

Ballet



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Introduction

Ding-dong! That's the third bell, in a theater, but it's not gonna be some boring dancing about love. It will be an interesting book about ballet! Are you excited? Then let's start!

History of Ballet

The word ballet is a French word which had its origin in Italian balletto, a diminutive of ballo (dance) which comes from Latin ballo, ballare, meaning "to dance"¹ which in turn comes from the Greek "βαλλίζω" (ballizo), "to dance, to jump about". The word came into English usage from the French around 1630. According to Wikipedia.

The ballet started to show up in around 15 and 16 centuries, but it wasn't what we see today. They danced without pointe shoes. Why? Thirst of all they did not event tham et and also look at the fun fact on the next page...!

Another thing you have to know is that the thirst ballet was performed in palaces! And only after kings started liking ballet ballerinas started dancing in theaters. French court ballet reached its height under the reign of King Louis XIV. Known as the Sun King, Louis symbolized the brilliance and splendor of France. Influenced by his eager participation in court ballets since early childhood, Louis founded the Académie Royale de Danse (Royal Dance Academy) in 1661 to establish standards and certify dance instructors. In 1672, Louis XIV made Jean-Baptiste Lully the director of the Académie Royale de Musique (Paris Opera) from which the first professional ballet company, the Paris Opera Ballet, arose. Lully is considered the most important composer of music for ballets de cour and instrumental to the development of the form. Pierre Beauchamp served as Lully's ballet-master, the most important position of artistic authority and power for the companies during this century. Together their partnership would drastically influence the development of ballet, as evidenced by the credit given to them for the creation of the five major positions of the feet. The years following the 1661 creation of the Académie Royale de Danse shaped the future of ballet, as it became more evident to those in the French Nobility that there was a significant need for trained professional dancers. By 1681, the first of those who would now be called "ballerinas" took the stage following years of training at the Académie, influenced by the early beginnings of codified technique taught there. According to Wikipedia.



This is what's called an american skirt.



Thirst dancing women wore this on their performances!

Ballet started to decline in France after 1830, but it continued to develop in Denmark, Italy, and Russia. The arrival in Europe of the Ballets Russes lead by Sergei Diaghilev on the eve of the First World War revived interest in the ballet and started the modern era of the art. The Russian choreographer Michel Fokine challenged tradition and called for reforms that reinvigorated ballet as an art form.

In the 20th century, ballet had a wide influence on other dance genres, and subgenres of ballet have also evolved. In the United States, choreographer George Balanchine developed what is now known as neoclassical ballet. Other developments include contemporary ballet and post-structural ballet. Also in the twentieth century, ballet took a turn dividing it from classical ballet to the introduction of modern dance, leading to modernist movements in several countries. Famous dancers of the 20th century include Anna Pavlova, Galina Ulanova, Rudolf Nureyev, Margot Fonteyn, Rosella Hightower, Maria Tall Chief, Erik Bruhn, Mikhail Baryshnikov, Suzanne Farrell, Gelsey Kirkland, Natalia Makarova, and Arthur Mitchell.

Little about pointe shoe history

Women began to dance ballet in 1681, twenty years after King Louis XIV of France ordered the founding of the Académie Royale de Danse. At that time, the standard women's ballet shoe had heels. Mid-18th century



