

Ballet



Classical Ballet is the most formal of the ballet styles. It adheres to traditional ballet technique. There are variations relating to the area of origin, such as Russian ballet, French ballet, British ballet and Italian ballet. The Vaganova method, named after Agrippina Vaganova and the Cecchetti method, named after Enrico Cecchetti are Russian and Italian respectively and derive from the original French method.



Dancing is an art through which people couch, and create. The classical dancing is one of the most aristocratical dances that entered the theatre and it loved of umpteen people in the whole world. Ballet differs from other kinds of dances because ballet includes very many and exciting moves. In classical ballet the dancers do more dangerous and difficult steps than in other kinds of dance. Furthermore the appliance of ballerinas is the pouent. Pouent are especial shoes with hard point in order for ballerinas to be able to stand at the edge of their legs. Ballet started from the kingly squares of France and Italy in sixteen and seventeen century. Later ballet got into dynamics and lyric. In 1672 Loudovikos created the Royal Academy of Dance. The manager of the Academy was Pier Mposamp who arranged the steps and the positions that comprise the basis of today's technique.

Technique



Ballet, especially classical ballet, puts great emphasis on the method and execution of movement. A distinctive feature of ballet is the continuous outward rotation of the thighs from the hip, referred to as "turnout". The foundation of the dance consists of five basic positions, all performed with the turnout. Young dancers receive a rigorous education in their school's method of dance, which begins when they are young and ends with graduation from high school. Students are required to learn the names, meanings, and precise technique of each movement they learn. Emphasis is put on building strength mostly in the lower body, particularly the legs, and the core as a strong core is necessary for all movements in ballet, especially turns, and on developing flexibility and strong feet for dancing *en pointe*.





To sum up the children have to start ballet dancing at the age of four. At first the children have to do rhythmic action which includes easy and low exercises. The technique of ballet starts after the sixth or seventh year of age. And the children put on pouents for the first time at the age of ten. Of course only if the muscular system of the child is ready to accept the pouent.



