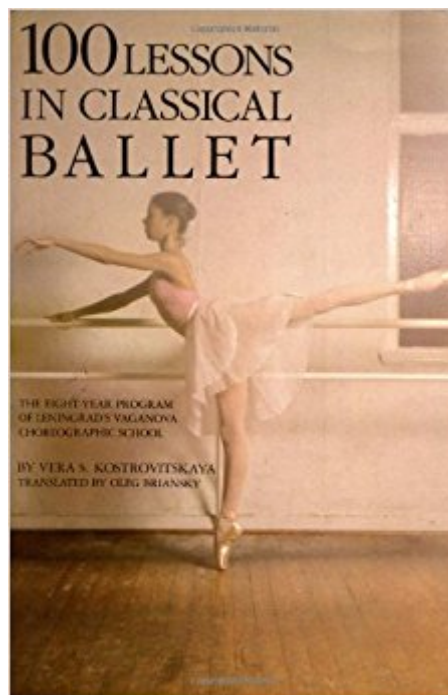




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# 100 Lessons In Classical Ballet: The Eight-Year Program Of Leningrad's Vaganova Choreographic School



## Synopsis

(Limelight). The complete 8-year curriculum of Leningrad's famed Vaganova Choreographic School, which trained Nureyev, Baryshnikov, and Makarova, including over 100 photographs. A volume which no teacher, scholar, or student of the dance can afford to miss. "A serious, indeed indispensable, textbook." Clive Barnes

## Book Information

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## Customer Reviews

Text: English, Russian (translation)

This is a beautiful book. I'm not a dancer, but I do use ballet as my workout. I can see how Vaganova technique is a bit different from anything I ever watched before, and can see why Russian dancers are some of the most exquisite in the world, especially those from the Kirov/Mariinsky Theater. I used some of the techniques and incorporated some of the movements into my own routine, and it has made a LOT of difference in my chest, breath, and arm carriage. I do like this book A LOT.

Love this book. It is a good guide to learning ballet on your own. It's the first 7 years. So excited to start this.

No comment

This is a great book if you want to teach Vaganova technique, of course it is helpful if one is already trained in the technique. The lessons are progressive, detailed, age and level appropriate. You may find children and young dancers are doing many advance moves with poor execution, especially those students at dance STUDIOS rather than dance SCHOOLS. So, with that being said, when doing a lesson from this book, it may appear to you and the child that it is too easy, however, when practicing with proper execution the child will realize as well as you, the teacher, that the lessons will help fill the holes in the technique of most studio dancers, especially the competition studios that focus on too much dance and very little technique. A child can do 5 pirouettes in jazz/lyrical/contemporary style dance and falls down in one properly executed pirouette in ballet....typical.

This book is fantastic and absolutely worth the investment! I highly recommend this for new and old dance instructors alike. I am a dance instructor with over a decade of teaching experience.

I bought this book together with Vaganova's handbook and a couple other resources. I admit that I learned more just from reading this book than I learned from some of my own dance instructors over many years. While I think it's necessary also to read other technical books for details on HOW to do these exercises, I do think this lesson plan leaves virtually no holes in students' strength, knowledge, or artistry. The thing that I found a tiny bit frustrating is that the exercises are REALLY hard, if you're not trained properly. For example, I tried to give exercises from the 4th Year Lesson 1 Plan in this book to students that were considered "Advanced" at a studio where I had just started teaching, and they literally could not do the exercises! And unfortunately, the 1st and 2nd year exercises are tedious for students used to being given steps that are too advanced and being allowed to botch them. So I would not recommend these lessons for "casual" ballet students (a term I detest!). I would recommend drawing from these lessons for students who are at the beginning of their ballet training, and starting with Year 1. I also found it helpful to watch videos of Vaganova students on YouTube. Sometimes one can find real Vaganova students doing the exact same exercises--and doing them correctly. It's very inspiring!

It needs pictures of the steps that are listed in sample classes. This lists sample routines that people can do in paragraph format.

I am an intermediate classical ballet student. I was disappointed in this book because it wasn't as I expected. It listed the steps and combinations taught in each level, but it didn't explain why. I returned it, but it might be useful for a teacher who is developing a syllabus.

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