Enrico Cecchetti (her teacher) with Anna Pavlova

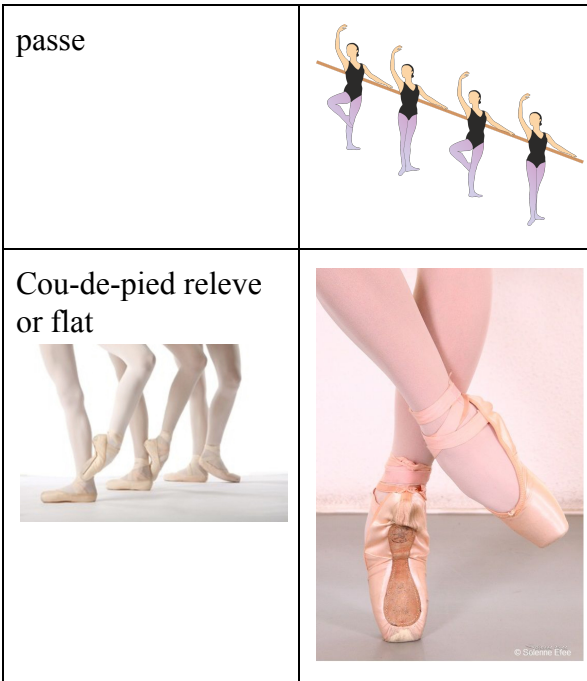
dancer Marie Camargo of the Paris Opéra Ballet was the first to wear a non-heeled shoe, enabling her to perform leaps that would have been difficult, if not impossible, in the more conventional shoes of the age. After the French Revolution, heels were completely eliminated from standard ballet shoes. These flat-bottomed predecessors of the modern pointe shoe were secured to the feet by ribbons and incorporated pleats under the toes to enable dancers to leap, execute turns, and fully extend their feet.

The first dancers to rise up on their toes did so with the help of an invention by Charles Didelot in 1795. His "flying machine" lifted dancers upward, allowing them to stand on their toes before leaving the ground. This lightness and ethereal quality was well received by audiences and, as a result, choreographers began to look for ways to incorporate more pointe work into their pieces.

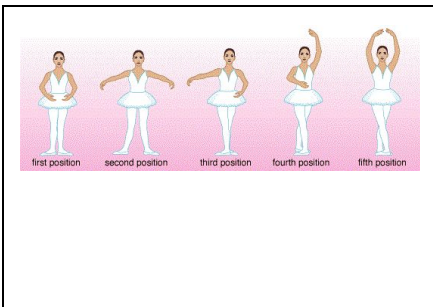
Things You Have to Know About Ballet

Thirst of all you cannot go to ballet class without uniform. Uniform usually looks like that:

The second thing you have to know about ballet is some of the ease motions like:



The last thing you have to know is all of the six positions of legs! And arms!



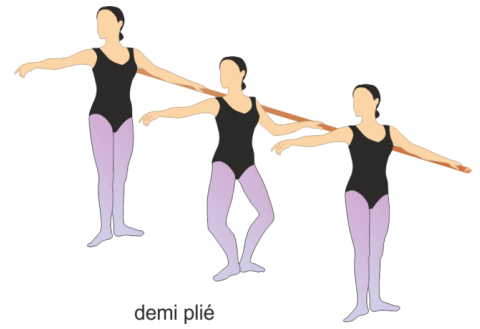
Motions

Meet the Barre!

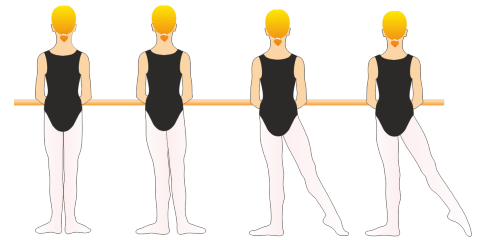
What is the **barre**? The barre is a thick stick that the **ballerina** holds on to keep her/his **balance**. Feeling the balance is what makes you stay on **relevé** (relevé is when you stay on your tiptoes). The barre is the first thing you do when you come in class. First, you do everything at the barre and then you do things in the center. Here is the chart of everything you do with the barre.



