

A Guide for Teachers & Students

by Finis Jhung

# Finis Jhung Ballet Technique Guide Teaching

**Michael Brown** 

#### Finis Jhung Ballet Technique Guide Teaching:

**The Finis Jhung Ballet Technique** Finis Jhung, Ballet Dynamics, Inc, 2007 The Finis Jhung Ballet Technique Finis Jhung, 2014-06-26 KIRKUS REVIEWS excerpted for book website Discover or rediscover the essentials of good ballet technique in this comprehensive accessible book Ballet has a reputation as a beautiful but intimidating art form and those who lack natural flexibility or a typical dancer's body may feel unwelcome in a ballet studio In his first book former professional dancer and longtime instructor Jhung dispels that notion reminding students and teachers of the pure joy that dance can bring while offering clear guidance on how to move with grace and confidence and avoid injury He talks candidly about his own struggles with demanding classical technique and explains how he eventually learned to work with his body rather than against it when dancing Jhung doesn t demand perfect turnout or high battements from his students instead he emphasizes proper posture and alignment which he convincingly argues are the real foundation of good dance With that in mind he moves through a series of exercises from simple stretches and basic barre work to more advanced center work involving turns and jumps Lessons begin with an outline of the specific movements and are followed by a detailed analysis of each exercise so that readers will understand why it s essential to perfect simple steps before moving on to more complex choreography These initial lessons are clearly explained and are easy to follow even for those with no prior ballet training Throughout Jhung maintains his encouraging supportive tone while also discouraging the sloppiness and overreach that leads to strained inelegant movement valuable lessons for beginners and advanced students alike A fresh friendly guide that demystifies classical ballet while providing clear guidance on how to be a better dancer The Dance Film and Video Guide Dance Films Association, 1991 G.K. Hall Bibliographic Guide to Dance New York Public Library. Dance Division, 2001

The Finis Jhung Ballet Technique ,2003 Demonstrates ballet movements for barrework and centerwork Camera Louise Spain,1998 The most comprehensive resource available on dance films and videos in current distribution in the United States An essential tool for any dance and or film reference collection The Finis Jhung Ballet Technique ,2008 In this new video Finis Jhung has created 17 exercises especially designed to show you how to stretch safely and correctly so that you will strengthen and improve your turnout and extension Finis shows and explains each exercise step by step and then it is demonstrated by Isabella Boylston of the American Ballet Theater The floor exercises are done both sitting up as well as lying down which allows you to stretch without stress or strains on your muscles and joints Each barre exercise includes detailed instructions and demonstrations on how to bring your floor stretches to a standing position while displaying your maximum turnout and extension with balance and control Teaching in New York City since 1972 Finis Jhung as enabled thousands of dancers to become their personal best As you will see the secrets to success can be yours

Bibliographic Guide to Dance, 1996 Dance Collection Nypl, Thomson Gale, 1997-07

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pirouettes the promenade the quarter turn en dedans and the half turn en dehors Dance across the floor with the waltz and

circular steps Welcome to the wonderful world of ballet

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