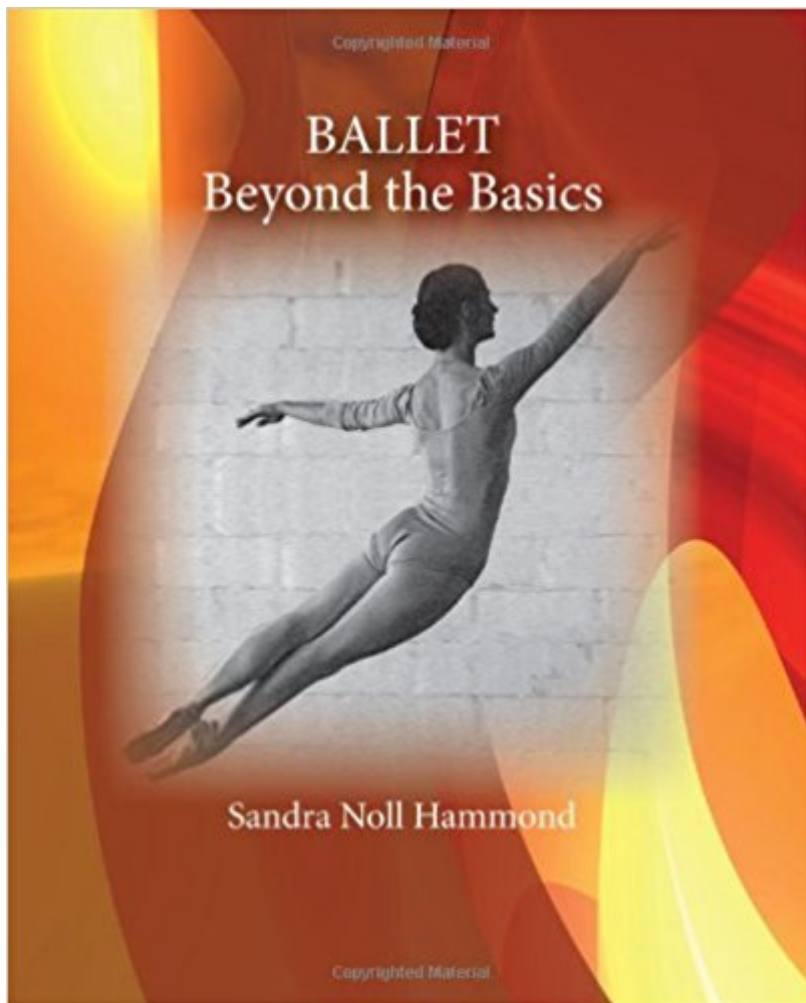


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# Ballet: Beyond The Basics



## Synopsis

The clear writing style, vivid analogies, and illustrations that show movement come alive are among many features that make *Ballet: Beyond the Basics* a proven, indispensable guide. The rich historical tradition of ballet is foundational to Hammond's approach to helping intermediate ballet students those who are familiar with basic ballet terminology, understand correct body placement, and can easily perform elementary techniques expand their technical development and artistic growth.

Although written to encourage students and teachers who deal with the most challenging phase of ballet training, experienced dancers seeking to refresh their knowledge and enhance their level of achievement can benefit from Hammond's reliable, timeless advice. Table of Contents: 1. Getting Ready Studio/Stage Directions / Variety of Interpretation / Positions of the Arms / Descriptive Terms / The Four E's: Equilibrium, Extension, Elevation, Endurance / The Good Class / Survival 2. Barre Exercises Warm-Up Sequence before Plies / Preparation and Finish / Additional Barre Exercises / More Battements / More Ronds de Jambe / More Developpes / More Corps et Bras Exercises / Putting It All Together 3. Center Exercises Traveling Exercises Using Epaulement / Turning Exercises / Diagonal Exercises / Corps et Bras Combinations / Additional Arabesques and Attitudes / Poses en Attitude / Additional Adagio Exercises / Some Fouettes / Turns 4. Allegro Preparatory Exercises / Connecting and/or Preparatory Steps / Small Allegro Steps / Medium-Size Allegro Steps / More Medium-Size Steps / Large Allegro Steps / Turning Steps / Steps of Elevation That Also Turn / Steps of Elevation That Always Turn / Steps with Beats / Brises / Cabrioles 5. Elements of Artistry Attributes of Movements / Rhythm / Shape / Space / Dynamics / Finding the Push/Sustaining the Image / Movement Economy / Embellishment of Movement / Three-Dimensional Image / Neglected Basics / Dancing on Point / Elementary Exercises / Using the Eyes 6. Learning from History A New Look at an Old Barre / Center Exercises from the Past / Allegro from the Past Epilogue

## Book Information

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## Customer Reviews

"This is the text I have been searching for! I like how Ms. Hammond has targeted the gray area of not quite beginning, not yet intermediate, of ballet for students. She explains some of the more difficult exercises that usually get overlooked and that students are somehow supposed to know. I also liked her look at dance history, old barre, elements of artistry, and a recap of directions and terms." --Jennifer Waggoner, Riverside Community College  
"I love this book! It's an excellent tool for our students. We strongly suggest they keep it for reference after graduation." --Patricia Oplotnik, Oklahoma City University  
"It is very useful for students at the intermediate level who need a better understanding of terminology, purpose of exercises, and execution. The descriptions are clear and easy to understand, giving students written material for ballet that supports the physical experience." --Laurie Lowry, Saint Mary's College

Title of related interest also from Waveland Press: Ellfeldt, A Primer for Choreographers (ISBN 9780881333503).

I am now 32 and started ballet about 3 years ago (currently in Cecchetti grade 5). I've struggled to find a book that is beyond the basic "what is a plie?" but equally not so advanced that crucial execution details are omitted. This book is an excellent balance. Although not all movements are depicted, the book successfully picked out all the movements I've been wondering about. Little tips are given for each movement as to where you are likely to execute incorrectly. I really am happy with my purchase.

I needed this book for a class and it explains everything so clearly and easily. It even has diagrams on how to do certain movements. Great book for anybody studying ballet.

This book is a good ballet textbook and follow-up to a previous book - "Ballet Basics" by Sandra Noll Hammond. I would recommend both of these books to students and instructors.

I used this book when it was first published decades ago and though I've had a long

performing/teaching career, I can still go back to this book and find something new or be reminded of the simple truth of good, clean dance technique. Ms. Hammond's descriptions are given with clear language that is easy to understand, even for beginners. The illustrations make the movements come alive and are drawn of everyday dancers, not photographs of the super famous doing extreme positions that you could never hope to achieve. The book is well organized and an indispensable guide which will give years/decades of reliable advice to dancers and teachers.

When I bought this book I assumed it would be the one in the picture that I needed for my class. I got a different book. It worked just fine. The book gives a lot of details and important information. In my case the different book didn't matter.

A good tool for dancers who are asked to teach beginners. Sometimes advanced dancers struggle with having to explain something simple, we don't think about it- we just do it. This book clearly breaks basic steps down so you can explain them. It gives wonderful analogies that you can use and simple combinations to teach.

I use this book when I get stale in my Intermediate Ballet classes. I also like my students to have this book. It is not complete but is a little beyond beginners.

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