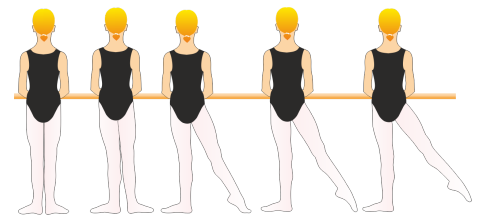
1. **Plié!**



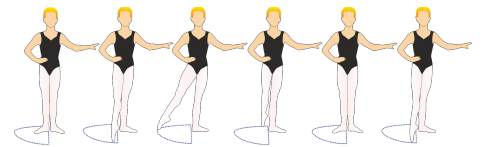
2. **Battement Tendu!**



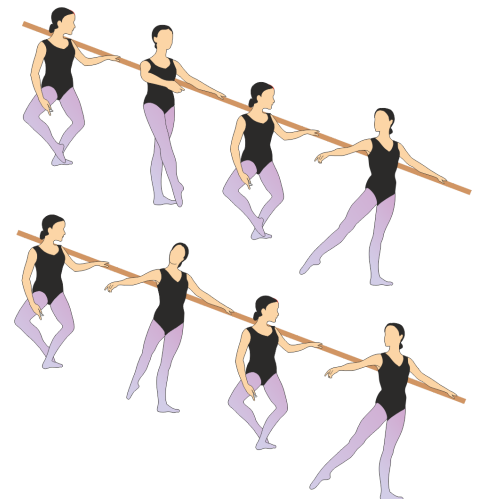
3. **Battement Jeté!**



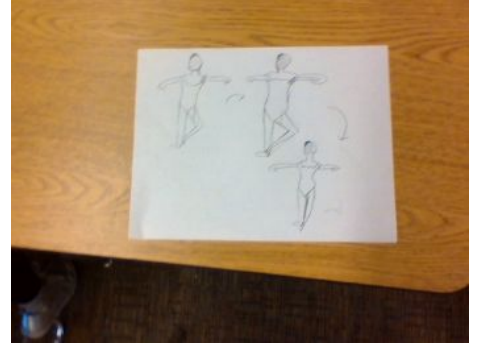
4. **Rond de Jambe!**



5. **Fondu!**



6. **Battement Frappé!**



In the center!

In the middle you do something little different like:

1. Pirouette

Means to spin (in French)



2. Adagio!

Adagio is usually made in the center:

1. grand plie.
2. releve.
3. passe.
4. attitude.
5. you stretch the leg and put it down in tendu.

3. Jumps! (in 1, 2 and 5 position)

myself

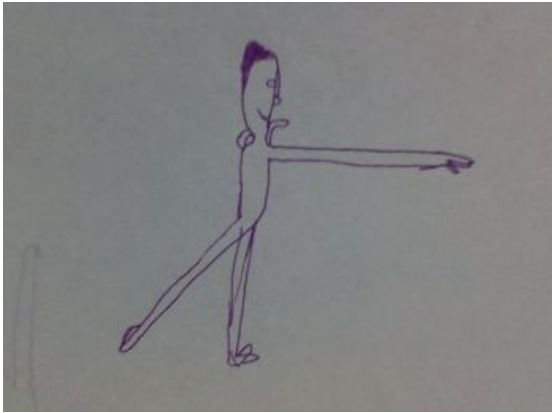
4. Jeté Temps Levé

The thirist thing you do is- a normal jete then you have a jump in second position then cou-de-pied With the other leg! After you make jump in cou-de-pied!

A ballerina does all of those things everyday in her class! Let me tell you more about pirouette:

1. You stay in fifth position.
2. Tendu back the same arm goes forward, for example: right leg goes back and the right arm goes forward.
3. You go in fourth position arms are: the arm that

Ballerina doing tendu



was in front goes in first position and the other arm goes into second position.

4. You do demi plie in fourth position of legs. After you pick your leg up in passe and turn at the same time, your arms are in 1st position.

5. The ending looks like this fourth position - like you started!

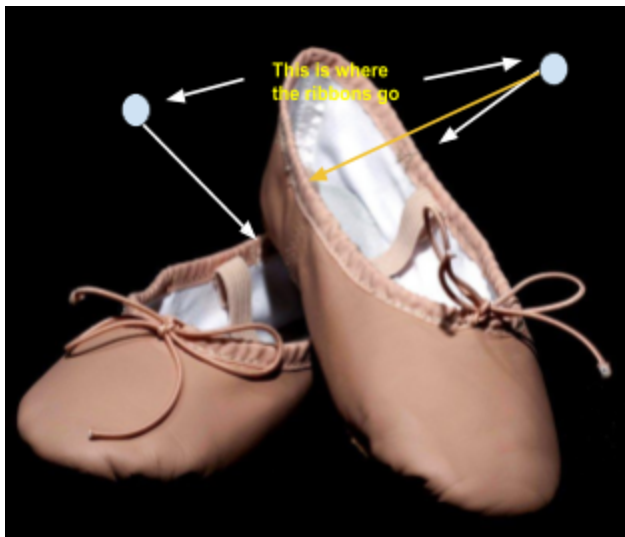
Good job! Now you're a little bit like a ballerina!



