusses other aspects of ballet with chapters on preparing for class (grooming, dress, choosing a teacher and studio), being a healthy dancer (avoiding injury, realizing the health benefits of ballet), and gives an overview of ballet's historical highlights and modern opportunities. The comprehensive glossary will initiate students into the terms used in the study of ballet and will serve as an inspirational motivator, an exceptional teaching aid and an ideal companion for students. (1999)

## Book Information

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