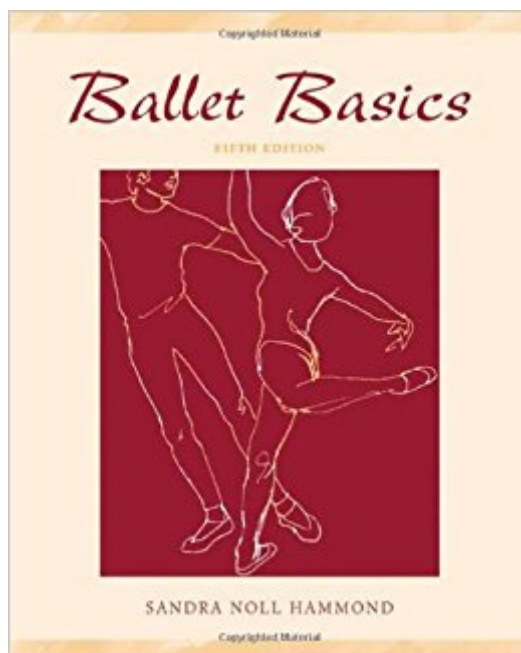


The book was found

# Ballet Basics



## Synopsis

Written for the adult beginner, Ballet Basics is a well-illustrated introduction to the fundamentals of ballet technique. The text also provides an overview of the history of ballet and introduces students to the world of ballet.

## Book Information

Paperback: 224 pages

Publisher: McGraw-Hill; 5th edition (August 6, 2003)

Language: English

ISBN-10: 0072557141

ISBN-13: 978-0072557145

Product Dimensions: 7.3 x 0.4 x 9.1 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #28,593 in Books (See Top 100 in Books) #5 in [Books > Textbooks > Humanities > Performing Arts > Dance](#) #6 in [Books > Arts & Photography > Performing Arts > Dance > Classical](#) #152 in [Books > Arts & Photography > Performing Arts > Theater](#)

## Customer Reviews

Sandra Noll Hammond trained in ballet in New York at the Juilliard School, the Metropolitan Opera Ballet, and the School of Ballet Repertory. Among her teachers were Antony Tudor, Margaret Craske, Thalia Mara, and Arthur Mahoney. She has performed with the Ballet Repertory Dancers, Connecticut Opera, Arizona Dance Theatre, and Pacific Ballet. She also has worked as a free-lance artist, performing and staging Baroque ballet repertory reconstructed from her own research. A graduate of the University of California, Santa Barbara, Hammond's teaching career has focussed on ballet in higher education. She was instrumental in developing a dance major at the University of Arizona, Tucson, where she served as Coordinator of Dance. Later, she served as Director of Dance in the Theatre and Dance Department of the University of Hawaii. Hammond is recognized internationally for her research, lectures, and publications on the history of ballet technique. In addition to Ballet Basics, her publications include Ballet: Beyond the Basics (also published by McGraw-Hill) and numerous articles in dance journals and in ballet encyclopedias and dictionaries. She is a frequent guest artist on university campuses, where she enjoys introducing students to earlier forms of ballet technique and repertory from the eighteenth and nineteenth centuries.

This book is helpful if you know absolutely nothing about dance, and need to learn for yourself or your beginning children. When teacher or student says a term, you will be able to know for sure what it means. It will warn against some of the most obvious wrong ways of doing things. It provides basic illustrations of the positions, movements, etc. that are defined. It will not explain which muscles to use to turn your feet out, or which to engage to hold your pelvis upright, or even how your arms should be rotated in order to obtain arms that look like the ones in the illustrations. For that, you will either need your instructor to explain these things in detail (if they are willing and able) or you will need another book or video to help you. It is useful as a basic book of definitions, but no further.

This is a great book for dance students. I purchased it to share with mine as I was required reading back in Performing arts school.

Great teaching tool and for helping those that are learning the basics of Ballet.

Useable and in fairly good condition.

I would recommend this to every one interested in doing Ballet. It has been most beneficial and enhanced my performance.

I'm taking a beginner ballet course in college for my required physical ed and this book is really helping me to grasp the terms with its detailed illustrations and good explanations.

Just the book I needed for class

Just as I needed and expected

[Download to continue reading...](#)

Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer  
Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class  
Ballet 101: A Complete Guide to Learning and Loving the Ballet  
Ballet Barre & Center Combinations: Volume II: Music (Ballet Barre and Center Combinations)  
Cute Dance Journal  
Ballet: Lined Notebook for Girls, Perfect Gift for Dancers, Teachers ~ Unique Inspirational Quote Diary for Dance Students,  
Teacher~ Jazz, Ballet, Tap, Hip Hop, Irish Dance  
Ballet for Life: Exercises and Inspiration from the World of Ballet  
Beautiful Creative Ballet Teaching: Technique and Artistry for the 21st Century Ballet

Dancer The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet  
The Secret of the Ballet Book: (Kids Fantasy Books, Ballerina Fiction) (Kids Mystery, Girls Books  
Ages 9-12, Ballet Stories, Dance Books, Kids Books, Kids Fantasy Books Ages 9-12) BALLE  
SUITE FROM THE BOLT OP27A (BALLE SUITE NO5 FOR ORCH) SCORE Hope in a Ballet  
Shoe: Orphaned by war, saved by ballet: an extraordinary true story Teaching Ballet Creatively: A  
pre ballet primer El Ballet Folklorico de Mexico de Amalia Hernandez/ Amalia Hernandez Folkloric  
Ballet of Mexico (Spanish Edition) Ballet Basics Ballet: Beyond the Basics WP205 - Bastien Piano  
Basics - Theory - Primer Level (Primer Level/Bastien Piano Basics Wp205) WP210 - Bastien Piano  
Basics - Performance - Primer Level (Primer Level/Bastien Piano Basics Wp210) A Workbook for  
New Testament Syntax: Companion to Basics of New Testament Syntax and Greek Grammar  
Beyond the Basics How To Play Checkers - The Rules And Basics Of The Checkers Game! Learn  
The Checkers Rules And The Checkers Basics Plane Basics (Basics Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)