Shoes

Shoes are big friends with ballet dancers! Some of the shoes are **character shoes**, **pointe shoes** or sometimes called **toe shoes** and **ballet slippers**. The first type of shoes you try in class is ballet slippers.

Ballet Slippers



Ballet slippers are easy to dance on. They are like your normal shoes! You may have seen little kids who are on stage are dancing in them. Usually, you have to sew ribbons on.

Character Shoes

The next thing you learn is how to stay on character shoes. Character shoes are usually black without any shiny “beautiful” stuff. Character shoes are always on a little hill. Like this:



Pointe Shoes

The last, last! Thing you learn is how to stay on pointe shoes! This is where you have to take a break from reading- I will tell you a lot about toe shoes... Done good than let's go into reading!

The problem is: How do stay on pointe shoes?

Solution: Actually, that's hord only the thirst month after it gets easier and easier.

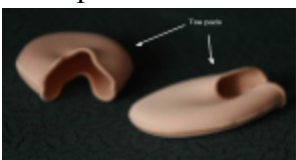
In pointe shoes you stay right on your toes. Like that:

What you have to do: 1. You have to sew the **elastic** and ribbons on, the second thing you do is buy **toe spacers**, **toe pads**, **toe tape** and **toe squares** and of course point shoes. That's a lot, I know. Let me tell you more. What are spacers? You might ask. Spacers are things that make space between your big and second toes.

How about toe pads? The answer to this question is: this is what makes it not so ill to stay on. The answer to the question: What is toe tape? Is that's like normal tape but it is for legs and ease to rip, also it is color of a white prisons skin. The squares are very sticky and very



These are the same things!



jelly squares.

Now that you know a lot about ballet you are almost an expert in it, so tell your friends about ballet and this book. Next time you go to ballet theater you'll understand a lot more than you did last time! Also if you'll chose to do some beautiful sports try ballet!

Remember, it is never late to start ballet.



Glossary

Adagio	Adagio is plie, passe developpe in 1,2,5 position.
Balance	Ballance is what you use to stay on tiptoes or one lag, toddlers you there balance a lot than they try to walk.
Ballerina	Is a women who dances ballet.
Ballet slippers	Ballet slippers are shoes that are made out of cloth.
Barre	The barre is a thick stick that the ballerina holds on to keep her/his balance.
Battement frappé	Battement frappé is a motion of two cou-de-pieds (front and back and front) than tondu right from cou-de-pied.
Battement jeté	Battement jete is a kick of a leg.
Battement tendu	Battement tendu is almost the same as a jete but the lag stays on the ground.
Character shoes	Character shoes are shoes with a hill (they are always black.)
Elastic	Elastic is a rubber that holds your pointe shoes.
Fondu	Fondu is a movement that does cou-de-pied tondu, 25° degrees or more.
Jeté temps levé	Jeté temps levé is a motion of a jete that converts into a jump in second position then cou-de-pied.
Jamps	Jamps are not just any kind of jump then you hold the position and only straighten your toes.
Pirouette	Pirouette is a turn with a passe.
Plie	Plie is a crouching(you can do it in all of the positions).

Pointe shoes	Pointe shoes are shoes that you use to stay on your tiptoes.
Releve	Releve is then you push your hills of the flor and stay on your toes.
Rond de jambe	Rond de jambe is a circle of a leg (in French).
Toe pads	Toe pads are things you put on like socks but they are shorter.
Toe shoes	Toe shoes is another way to say pointe shoes.

Toe squares	Toe squares are jelly squares that are used to put on your feet to make the dancing on pointe shoes not so illy.
Toe tape	Toe tape is a type of tape that does the same wark the toe squares do.

References

<https://en.wikipedia.org/wiki/Ballet>

https://en.wikipedia.org/wiki/Pointe_shoe#/media/File:Pointe_shoe_construction.png

https://en.wikipedia.org/wiki/Pointe_shoe

https://en.wikipedia.org/wiki/Glossary_of_ballet